

The 4 Primal Essential Movements (or PEMs).

- **push-ups**



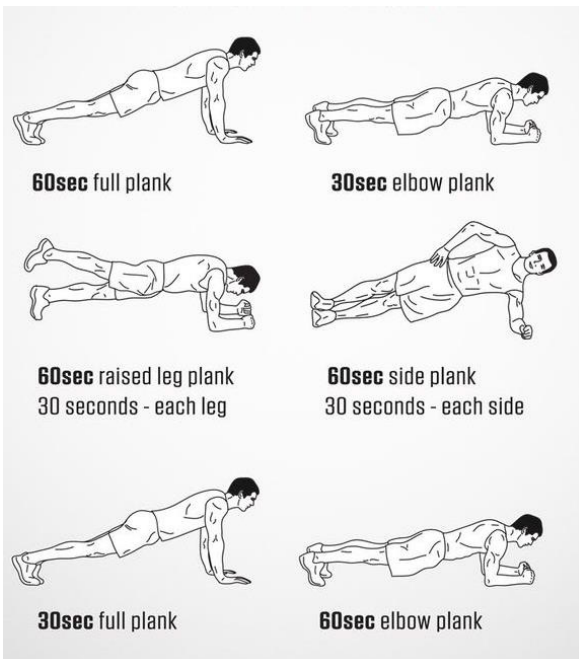
- **pull-ups**



- **squats**



- **planks**



Collectively, these exercises work all the muscles in your body and promote functional fitness. These are representative of the movements our bodies have executed (in some semblance or another) on a daily, near-constant basis to promote survival for over two million years.

The PEMs can be done virtually anywhere with no equipment (save a bar for pull-ups, but a tree branch will do fine), no expert guidance or knowledge required, and little injury risk when done properly.

Since doing enough repetitions of each Primal Essential Movement can be difficult for many beginners, each PEM is broken down into three skill levels:

Easy, Intermediate, and Baseline. For those who struggle with the Baseline, or standard, exercises can spend as much time as necessary working on one of the easier progression exercises, which stimulate identical muscle groups as the Baseline exercises. After steady improvement at a particular exercise, you can attempt the next more difficult progression exercise and continue to work toward the goal of eventually reaching the mastery level for each of the PEMs. From there, you can pursue more creative and challenging advanced-level exercises, such as doing the PEMs with dumbbells, kettle bells, a weighted vest, or elevating the legs for decline push-ups or planks.

Always remember this... the best exercise program is the one you will stick with! Try doing the activities and individual workouts that you enjoy the most. This will promote maximum health, wellness, and longevity.