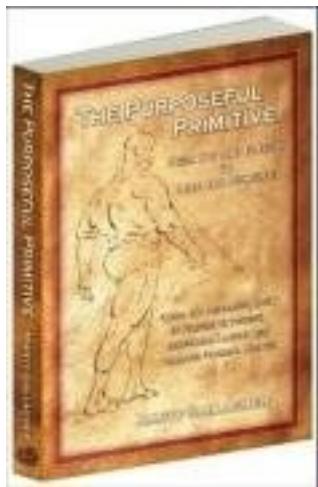


Purposeful Primitive



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Executed with the requisite tenacity, intensity and precision, Purposefully Primitive methods can and will favourably alter the compositional makeup of the human body. Primitive tools and simple modes are used to power sparse methods. We force the body to favourably reconfigure itself by generating physical and psychological fierceness during training. Commonsense nutritional strategies and Old School training tactics are synchronised and placed within a periodised timeframe. The three interrelated Purposefully Primitive disciplines (weight training, cardiovascular training and nutrition) need to be regularly and routinely practised 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.

作者介绍:

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标签

運動

身體鍛練

胡思

strength_training

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