

**How to Scientifically Engineer a Six Pack with Dr. Mike T Nelson
PMR #127**

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Tony: Hey, Paleo Nation. I'm Tony Federico and you're listening to Paleo Magazine Radio. The official podcast of the original Paleo Lifestyle Publication.

As someone who has spent over a decade in the fitness industry, I've seen more than my fair share of gimmicky abdominal exercise machines and over-the-top core training routines. These products and programs consistently promise miraculous results. Six packs in six weeks, inches off your waist with no effort, or improved posture and athletic performance. Do they really work well? Slick marketing can mislead us with doctored before and after photos. Real scientific inquiry is not so easily deceived. In the spirit of deconstructing core training I brought in a real expert on the subject, Dr. Mike T. Nelson.

Dr. Mike holds a PhD in Exercise Physiology, a BA in Natural Science and an MS in Mechanical Engineering, so he definitely knows his stuff. On today's show we discuss how we went from building actual ray guns to studying exercise science. What the core really is and how your current training program is affecting it. The difference between training for life versus training for the gym, why a gymnastics hollow position might be a better core exercises than a CrossFit GHD sit-up, what your squat tells you about core stability and what core training equipment actually works. All right folks, it's time to scientifically engineer some six-packs. Paleo Magazine Radio starts now.

All right everybody, I'm here with Mike T. Nelson. I met Mike at Paleo Effects this past year in the 2015 Paleo Effects event in Austin, Texas and we actually got to talking in the Green Room, which is a great place to score some cold-brewed coffee and other tasty treats. I think we're having a semi-caffeinated conversation about exercise, diet, fitness, the state of the world's fitness and thought to myself, "I've got to have this guy on the podcast." So, Mike, welcome to the show.

Mike: Yeah, thank you very much, Tony. Good to be here. It was a lot of fun. The caffeine they put in those things is a little bit high too, but it's good.

Tony: Yeah. They're making sure we are well prepared for giving our presentations. No sleepy eyes in that audience.

Mike: That's right.

Tony: I wanted to start today's conversation with a focus on you, your professional background. You're a fitness expert, but if somebody hasn't heard of you or if they haven't encountered your material, could you describe your trajectory in the fitness industry and how you ended up where you are today?

Mike: Yeah, well, the semi-short version of it is that I've always just been fascinated with all aspects of anatomy and physiology and exercise physiology. My undergrad is actually a Bachelor of Arts in Natural Science and then I didn't know what to do with that fascination and I used to tear things apart and attempt to put them back together but was not really that successful.

Tony: An important part of tearing things apart.

Mike: Yeah, tearing them apart is pretty easy. Putting them back together that's a

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whole other skills. Everyone's like, "You should be biomedical engineering because then you get to sort of do both." I'm like, "Okay." I went and did post graduate work at Michigan Tech for Mechanical Engineering and then I ended up doing my Masters there in Mechanical Engineering. My research was actually in heat transfer, so how very, very, very high frequency of microwaves are used for crowd dispersal.

Tony: Interesting.

Mike: Yeah, if you hit someone ... It's called the military ray gun. In essence if you hit a group of people with it, it feels like your skin is being burned by a light bulb. So you tend to move out of the way but there's no real deep tissue heating effects or anything. The Masters stuff was more heat transfer ...

Tony: People are going to be going crazy on the internet if they haven't heard of that before. They're like, "Ray gun?" Google search.

Mike: Yeah. It's actually the technical term is called the Active Denial System, so when I was working on it was so classified they didn't tell me it was classified. My adviser was like, "Oh, yeah it's for collision avoidance system on cars." I'm like, "Hmm, okay." This is back in the mid-90s and I'm thinking what does Brooks Airforce Base in Texas care about collision systems on cars. They're like, "We will pay for your research and stuff." I'm like, "Okay."

Tony: Money to a college student, deal.

Mike: Yeah, pretty much. I'm like, "Okay, that sounds good." My background and classes is actually more in mechanics, bio-mechanics type stuff. So I finished that, I actually started working for biomedical companies for almost 14 years. I swore I was never going back to school, that lasted a year and a half. Started doing coursework for biomedical engineering and PhD program. Actually then after 4 years there transitioned to exercise physiology and finished my PhD in Exercise Physiology a couple of years ago. So I don't recommend that route to anyone ever.

Tony: A real direct path to coaching people.

