

# 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

**S Ashworth**



## **Blueprint Fitness Training Manual:**

**Functional Training Guide** Ava Thompson, AI, 2025-03-14 Unlock your body's potential with Functional Training Guide a comprehensive guide to improving movement coordination and athletic performance Functional training rooted in rehabilitation focuses on exercises that mimic real world activities Discover how this approach differs from traditional fitness by emphasizing the body's interconnectedness reducing imbalances and injuries The book highlights intriguing facts such as how enhancing core stability and balance can drastically improve overall fitness and prevent injuries The book starts with the science behind functional movement then progresses to practical exercises and finally integrating these into a holistic fitness program Learn about key movement patterns like pushing pulling and rotating and how they translate to everyday life and athletic endeavors What sets this book apart is its emphasis on individualized programming providing the knowledge to assess movement patterns and tailor exercises to specific needs

**Technical Report**, 2005 *Manual Training Magazine*

Charles Alpheus Bennett, William Thomas Bawden, 1920 *Routledge Handbook of Physical Activity Policy and Practice* Joe Piggin, Louise Mansfield, Mike Weed, 2017-12-22 Physical activity inactivity and their relationship to health are serious concerns for governments around the world This is the first book to critically examine the policy and practice of physical activity from a multi disciplinary social scientific perspective Moving beyond the usual biophysical and epidemiological approaches it defines and explores the key themes that are shaping the global physical activity debate Unrivalled in its scale and scope it presents the latest data on physical activity from around the world including case studies from Europe North and South America Africa and Asia Drawing on social economic and behavioural sciences it covers contexts from the global to the local and introduces the dominant ideas which inform the study of physical activity Its 41 chapters examine the use of different forms of evidence in policymaking the role of organisations in advocating physical activity and the practical realities of public health interventions The Routledge Handbook of Physical Activity Policy and Practice is a landmark publication for all students academics policymakers and practitioners interested in the social scientific study of sport exercise physical activity and public health

*Manual Training Magazine*, 1919

**Validating Future Force Performance Measures (army Class)** Karen O. Moriarty, 2009 To meet the challenges facing the Army the Army needs predictor measures that will enhance entry level Soldier selection and classification One of the purposes of the Army Research Institute for Behavioral and Social Sciences ARI's Army Class project is to provide the Army with recommendations on which predictor measures in particular measures of non cognitive attributes e.g interests values and temperament demonstrate the greatest potential to inform entry level Soldier selection and classification decisions The present report documents the development of criterion measures to assist in these analyses A second purpose of the Army Class project is to develop and pilot job knowledge tests JKTs that can be used to aid reclassification decisions If Soldiers are shown to possess critical knowledge skills and attributes KSAs for their new jobs this could reduce training requirements and increase force readiness This report documents the

development of reclassification JKT test items *Manual Training and Vocational Education* Charles Alpheus Bennett, William Thomas Bawden, 1919 *Army Enlisted Personnel Competency Assessment Program: Phase III Pilot Tests*, 2007 In the early 1990s the Department of the Army abandoned its Skill Qualification Test SQT program due primarily to maintenance development and administration costs This left a void in the Army's capabilities for assessing job performance qualification To meet this need the U S Army Research Institute for the Behavioral and Social Sciences ARI instituted a 3 year program of feasibility research related to the development of a Soldier assessment system that is both effective and affordable The PerformM21 program has two mutually supporting tracks The first focuses on the design of a testing program and identification of issues related to its implementation The second track is a demonstration of concept starting with a prototype core assessment targeted to all Soldiers eligible for promotion to Sergeant followed by job specific prototype assessments for several Military Occupational Specialties MOS The prototype assessments were developed during the first 2 years of the research program The present report describes work conducted in the final year of the PerformM21 program in which five prototype MOS specific assessments along with the common core examination were pilot tested on a sample of specialists corporals Stinet **Floor Covering Weekly**, 1994 *Monthly Catalog of United States Government Publications* United States. Superintendent of Documents, 1994 **The Journal of Physical Education**, 1941 **The Video Source Book** David J. WEINER, 1990 **Reference Manual of Government Positions** Publishers for Extension Schools, inc., Milwaukee, 1939 *Tradeswomen*, 1993 **Athletic Journal**, 1983 Vols 9 12 include proceedings of the 8th 11th annual meeting of the American Football Coaches Association and of the National Association of Basketball Coaches of the United States 3d 6th annual meeting **Industrial-arts Magazine**, 1927 [Your Ultimate Body Transformation Plan: Get into the best shape of your life - in just 12 weeks](#) Nick Mitchell, 2015-12-31 The 12 week plan for men to get into the best shape of their life Burn fat build muscle and get that ideal body **Reference Manual of Government Positions** Pergande Publishing Company, 1947 **Video Source Book**, 2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **BIG BOOK OF JOBS, 2009-2010** McGraw-Hill Editors, 2008-09-23 Comprehensive up to the minute information on top jobs and job search techniques from the United States Department of Labor With up to the minute data from the U S Department of Labor plus cutting edge career strategies from McGraw Hill The Big Book of Jobs saves you precious time by offering everything you need for job hunting in a single volume From building career management skills and writing resumes to exploring 250 career possibilities this resource arms you with the tools to effectively pound the pavement

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