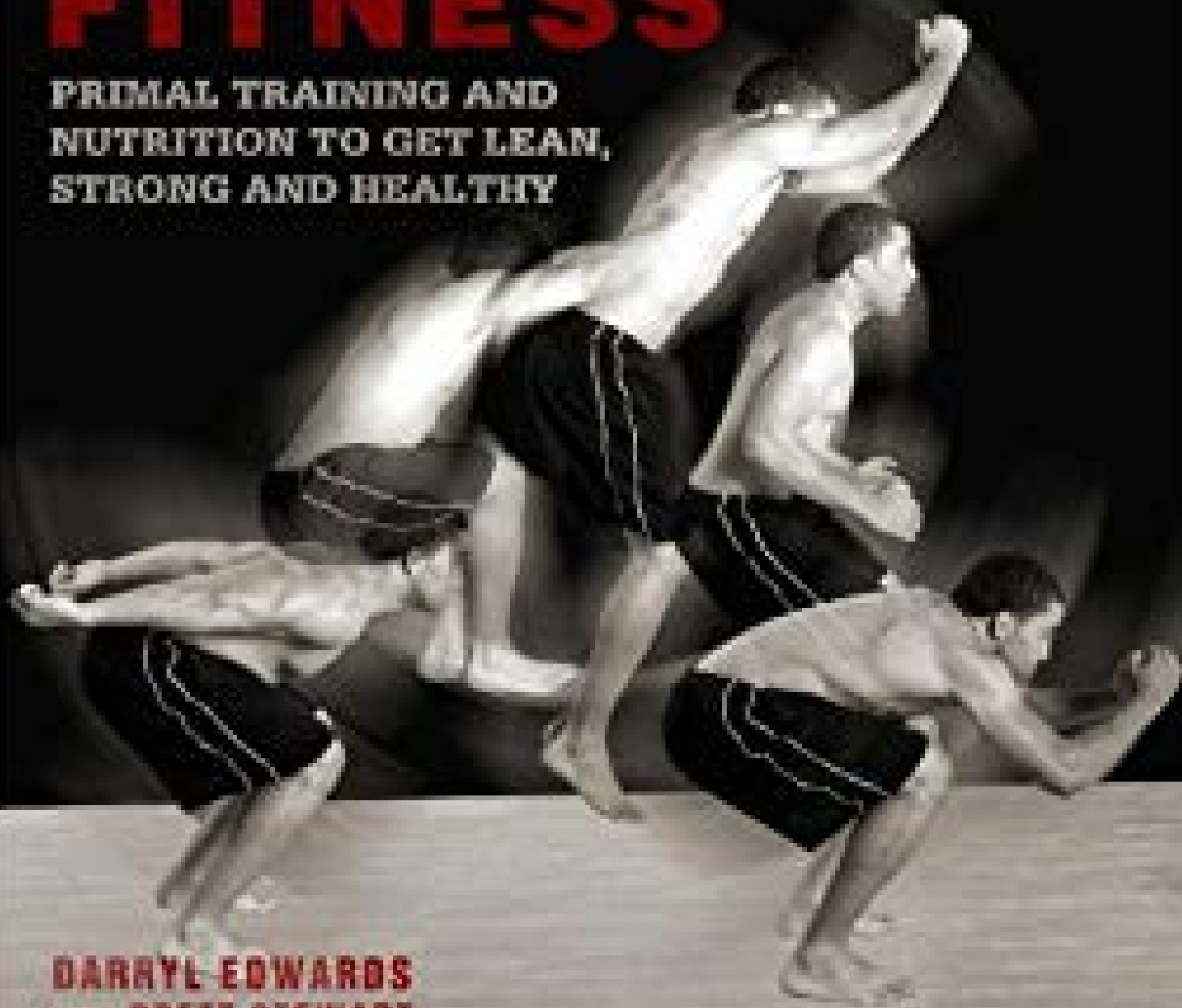


# **PALEO FITNESS**

**PRIMAL TRAINING AND  
NUTRITION TO GET LEAN,  
STRONG AND HEALTHY**



**DARRYL EDWARDS  
WITH BRETT STEWART  
AND JASON WARNER**

Darryl Edwards

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



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Winner of the Paleo f(x) Award: Best Fitness Book Category 2015  
GO BACK AGAIN TO BASIC  
The best way to get a strong, lean physique is to eat and work out the way character intended. Paleo Fitness guides you through the fitness and exercise plan anthropological proof has proven to be the most efficient, healthiest way to live--function out in the real world, for real life. This book shows how to work out with functional, playful, and primal movements for:  
\* improved strength, velocity & stamina  
\* greater mobility & flexibility  
\* life-long fitness & good health  
Packed with step-by-stage exercises, a two-week meal strategy and delicious, satisfying, healthy recipes, Paleo Fitness helps you use the high-intensity methods proven to increase fitness in the shortest feasible time. A wholesome, athletic physique is really as easy as tuning directly into how the body evolved.



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