

The Primal Movement Program

25 Workouts

Quite in opposition to the Guerrilla program, the Primal Movement program is aimed at taking the muscles which have been so cruelly worked in the other workouts and giving them a long deep stretch, with flexibility as the main focus. What we are hoping to create is a gymnastic agility, which coupled with the ferocious strength and power of the Guerrilla system will result in the classical Grecian aesthetic. There are a couple of running workouts included which explain their primacy and reasoning, so don't jump to conclusions, do everything as it is prescribed.

Some of these primal/archaic workouts are designed to strip back your humanity, pull away the layers of the onion as it were, so ideally they should be done alone outside, or in the privacy of your home. I live in a quiet village in south west UK, and I genuinely stand stark naked at my back door after a long yoga session. Nothing, literally nothing, compares to having your bare feet on the ground (soil if you can) and your hands in the air, whatever the weather, with the wind in your hair and the stars staring down at you. This is perfection, this is our scripture, to pull away the barriers we have put up. Be the animal.

Workout One – The Sun Salutation

Style

Yoga and stretching

Movement

We won't dilly daddle, look online for a picture by picture description of the Sun Salutation, or email me directly and I will send you a picture of it being done.

1. Stand with arms held above your head, breathe in and arch your back so arms come back over your head.
2. Breathe out, bend forward and reach down to touch your toes, breathe in and out a few times, stretching your back, glutes and hamstrings as you reach.
3. Lunge one (left) leg forward and put your hands either side of the extended foot, stretching the back (right) leg out behind you so you look like a sprinter about to run. Take deep breaths and let shoulders relax.
4. Pull extended (left) leg back beneath you into classic plank position, sink down and lie face down on the floor. Relax.
5. Go into the cobra position, place your hands in front of you, arching your back up so your torso bends away from the floor whilst your groin presses deeper into the floor.
6. Go into the down the dog position, keeping your hands where they are, arch your back the other way so your bum is high in the air, legs straight, arms straight.
7. Lunge opposite leg (right this time) forward and go into the leg forward leg back lunge again, breathing to allow the stretch in the hip.
8. Bring legs together and stand up so you are touching your toes again and then, take a deep breath and extend arms.

Workout Two – Rolling with the Punches

Style

Warfare practice

Movement

Take an object which is loosely sword shaped (or a real sword if you have one), a pole, stick, fake sword or bokken will suffice. Repeat the following movements 10-20 times in sequence. Focus on form and movement, *feel it*.

1. Block

With 'sword' held in front of you, pointing forward, explosively bring it up across the face as if blocking a downward sword strike to the skull.

2. Parry

From the block position, drop the arms and go into a squat and bring sword up to protect the flank/bulk of the body.

3. Sweep

Bring the sword violently from the parry to arc around as if beheading or slashing at an opponents throat, ending with the sword pointing away from the body.

4. Draw

Place the sword at the hip as if in a scabbard and close your eyes, lean on the tip toes and dart forward, pulling the sword out and sweeping across the mid-section of opponent.

5. Clean

Bring sword above your head in two hands and violently flick away from the body, return to original position and repeat.

Workout Three – Yogic Barbarism

Style

Yoga and stretching

Movement

Again look up the "warrior pose" online and look at a good few photos of it, this workout revolves around it, so make sure you can do it comfortably.

This workout should be done naked.

1. Start by doing a classic yoga lunge, with hands either side of your extended foot, with the other leg stretched out behind you.
2. From here rise up to put your hands on your lunging leg, rest them on your knee and extend back upwards so you are doing a lunge with back upright.
3. Reach arms out in a cross/Jesus like pose and hold.
4. Reach one arm forward and the other back so you are pointing in front and behind simultaneously. Hold.
5. Go back to original lunge position and repeat on the other side/leg.

As well as repeating the above routine three or four times you should intermittently intersperse with the following movements.

1. 10 x very deep lunges
2. 10 x very deep squats
3. 10 x very long yogic lunges

Workout Four – Opening the Thighs

Style

Stretching

Movement

This workout is designed to be intensely stretching and yogic, concentrate on the meditative aspect, imagine you are in one of those situations we spoke of earlier in the book, preparing for war, stalking your prey, hiding from hunters...again it should be done naked.

1. With feet shoulder width apart do a squat very slowly, pausing at the point where legs are at 90 degrees, then again when your bum is inches from the floor.
2. Slowly rise up to a stand and pause again at the specific points, repeat ten to fifteen times.
3. Repeat the above with feet closer than shoulder width and then again with feet far wider than shoulder width.
4. For the final set of moves squat down so buttocks are almost touching the floor and lift up slightly, take a step forward and squat down again, repeat until you have taken ten steps, turn around and repeat.

Workout Five – Incense and Datura

Style

Yoga and stretching

Movement

As with the first primal/archaic workout we're doing variations of the Sun Salutation again, so take a look at it online to get yourself familiar with the poses. This workout is done naked, we're stripping everything right back. If you have incense, candles, music you like that is relaxing and meditative, put it all on, get yourself into a state beyond your day to day self, pull it right back. Think of yourself as a Samurai or a Spartan, getting some down time before war.