Mike: Then I'm running my own business now for, coming up but almost 10 years. I worked with clients, primarily online and a few in-persons. Clients all over the world for different mainly fat loss and some performance stuff. Most the people I get, in general, in a nice way have issues they need to work on in terms of mechanics and nutrition and that kind of stuff.

Tony: Sure.

Mike: It's been very fun. Do a bunch of other stuff, lots of consulting, work with the guys that [inaudible 00:06:18] performed, Director of Education for the Mindset Performance Institute. Then I also teach for Global University.

Tony: Cool, man. All right so one of the things that I wanted to talk to you about specifically, and I think this is just one of those things that everybody says, everybody thinks about, but nobody really knows about it. It's just so common in gyms and fitness centers, engage your core, core strength, core workouts. All these things that start or end with the word core, everybody's talking about the core, why it's so important. I don't think any-, very many people really know what it is and why it's important and what you're really

supposed to be doing at training, which I guess is one of the more important things. Whether you understand it or not, if you are working it correctly. I wanted to talk to you about that because I know you've talk to people about that and let's start with the high-end of the spectrum, the outliers on the performance side. Professional athletes and what a strong core is doing for somebody playing football, for example, or some other professional sport like that?

Mike: Yeah, to me, it's sort of my own personal definition is that it's simply just the ability to transition movement force from the lower body to the upper body or from the upper body to the lower body. For example, if you are running or sprinting, you're right foot makes contact with the ground, as soon as it makes contact with the ground with some force that has to be absorbed into your structure. That's going to come up your right leg and is going to come all the way up and right around the core area, technically more of the SI area actually crosses over to the other side of your body and then goes up and out into your left hand and actually up into the left side of your face.

In that particular case it's like your body is kind of a big X. Where the force is transferring, even in an unloaded exercise like sprinting, that transition area kind of goes through the core area. Then if you start on the opposite end and you add a weight to it, like a quarterback throwing a football, he's going to throw it with his right hand those forces generated there has to go across and then go back into the ground, primarily on the left side. It's always the contributions from the other side.

Tony: Right. You definitely see the left hip and quad and hamstring activate when a right-handed quarterback is throwing the ball.

Mike: Yes. Right. To me the core is that area where are having a lot of, and most athletic movements especially that force transfer primarily going from one side to the other side.

Tony: The movements that are coming to mind with this, of course, throwing, the example of a quarterback, sprinting you said as well. I didn't hear you say crunches.

Mike: Yeah. I think crunches are probably the most bastardized exercise ever and I think it ... I actually tried to look into it once to see where all of that came from and I really couldn't pinpoint it.

Tony: Crunch zero, the original crunch.

Mike: Yeah. It has been popular for quite a while. The only thing I can think of, and this is more of an educated guess, but it makes sense, if you look at someone who is very lean, whether it's a guy or gal, you can see the rectus abdominis or "the six-pack muscles" people look at that and pick up a physiology book and go, "Oh, wow," okay so these kind of just shortened in that area, very short range of motion and it does kind of look like a crunch. If you're doing a crunch you do more activate rectus abdominis for those muscles.

So I think in the back of everyone's head is still kind of the notion that we can't spot reduce. If I want to get really good looking "abs", I need to do some type of crunch thinking that I'm going to be able to get rid of the fat in that area. There's some literature to show that spot reduction may be

possible but it's extremely, extremely minute. If it's even such a phenomenon not anything that's going to make any bit of difference to the average person doing crunches. You can do all the crunches you want, it's not necessarily going to reduce the amount of fat that's in that area.

Tony: All of those, as seen on TV workout videos that usually contain a lot of crunches, they always contain a diet as well and then when they show you the before and after, they don't really tell you how much of that was the hypo-caloric, low calorie, high protein, low carb diet, or whatever it is. Of course it was the crunches that did it. I think this brings out another point which is confusion of superficial muscle activation for kind of the deeper functional application of muscle action.

Mike: Yeah, I totally agree. When we look at the core, and so how do I define the core and so do other people, it includes everything as a kind of from like the lower part of the rib cage where you can put your hand on to probably, I would say the top part of the hips that some people will extend that even further. Include the diaphragm and the pelvic floor and all the other structures to which I think is a very valid argument. The best analogy, I've heard, is that it kind of looks like a can. If you think about a soup can. If you're facing the label in front, these muscles in front of the rectus abdominis, the ones on the side of the can, primarily going to be the obliques, you got your muscles that run up the back and the top part of the can is the diaphragm, and the bottom part of the can is the pelvic floor.

