

# THE PRIMAL BLUEPRINT FITNESS PYRAMID

Functional fitness, stress/rest balance, anti-aging benefits

## PLAY

Spontaneous outdoor physical fun—every day!



## RECOVER

Sleep, relax, be intuitive, avoid chronic patterns



## SPRINT

Several 8-20 second bursts  
Every 7-10 days, when 100% energized



## LIFT HEAVY THINGS

Brief, intense resistance exercises

2 times per week for 10-30 minutes



## MOVE FREQUENTLY

- More general daily movement (Avoid prolonged inactivity)
- Cardio workouts at "180 - age" heart rate (Cycle, hike, walk/jog, water activities)
- Flexibility/mobility (Pilates, yoga, tai chi, gymnastics, dancing, dynamic rolling/stretching/therapy work)



# Blueprint Fitness Training Manual

**M Carnoy**



## **Blueprint Fitness Training Manual:**

Delve into the emotional tapestry woven by in Dive into the Emotion of **Blueprint Fitness Training Manual** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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