



# **Paleo Fitness: A Primal Training and Nutrition Program to Get Lean, Strong and Healthy**

*Darryl Edwards*

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**Winner of the Paleo f(x) Award: Best Fitness Book Category 2015**

## GO BACK TO BASICS

The best way to get a strong, lean physique is to eat and work out the way nature intended. *Paleo Fitness* guides you through the fitness and exercise plan anthropological evidence has proven to be the most efficient, healthiest way to live--work out in the real world, for the real world. A healthy, athletic physique is as easy as tuning in to how your body evolved. This book shows how to work out with functional, playful, and primal movements for:

- \* **improved strength, speed & stamina**
- \* **greater mobility & flexibility**
- \* **life-long fitness & good health**

Packed with step-by-step exercises, a two-week meal plan and delicious, satisfying, healthy recipes, *Paleo Fitness* helps you use the high-intensity methods proven to increase fitness in the shortest possible time.

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