

Old Spartan Fitness
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.



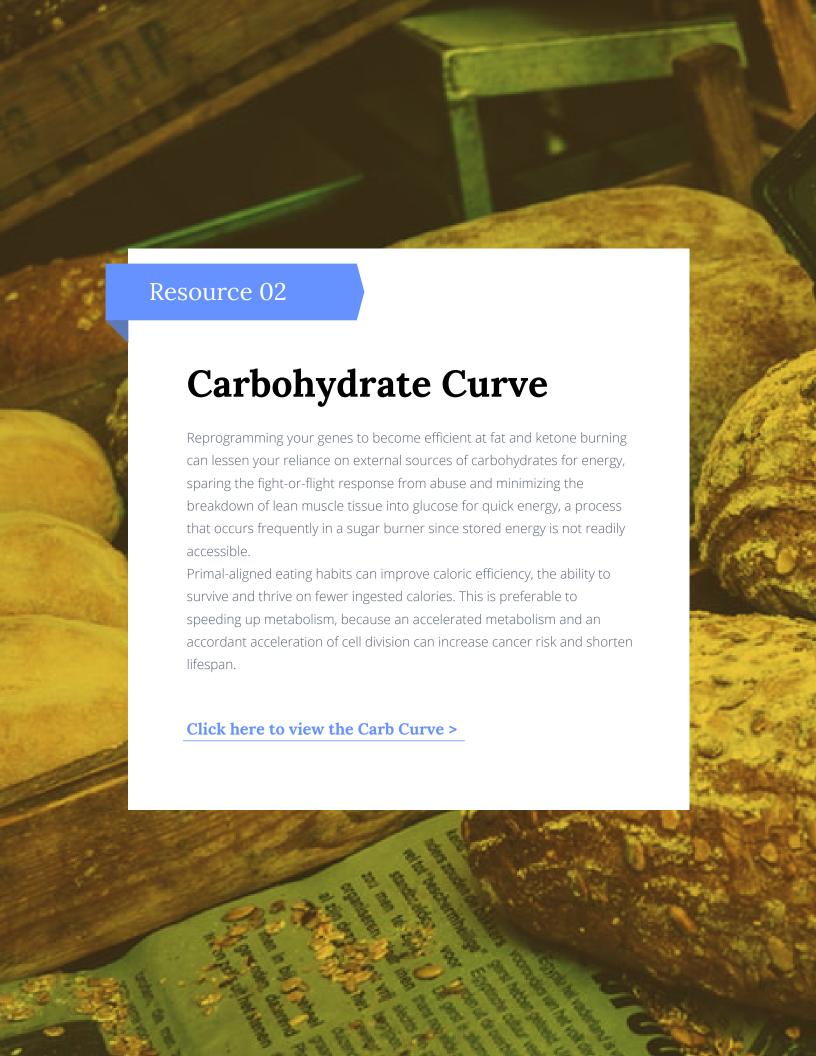
Mark Fickler aka Old Spartan

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 >





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.

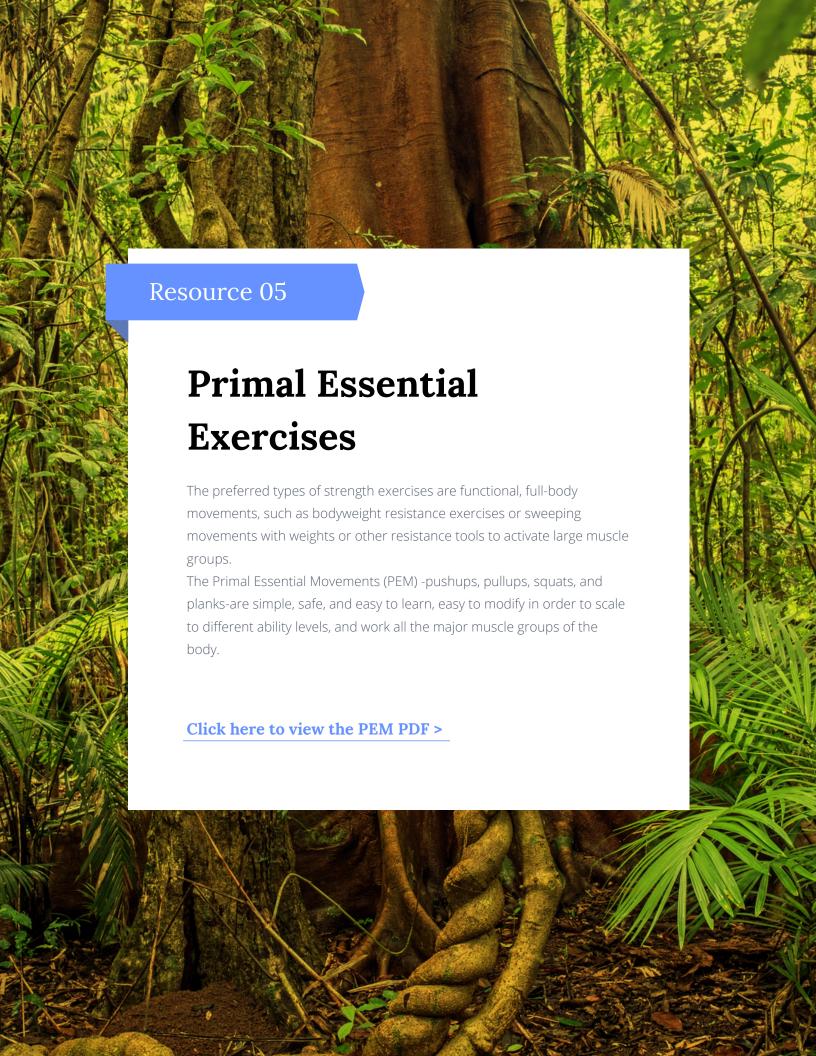
Click here to view the Primal Food Pyramid PDF >



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 >



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 molproof way to determine your next steps and continue on your fitness journey.

SCHEDULE YOUR FREE CALL TODAY!