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# Paleo Workouts

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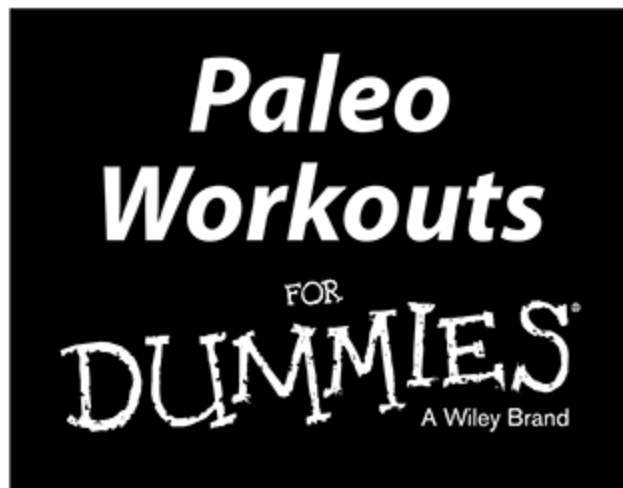
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**by Dr. Kellyann Petrucci  
and Patrick Flynn**

FOR  
DUMMIES<sup>®</sup>  
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## **Paleo Workouts For Dummies®**

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# Introduction

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Don't expect to find anything new and exciting in this book because whenever someone comes along with a "new and exciting" exercise program, it's generally all wrong. When it comes to fitness, a new way of doing something is rarely a better way of doing something. It's almost invariably the exchange of one nuisance for another.

Everything people need to know about fitness is already known. And everything people need to do, they can already do. Getting lean, fit, healthy, and strong aren't functions of addition but rather subtraction. It's a matter of scaling back — separating the gold from the garbage — and focusing on the vital few efforts that are proven to get you the best results.

*Paleo Workouts For Dummies* is about scaling back and reducing exercise to its lowest, most profitable efforts. In other words, it's about exercising like a cave man: no fancy equipment required — just big, beautiful movements.

## ***About This Book***

A big part of *Paleo Workouts For Dummies* is dedicated to movement. Movement needs to be taken seriously. Movement *is* life after all; the old and dying are always stiff and hard, whereas the young and healthy are soft and supple. Age is but a number, friends. You are only as old as how well you move.

In this book, we help you move better by providing step-by-step tutorials on how to move more athletically, naturally. We provide the tips and tricks you need to

move and exercise with near faultless form so you stay free from injury and get the most out of the exercise programs in Part III.

This book is also about helping you exercise more deliberately, or with a purpose. We provide specific, primal exercise programs designed to transform your body. When we say *primal*, we mean that all the exercise programs are centered on the fundamental human movements — pushing, pulling, hinging, squatting, and carrying — the movements that burn the most calories and build the most muscle.

Just as the Paleo diet is about eating like our ancestors (which we talk about in Part IV of this book), Paleo fitness is about moving like them. This means heavy lifting, sprinting, brisk walking, and a few other movements that the conveniences of modern day have made largely irrelevant.

This book is a stark movement in the opposite direction of the masses. It's unconventional, it's contrarian, and it's effective. And we say without any reservations whatsoever that if you truly want to blast fat, boost muscle, and build resilience, well, this book may be one of the most important books you ever read.

## ***Foolish Assumptions***

We assume only one thing about you, and that is that you want to improve your general condition or perhaps one condition specifically. We make that general assumption based on the following ideas about you, dear reader:

- ✓ You want to be healthier, leaner, stronger, or more productive. Or perhaps you want to be all these things.

- ✓ You want to lose weight, increase lean muscle mass, and improve athletic performance.
- ✓ You don't know much about Paleo fitness.
- ✓ You've tried exercise programs in the past and haven't been satisfied with the results or have been frustrated with the process.
- ✓ You have your doctor's approval to do the exercise programs in this book.

**Note:** We recommend that you get your doctor's approval before beginning any exercise program, whether you're a novice or a veteran to fitness.

## *Icons Used in This Book*

Throughout this book, and in true *For Dummies* fashion, you'll see a number of icons in the margins — all of them designed to help you better understand and get the most out of your Paleo fitness journey. Here are the icons and what each one means.