It's a little bit of an oversimplification, we skipped some muscles but it's a pretty good working analogy in that all of those have to be working in concert in order for you to have the best performance. Stuff even as simple as, diaphragm movement, pelvic floor movement, the right timing of contraction, all of those things matter to get the best core strength.

Tony: Now one of the things you mentioned when we were first beginning this discussion is ... When I asked you to describe the core, you said it's where forces are transmitted. You did not say forces generated and then transmitted to the hands and then down to the feet. It was force that was generated in lower body segments that went up through the core and out the hands. That was the big picture of what the core was doing in that example of a football player throwing a football. Then you go to core class and all the work is actually being generated in the core that seems completely contrary to its, its, its function.

Mike: Yeah, and in general the muscles in the core just are... Even from muscle action standpoint their range of motion that they can do is really, really small. As we go back to the classic crunch, even if someone does it correctly, you know your upper thoracic area, [inaudible 00:13:20] to your ribcage area is really coming off the ground a few inches. It's not moving feet. Most people doing that just are yanking on their poor cervical spine anyway to jut their head further like a chicken having a seizure. It's, I'd say not very effective.

Tony: Maybe making their [inaudible 00:13:39] head posture even worse.

Mike: I would argue that in essence they're making all of their postures worse, right? If you look at the average person who does a lot of desk work and I've been entirely guilty of this myself, their head is usually forward, the upper spine is usually rounded more forward, in essence, it's kind of what a crunch looks like. If you watch a lot of them they don't really ever get their lumbar

really flat on the ground. It's just primarily a little bit of thoracic movement and this cervical head jutting forward type thing, which is mimicking the posture that they're probably trying to get out of to begin with. It's not helping them from that regard either.

Tony: Yeah, I mean if training is supposed to make you look the way that you train, in essence, you don't want to train in a position that is taking you out of alignment.

Mike: No, no. It's amazing that the longer I've worked with people that's one of the question I ask them is what position are you in most of the day? For a lot of people who have a desk job and that type of thing. I've had people in most of my programs now, for online, do some type of rowing motion literally everyday that they train. I also really want to see that their head position is pretty good, that it's back a little bit "more neutral" because those positions that they're lifting exactly to your point those will transfer to their everyday movement. That's what we were trying to do.

Tony: All right.

Mike: Then even lately, I've been looking more at the lumbar, the lower back area. I'm making sure that you want some curve there but not this sort of massive amount of curve that a lot of people have. That's something I've been working on myself, too.

Tony: I think the point you bring up with your previous statement is training for life versus training for the gym. Doing a lot of crunches might allow you to do a lot of crunches and be the guy or girl whoever can bang out 100 in a row or 1000 in a row, or whatever crazy number I've heard people throwing around. Is that really the goal to be the number one cruncher, or is it to be a fully functioning human being that exists in a 3-dimensional space and can do all sorts of dynamic things? I wanted to go back another step when you mentioned the range of motion for a crunch and just putting it out there, I know there is a lot of Crossfitters out there, and I've Crossfitted myself. I've coached Crossfit for a long time.

You see the sit-up done on the glut-ham developer where feet are locked into place and there is this huge amplitude so if you take a traditional gym crunch and you crank it up to 11, and you get the arms going all the way back and the arms coming all the way forward, to a full sort of arc of the spine, almost 180 degrees. I guess the idea is that is functional. What are your thoughts on a glut-ham developer sit-up? Just because it's always one of those things that I've had a little [inaudible 00:16:34] of doubt on my mind whether it's something that I really want to be doing on a regular basis?

Mike: Yeah, I think it really depends upon the person. The people, in general, that I've seen them do that, probably not ready for that exercise. I think if it's done correctly and that it's progressive, I think it could be okay. Like you said, most of the time, I've seen people perform it, it's a lot of momentum to generate it and the thing people forget, too is that as soon as you lock your feet down it doesn't make it worse or better. Now, the hip flexors can actually do a fair amount of pulling. The main hip flexors are the psoas that goes into the femur, comes across the pelvis, actually inserts into the lower back on the front and the back of the lumbar spine. Then literally disappears as part of the diaphragm. Then the top part of the rectus femoris [inaudible 00:17:35] or the top part of quadriceps, comes over and attaches on the hip and actually

goes down into your hip socket, too.

