



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

By Darryl Edwards

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

**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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**Paleo Fitness: A Primal Training and Nutrition Program to Get Lean, Strong and Healthy** By Darryl Edwards **Bibliography**

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### Editorial Review

#### Review

"With *Paleo Fitness* Darryl has distilled the essence of Paleo nutrition and Primal fitness into plain English. He gives practical tips on how to get fitter, leaner, stronger and healthier than ever before by following the Paleo lifestyle. He's transformed his own life and is passionate about getting people to eat and move as nature intended.

This book is a useful reference to enable individuals just starting out on the Paleo path as well as those who want to explore more challenging, playful and interesting ways to move."

--**Robb Wolf**, New York Times best-selling author of *The Paleo Solution*

"You can't out-train a poor diet and you can't use diet to effectively combat a poor lifestyle. Fitness and diet have to work together and we believe Darryl covers this topic with significant expertise."

--**Michelle & Keith Norris**, founders of *Paleo (fx), Ancestral Momentum - Theory to Practice*

"Darryl has created a fascinating book which gives people something to enjoy when it comes to movement. Whether at home, in the gym, or even better outdoors!"

--**Mark Sisson**, best-selling author of *The Primal Blueprint* and publisher of MarksDailyApple.com

*Paleo Fitness* is mandatory reading for anyone interested in leading a healthy lifestyle. It is very comprehensive, covering paleo exercise and nutrition. It is a place to track your progress, the recipes are fantastic and the pictures are great for those who have never exercised.

--**Amy Kubal, MS, RD Paleo Dietician**

"Edwards' writing is honest, and his heart for health and fitness shine through in the text. It's an easy read but by no means "light" - information abounds on every page, from references to scientific studies to a handy chart explaining healthy body fat percentages. *Paleo Fitness* offers the perspective that there *is* room for experimentation, there *is* more for us to learn, and there is definitely a place for play, even in modern, Neolithic life."

--**Paleo Magazine**

7 Weeks to 50 Pull-Ups-Brett-Stewart-9781569759219-\$17.95-Ulysses Press-5/20/11-9000-

7 Weeks to Getting Ripped-Brett-Stewart-9781612430263-\$15.95-Ulysses Press-1/10/12-4000-

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## About the Author

**Darryl Edwards** (*The Fitness Explorer*) is the creator of the PRIMAL PLAY training system, and world-renowned as an expert, teacher and lecturer on the Paleo lifestyle. He's a certified personal trainer and Paleo nutritionist holding a diverse range of certifications.

Darryl combines his many influences from martial arts, parkour and dance to teach groups, conduct one-to-one training and virtual training sessions that focus on strength/conditioning, bodyweight exercises, Paleo nutrition and Play. He lives in London, England.

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