

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)