In essence what happens is those muscles now because your feet are anchored, can then pull across the pelvis, which is all attached via fascia and other muscles a lot of times those are the ones that are working pretty hard. Some people may need exercises to help those, a lot of people probably not. The last thing on that, too is that if you watch a lot of the lumbar movement, the lumbar stays pretty well curved in a lot of the people I've seen so they're getting this movement only at one little tiny part of their hip. When I would like to see them in essence master something like a gymnastics like a hollow position where you have your hands out in front or behind your head and your feet out in front. What you're doing there is in essence you're bringing the lower part of your rib cage down. You're actually trying to flatten your lower back into the ground. I would like to see those types of positions first before we just put someone to anchor their feet down and let them use their hip flexors like crazy.

Tony: It almost sounds like the traditional crunch is putting a lot of strain on the cervical spine, front of the neck shoulder, all that but then you take the glu-, hand developer and now you're transitioning that used down to the hips. Both of them are kind of missing the center of the body, the core, which we are trying to train. What are some functional core exercises that you would recommend, things that get outside of crunching and excessive hip flexion?

Mike: Yeah. If you'd ask a couple of years ago I'd probably give you a completely different answer but lately what I've been really looking at is ... Let's say [inaudible 00:19:25] right so if you go back to what is the reason they want to work on core function a lot of times it's aesthetics aside which will both probably gives value than anything else. There's something like a performance type thing if they want to do, whether it's increase squat, dead lift, overhead press something like that. What I want to see in those cases is I'd like to see that their pelvis is relatively neutral, doesn't mean that they have to have no curve in their lower back at all.

I'm not a huge fan of a very massive anterior pelvic tilt, that's a huge curve in their lower back. I want them to just have that be a little bit more neutral and then that's going to make the distance between in essence their lower ribs and hips actually shorter. If you ever watch them from the side for example, a lot of people will do overhead work that don't have very good shoulder mobility to get those last few inches you'll see that they flex right at the lower back.

Tony: To get even more extension when it's already extended.

Mike: Yeah. They're really cranking and getting a lot of extension there. What I would like to see is that area be more stable and actually not move. Actually now if you take especially the lumbar area you load it and then you do repeated movements on it that's not the best for your lower back health. Unloaded movements is a different story but loaded is not good. What I would like to see people is to be able to control that area and then perform whatever movement they're doing. That's the first thing I would look at. To me if they can't control that area then I have to regress their movement.

Tony: This is just taking a standard movement like let's say a squat and watching to see if the person can maintain that pelvic abdominal control?

Mike: Exactly, yup, yup. The core and essence is using to stabilize that area. I mean you see a lot of people they'll squat with a very tilted pelvis and [inaudible 00:21:27] I think if that's the best long term or not. Current thinking is that more neutral is going to be better. At minimum I don't want that area to be moving under a squat or a lift or a plex. One it's not going to help your lifts, two it's going to increase your risk of injury overtime. What would you then to better control over that area. One of the drills I got is from PRI, it's the Postural Restoration Institute. You would have your feet up on the wall and the simple story of it is you're trying to get your lower back to flex a little bit more into the ground so you have your feet on the wall like a 90-degree angle coming down.

Then you're going to pull your heels down on the wall a little bit but they're not going to move so it's going to lift your pelvis up just a little bit. As it's trying to get you more towards neutral and then working on some type of breathing in that position. There's other things you can add to that. It's called the 90/90 breathing exercise. The reason that I found the breathing is really helpful if we go back to our analogy of the core being a can the top portion of that is the diaphragm. If you generate all of these force but you can't control the diaphragm in essence you're not going to be able to pressurize that area correctly.

Tony: The top of the can pops it off. It's like a pretty low can when you first open it.

Mike: Yeah, exactly. Exactly. I like that. What [inaudible 00:22:58] teaching is not only a good more neutral position it's teaching you how to engage your obliques especially if you just sit you need a really hard exhale you should feel your obliques on the side of your core contract. Those are the ones that actually provide a lot of stabilization across there. The TVA if you'd already done any [cadaverdized 00:23:19] section work, the transverse abdominis is super, super thin to really not that big of a muscle at all. I doubt that it does a lot of movement. If you read stuff from Dr. Stewart McGill he says that the best TVA exercise is vomiting.