This icon highlights info that will help you better understand a concept or help you put a concept into action.



This icon points out any information we deem important to remember as you adapt to Paleo living.



We don't post warnings often, but when we do, pay attention, because they're important. Don't skip over these icons, less you want to fall into a potentially harmful mistake!



This icon flags the nitty-gritty and often scientific details about certain concepts. This information is optional but certainly recommended!

## ***Beyond the Book***

We think this book is a great resource for getting healthy, lean, and strong. But there's way more to this book than just what you can find in the text. We provide a bunch of additional information on Dummies.com:

- ✓ You can download the book's Cheat Sheet at [www.dummies.com/cheatsheet/paleoworkouts](http://www.dummies.com/cheatsheet/paleoworkouts). It's a handy resource to keep on your computer, tablet, or smartphone.
- ✓ Coauthor Pat Flynn demonstrates dozens of exercises that are featured in the book. You can see the videos and explore more aspects of the Paleo lifestyle at [www.dummies.com/go/paleo](http://www.dummies.com/go/paleo).
- ✓ You can read interesting companion articles that supplement the book's content at [www.dummies.com/extras/paleoworkouts](http://www.dummies.com/extras/paleoworkouts). We've even written an extra top-ten list.

## ***Where to Go from Here***

In short, read Part I to understand what Paleo fitness is all about. Then go to Parts II and III to begin exercising. Part IV gets you started on Paleo nutrition. Jump around as you see fit, or read the book from front to back. It's up to you.

We ask you to proceed only with an open mind. Much of what you're about to read is in stark opposition to conventional wisdom. And because of that, some of the practices in this book remain controversial. But remember this statement from Mark Twain: "Whenever you find yourself on the side of the majority, it's time to pause and reflect."

Also, conventional wisdom has failed quite miserably, hasn't it? The United States and much of the Western world are dealing with perhaps the worst health crisis the world has ever known. People are fatter and unhealthier than ever. The prevalence of diabetes, cancer, and heart disease is alarming. Yet no one's waking up. The junk people eat and their sedentary lifestyle have created a population that's more sick than healthy. This is not how it's supposed to be. Humans are meant to be both vibrant and resilient. We're meant to move. Now get moving!



Part I  
**Getting Started with Paleo  
Fitness**



Visit [www.dummies.com](http://www.dummies.com) for more great Dummies content online.

## *In this part . . .*

- ✓ Discover why paring down an exercise program to its most essential parts will garner you greater fitness success than following mainstream programs that believe in a “more is better” policy.
- ✓ Find out why the kettlebell may just be the most perfect tool when it comes to the Paleo fitness style of training.
- ✓ Recognize how seemingly simple things, such as breathing, daily movement, and fasting, can have profound and lasting effects on your fitness, health, and overall wellness.
- ✓ Understand why the Paleo diet — a diet in which you cut out grains, refined sugars, dairy, and legumes, among other things — is a perfect complement to the Paleo fitness lifestyle and how combining the two can catapult your results.
- ✓ Master the three primal movements that everyone should be able to perform and find out why these exercises are imperative to your health.

# Chapter 1

## **Paleo Fitness: The (Ab)Original Blueprint for Physical Excellence**

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### ***In This Chapter***

- ▶ Changing your mindset to Paleo fitness
  - ▶ Comparing Paleo fitness to conventional programs
  - ▶ Following the cave man's way of health and fitness
  - ▶ Seeing (and feeling) results with Paleo
  - ▶ Getting started with Paleo fitness
- 

It's been quite some time since the public was afforded the luxury of an exercise program that actually makes sense and isn't full of absurdities or ridiculousness. From diet pills to shake weights, "progress" in terms of health and fitness over the past decade has been little more than the swapping of one gimmick for another.

Paleo fitness is not about presenting something new; it's about getting back to what works. Because we already know what works, and we always have.

Paleo fitness means working out like a cave man. We use the cave man to symbolize the idea of getting back to basics, specifically in these areas:

- ✔ Back to the big, fundamental human movements
- ✔ Back to movement that is beautiful, unrestricted, and pain-free

- ✓ Back to movements proven effective for burning fat, building muscle, and boosting resilience

So we want you to perform all movements that the cave man needed to do on a daily basis to survive. And that means pushing, pulling, hinging, squatting, sprinting, carrying, and jumping.

