



**Burn the  
Flab in 60  
Days Eating  
Great Food &  
Training 2X  
/ Week**

**Old Spartan Fitness**  
[OLDSPARTANFITNESS.COM](http://OLDSPARTANFITNESS.COM)

# Step Up Your Fitness Game

You want to lead an awesome life, have fun, make memories, travel and be adventurous. So why neglect the very foundation of your awesomeness - your health and fitness? If you want the energy and strength to live life at full speed, you must eat in a way that works with your body's natural genetic tendency for health and train effectively (it doesn't take much time) to rebuild muscle mass and gain strength. I can show you how.



**Mark Fickler aka Old Spartan**

## Resource 01

# Key Concepts

Examine your modern life and attempt a more evolutionary modeled lifestyle like eating real foods, getting appropriate exercise, mitigating chronic stress, spending time outside in natural environments getting sunshine and fresh air and living more in tune with your circadian rhythm.

[Click here to view the Key Concepts PDF >](#)



## Resource 02

# Carbohydrate Curve

Reprogramming your genes to become efficient at fat and ketone burning can lessen your reliance on external sources of carbohydrates for energy, sparing the fight-or-flight response from abuse and minimizing the breakdown of lean muscle tissue into glucose for quick energy, a process that occurs frequently in a sugar burner since stored energy is not readily accessible.

Primal-aligned eating habits can improve caloric efficiency, the ability to survive and thrive on fewer ingested calories. This is preferable to speeding up metabolism, because an accelerated metabolism and an accordant acceleration of cell division can increase cancer risk and shorten lifespan.

[Click here to view the Carb Curve >](#)



## Resource 03

# Primal Food Pyramid

Gut health is a critical component of immune function and general health of many systems in the body. Your microbiome exists independent of your cellular makeup and is considered a "second brain." You can help gut health thrive by consuming prebiotics (resistant starch) and probiotic foods (fermented foods like yogurt, kefir, kombucha, etc.). Good health is dependent upon maintaining a healthy balance in the gut between good bacteria and bad bacteria.

[Click here to view the Primal Food Pyramid PDF >](#)



## Resource 04

# Primal Fitness Pyramid

For all but the most serious strength training athletes and competitive athletes, two high-intensity strength-training sessions per week is sufficient to deliver optimal results. The meaning of a "brief, high-intensity workout" then is a session that is challenging enough that it would be difficult to continue the session at that level of physical output beyond 20 or 30 minutes due to the accumulation of fatigue.

[Click here to view the Primal Fitness Pyramid PDF >](#)



## Resource 05

# Primal Essential Exercises

The preferred types of strength exercises are functional, full-body movements, such as bodyweight resistance exercises or sweeping movements with weights or other resistance tools to activate large muscle groups.

The Primal Essential Movements (PEM) -pushups, pullups, squats, and planks-are simple, safe, and easy to learn, easy to modify in order to scale to different ability levels, and work all the major muscle groups of the body.

[Click here to view the PEM PDF >](#)



**Set up a FREE Call.  
I'll answer your  
questions & give  
you a plan to keep  
making progress.**

Click below to quickly schedule a 10 to 15 minutes FREE call with me. It's a foolproof way to determine your next steps and continue on your fitness journey.

**SCHEDULE YOUR FREE CALL TODAY!**