Tony: Nice.

Mike: To learn that it doesn't, it's not really used a lot. It would be where I would start and progress and screw that and the takeaway is I want to see if they can control that area under either more movement or under more load. As soon as that area then starts to move under load I would then actually regress them back from that.

Tony: Yeah, back away instead of I guess pushing through. I think a lot of people view their [crosstalk 00:24:02] in a linear way. As soon as I start increasing the weights or after I continue increasing the weights made more of an oscillating graph would probably be more appropriate.

Mike: Yup, yup. Another thing I've added a lot to people is just really old school simple hang from a bar and then can your muscles contract, your core just to get that neutral position because now I'm putting your whole upper arms, everything else, your [inaudible 00:24:32] all that stuff under tension. I want to see can you get that position there and then can you control it. Can you even do old school I would say knee ups but not so much movement with a lot of momentum but can you tilt the pelvis and then lift the legs? In essence can you do that with your arms in that finished overhead position but now with tension instead of compression from a load. In essence I'm trying to re-

engineer the opposite position that way.

Tony: You know, a lot of the exercises you're recommending sound very much like some of the foundational gymnastics training that you see, how the body holds controlling a whole body position hanging from the rings, and things like that. It's interesting to see how some of these what we consider exercises are really just part of priming the body for doing some complex movements and really getting high performance, especially if you look at a gymnast the feats of strength and balance and agility and flexibility that they perform. Why wouldn't we want to start with a foundation similar to that?

Mike: Yeah. Coach Sommers has a ton of really, really good stuff on there. I've still have to learn a bunch of stuff from him, former gymnastics coach obviously.

Tony: Yeah, he's actually, he's on the show a while back.

Mike: Cool. Awesome guy. Super cool guy. I mean just, and he really puts a lot of thought into it. Exactly to your point if you think about from a gymnastics standpoint how much force they have to transfer to their core just to do those movements and then to do that in a ballistic speed is really massive. They have to have a very good foundation, a lot of the stuff that we would consider more advanced for core training to them is like still very much beginner, really basic stuff, but it works, right? There's a reason that they do that.

Tony: Yeah, absolutely. There's a verifiable outcome which is human beings doing flips and 4 girls and cartwheels and all sort of cool stuff. Now I wanted to pick your brain while we still have a few minutes. What are your thoughts on exercises that are loaded rotationally, cable twists and chops, things with let's say, I don't know if you've seen them, I'm sure you have but for people out there there's this thing called a viper which almost looks like a PVC tube with handles. A lot of chopping, and lunge, chop, combination type movements. What do you think about those sorts of things in terms of improving core strength and power for sports that involve throwing, hitting a ball, kicking, and lots of rotational force?

Mike: First time I saw that was several years ago when I saw a video I saw these guys using this that look like rubber [inaudible 00:27:21] and I'm like what the hell is this? I'm like, "This is the stupidest thing I've ever seen in my life," and then I followed up on it a little bit more. I was like, "Oh, maybe there's something to it." Then I took the 2-day course with Thomas Myers and Michelle [inaudible 00:27:40] in Arizona this past year. We did one day of dissection, one day of viper work. I realized that I was like, "Wow, I think it's actually quite useful." I've been using it myself for about the past 6 months.

They called it a loaded movement training, and what they're trying to get out is they're trying to get these movements done at speed but a low load that are not normally done. If you look at the body you find that the fascia or this connective tissue when you do like a fresh tissue dissection is literally everywhere. It's amazing to look at the intricate fiber into how they run in multiple directions even in the same little area. Each one of those directions is basically customized and built because they're stressed or forced being put through there. I think the concept of doing that and doing different movements especially a lot of lateral transverse plane, frontal plane stuff, in addition to standard lifting program it's actually very useful.

A lot of people one, don't move at speed very well and two, don't really move

into those planes of motion. If you look at and he would argue like old school farmers, a lot of manual labor type stuff, throwing bales of hay whatever, they didn't start off just throwing a heavy bale of hay. You work out to it overtime. I do think there actually is a place for those types of movements. [inaudible 00:29:12] being again as long as you're moving well and that the movement is still light enough to get the desired effect. I think especially with guys there's a tendency just to go too heavy on everything but you find that is that the movement quality will degrade and that it becomes more of a strength exercise and doesn't really target the fascia as well. It's a much better exercises for that I mean go do some dead lifts and squats or presses or whatever. I think for what its intended use for I think it's actually very useful.

