



## The Purposeful Primitive: From Fat and Flaccid to Lean and Powerful - Using the Primordial Laws of Fitness to Trigger Inevitable, Lasting and Dramatic Physical Change

By Marty Gallagher

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Executed with the requisite tenacity, intensity and precision, Purposefully Primitive methods can and will favorably alter the compositional makeup of the human body. Primitive tools and simple modes are used to power sparse methods. We force the body to favorably reconfigure itself by generating physical and psychological fierceness during training. Commonsense nutritional strategies and Old School training tactics are synchronized and placed within a periodized timeframe. The three interrelated Purposefully Primitive disciplines (weight training, cardiovascular training and nutrition) need to be regularly and routinely practiced in a balanced and proportional fashion. Lock down all aspects of the program and within seven days of full implementation tangible results appear; by the end of the first month, body composition (the fat-to-muscle ratio) undergoes a dramatic turnaround; those who commit completely for 90 days undergo a total metamorphosis. No matter how deep a physical hole you are currently standing in, 90 days of maniacal discipline and teeth-gritting effort will enable you to utterly and completely change the shape, texture, efficiency and hardness of your body.

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### **Bibliography**

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