## ***Shifting Your Paradigm to Paleo: Live Long, Live Strong***

Most people think that bodily health is plainly the result of eating less of what they want to eat and doing more of the things they don't want to do. But we aim to challenge that assumption to prove that a beautiful body and beautiful movement can be the result of an enjoyable, active lifestyle and not grunting and tears.

When you first change your paradigm to Paleo fitness, it may feel a little odd, and that's okay. In a world of "more, more, more," doing less often feels weird. And at times on this Paleo journey, you'll feel like you haven't even worked out at all. Not a bead of sweat will drop from your brow. You'll be done with your workout in less than 15 minutes, and that'll be it for the day.

You may even feel almost as if you're cheating. And perhaps, in a way, you are cheating because, perhaps, you have a slightly unfair advantage. That advantage is knowledge — the ability to understand that working out isn't all about the sweat or the burn. And knowing that *effort* isn't synonymous with *effective*; in other words, *working hard* doesn't always mean *working right*.

Changing your mindset to Paleo is tough at first. The primal aficionado sometimes feels like an outcast, like a kid at the adult dinner table. But before you think it's too much, think on this: Your health is like a balance sheet. Every-thing you do — every single choice you make — is debited or credited; it either improves your position or worsens it. And your health, to put it simply, is nothing more than the accrual of all the decisions you've ever made.



What we're saying here is that health is a choice. Strength is a choice, too. And your job is to do everything you possibly can to continuously improve your position.

The Paleo community has a mantra: "Live long. Drop dead." The implication of this statement is that as long as you live in accordance to the blueprint set forth by our ancestors, then you live a life relatively free of ailments. We add the phrase "live strong" to this mantra for two reasons: (1) We find that strong people, as Greg Glassman once so eloquently put it, are "generally more useful than weak people," and (2) they are, without question, quite harder to kill.

## ***Paleo Fitness: Discovering the Difference***

Most conventional dietary and fitness plans are conspiracies against mankind. They offer little in the way of reasonableness or sustainability and are largely set to fail from the start. But Paleo has changed the game by going in the opposite direction. And the Paleo diet has become nothing short of a welcome phenomenon,

helping hundreds of thousands of people all over the world lose weight and restore health. As you discover throughout this book, Paleo fitness works in much the same way. It reverse-engineers the habits of the proverbial cave man and makes them applicable to modern life.

We've taken the brakes off success simply by reversing direction. Now you, too, can quickly achieve optimal health, strength, and vitality when you mimic the physical behavior of our ancestors — our way, way back ancestors, that is.

## **Paleo fitness success story: Peter**

Meet Peter, 24, security officer; Oshkosh, Wisconsin:

As a lifetime athlete, Peter used to rest on the belief that he could compensate for a somewhat questionable diet through massive caloric burns in practice and competitive environments through grade school and high school. When Peter got into his college football career at the University of Wisconsin-Oshkosh, he sustained a major concussion early in his sophomore year. Not being able to work out because of the injury paired with a feeling of deep depression, he turned to pizza, cake, and doughnuts to help him cope with the pain, but these choices were harming him more than helping him. Having prolonged symptoms from his head injury stretch out beyond six months, Peter's weight ballooned up close to the 390-pound mark. When Peter thought he finally felt better, he attempted a light workout only to have extreme feelings of vertigo and a sharp pain where his spine met his brain stem. After some reoccurrence of this feeling, he sought the medical advice of numerous doctors who all told him the same thing: His bad cholesterol paired with high blood pressure brought him mere seconds away from having a stroke if he would have continued to exert himself, and Peter was only 21 years old!

Being utterly shaken by this news from the doctors, Peter decided he was going to wise up. And it was around this time that Peter discovered Paleo fitness, introduced to him by a close friend. He began walking long distances until he could begin to jog, and then Peter began to run and sprint short distances. He began to pay far more attention to not only how his body was reacting to subtle changes of movement but also how he fueled his body. Peter instantly noticed a change when he began ingesting wholesome, Paleo foods and followed a Paleo fitness regimen. What surprised Peter the most