Tony: The last thing I want to finish off with is almost like an existential question for people in the fitness world, do we even need to train our core?

Mike: Yeah. I think a lot of it depends upon what are your goals and what have you been doing. For myself in the past I didn't do a lot of "core training". I did that list and bench pressed and started an overhead press, and your standard type of lifting things. My assumption was well, you know, that's probably good enough. What I found out over the last 9 months is nope, probably not. In my case I was one of those people who was very extended to the low back, very limited range of motion through the shoulder, a bunch of issue related to that. Once I got that fixed up I got my diaphragm working better, I could then stabilize in a neutral position actually under load much better. Then my core training became just going back to my standard lifts again.

I started doing a lot of stuff from Coach Sommers, hollow positions which I couldn't do for freaking months. [inaudible 00:30:59] pelvis is so rotated forward. Now I've been playing around with like the super old school like the gravity booths which you hang upside down from your feet. That's just wild because you're not used to having your feet be the point of generating that tension. Even something doing as a curl up or something from there really, really hard just because the position that you're in. Again, I think it probably depends upon what you've been doing. If you do a lot of hard manual labor type stuff you've got good movement mechanics you probably don't need a lot.

If you're the average person that does a lot of sitting and probably does just a very basic exercises and especially if you probably a lot of machine training where everything is stabilized for you there's a time and place for machine training, too. You probably need to add something in. My favorite for people who are starter are kind of the hollow positions, the PRI 90/90, make sure you can control that neutral alignment and then just slowly start loading it. A really great one is a suitcase farmers log, so just hold something on one side and just walk. It's crazy because your whole opposite side now has to stabilize in that position. That's probably right how people will start.

Tony: Awesome. Hey, this has been a great conversation. I'm really stoked that we had you on the show. Do you like I could've kept on geeking on about this exercise science stuff and really talking about the core going deep into the core. I appreciate you coming on the show, man. It's been a real pleasure. I want to make sure that everybody out there listening heads over to your website, miketnelson.com. Is there anything else that you want to let people know that you're up to or any upcoming projects you want to tease?

Mike: Yeah. I got a bunch of upcoming stuff. I'm doing stuff with the Mindset Performance Institute so we've got our first summit coming up in the next week or so. If you just go to miketnelson.com there should be an offer, just scroll down and hop on my newsletter and get all sort of cool new content usually daily and that'll be update on where I'm at and what's going on.

Tony: Awesome, man. Thanks again for coming on the show.

Mike: Thank you very much, Tony. I really appreciate it.

Tony: That was Dr. Mike T. Nelson. You can find out more about Dr. Mike by going to his website, miketnelson.com. We'll also include links to the Paleo magazine radio episode featuring gymnastics bodies creator Coach Christopher Sommers, the Viper, and the Mindset Training Institute in the show notes for this episode. Next week on PMR I'm joined by bestselling author, entrepreneur, and real food advocate, Jordan Rubin. Here's a preview.

Jordan: I was literally trapped in a prison that was my own body. I tried conventional medicine and it failed. I traveled the world visiting 69 medical experts in all manner of natural health, integrated medicine, you name it. Nothing worked until I met a man who taught me how to eat the way the Bible, history, and science have proven. It's what we would now call a real food diet.

Tony: To learn more about Jordan's health transformation, his Maker's Diet, and how he's now focused on ancient nutrition as a way to create modern health. You'll have to tune in to next week's show. Until then you can check out our full archive of Paleo Magazine radio episodes on paleomagonline.com. All right Paleo Nation, so I mentioned this during our last Paleo radio bites podcast but in case you didn't check out that episode don't forget to take a peep at the new Paleo fitness app. I worked on Paleo fitness for an entire year editing the first ever digital magazine dedicated to Paleo fitness. What we've now done is to take that entire year's worth of content over 36 in-depth articles from the biggest names in the Paleo fitness space including Daryl Edwards, Jason Seib, Stephanie Gaudreau, Ben Greenfield, Keith North, Stacy Toth, Jennifer B. Blake, and many, many more. In addition to more than 24 Paleo performance recipes, and Paleo fitness product reviews and we've put them all in one place.

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