Do three rounds of –

1. Sun Salutation – see first primal workout
2. 100 metres of bear crawls
3. 20 very slow bear crawl push ups
Go into the bear crawl position and do a very slow controlled press up as you move forwards. Don't worry if you droop or collapse, just get back up and carry on, this isn't a brutal workout, it's designed to stretch and lengthen.
4. Go into the warrior pose (the lunging upright with arms out, see workout three) and hold for 30seconds.

Workout Six – Planche Practice

Style

Yoga and stretching

Movement

Once more it's best if you look up the 'crow pose' online and the 'planche' gymnastic move. I will give basic description but it's best you have a pictorial idea of what you're trying to achieve.

1. Go into the plank position and bring your knees up towards your elbows. Rest knees inside the fold of the elbow and brace the upper body.
2. If you have the lever and position correct you should be able to lift your feet off the floor and support your bodyweight through your chest and forearms.
3. From here you can practice extending the legs out behind you using the abs and core muscles to support your torso.
4. The eventual goal is to hold a full straight plank with the arms out straight and the torso supported through sheer core strength.
5. Practice rotations of applying the crow pose and tensing the muscles of slowly extend the legs out.

Workout Seven – Long Distance Running

Style

Running

Movement

This one is very simple.

Find a point on the map or a landmark nearby you've always wanted to visit, seen it in the distance or seen it sign posted. Don't concern yourself with how far it is or record any kind of distance.

Run to that point, and back again, don't stop, keep going. When you get there do the following moves –

1. 20 x lunges, very slow and deep
2. 20 x squats, very slow and deep

Emphasis on all of this is to get you running without a distance or number in mind, just the destination and the sheer joy of the flight.

Workout Eight – Climbing the Mount

Style

Climbing

Movement

This routine is to assist with the eventual possible goal of climbing rock faces and/or trees. To do something like that, and get that Conan climbing the cliffs of Cimmeria feel, you need enormous upper body strength, lithe, explosive and lean.

Go to a tree or pull up bar and do the following –

1. 30 x hand changes

Hold yourself in a classic pull up position, let go with one hand and swap hand position, so go from an overhand to underhand grip, or reach for another branch. Hold on and swap the other hand, repeat this 30 times.

2. 30 x bear crawls

Emphasis on the long slow crawl, don't worry about perfect form, just crawl on all fours and stretch out all the muscles used in the hand changes.

This might not seem a lot, but if you're finishing it in ten minutes you're going too fast, repeat it a LOT slower and really *feel* what you're doing, listen to your body.

Workout Nine – No Diving

Style

Rolling

Movement

This one will sound weird to some people, but it is a highly necessary and pivotal movement that so few humans are capable of. The forward roll.

No bullshit, just practice doing forward rolls. Stretch yourself out first with lunges, squats, some yoga if you feel like it and then squat right down, place your hands in front of you and roll over on one shoulder. Repeat the other side. Practice until you feel competent and can advance towards more ambitious rolls. When you feel ready, contact us and we will explain the steps towards diving and running forward rolls.

Workout Ten – Dead Man

Style

Survival practice

Movement

I came up with the idea of the 'dead man' workout a few months before officially starting the Centurion Method, so it has been with us for a long time. The basic premise was to prepare people for what it was like to either have no legs, no arms and have to survive, or drag/move a fallen comrade/friend who was incapacitated and needed to be moved in an emergency.

This workout is best done with a partner but you can do it with a heavy backpack filled with weights or a sandbag etc.

1. 20 x dead man drags
Put partner/backpack on the floor as if they're dead, reach underneath and drag for at least 10 metres. Repeat.
2. 20 x no leg drags
Go into plank position, crawl forward for 10 metres using only your arms, dragging your legs behind you.

Repeat the above routine as many times as you feel exhausts the muscles in the upper body, it will be different for everyone, which is why we haven't scaled or graded it. You need to go until you have truly seen how difficult moving a human being is.

Workout Eleven - The Black Sun Salutation

Style

Yoga and stretching

Movement

This is a mix of the classic Sun Salutation from the first primal workout and the 'warrior pose' from the third workout. Basically do a Sun Salutation as normal –

1. When you are in the lunge position in the Sun Salutation, rise up into the warrior pose and hold, then go back down and continue the Sun Salutation as normal.
2. Repeat when you do the lunge on the other side.

The adding of the warrior pose into the sun salutation alters the whole mood and concentration of the workout from a point of external worship to an inner point of self-worship.

Workout Twelve – Crabs and Spiders

Style

Stretching

Movement

These moves make you look ridiculous but they're insanely good for the muscles of the back, shoulders, chest and core.

1. 5 x 100 metre crab walk

Go onto your back, lift yourself up so arms are by your side supporting your torso and feet on ground to allow buttocks to lift up from floor. Then walk forward using arms and legs whilst keeping torso raised.

2. 5 x 100 metre spider walk

The same as the above, but move in multiple directions, sideways, backwards, forwards, rotating the torso so you can move faster and more freely.

As with the previous workout, this emphasis here is on control and completion being focused through muscles, so if you finish too soon, and aren't tired, you've gone too quickly. Do it again.

Workout Thirteen – Stalking the Deer

Style

Survival practice

Movement

Regardless of if you eat meat or not, the workout here is to simulate hunting, so you need to get into that mindset, if you don't want to imagine hunting a deer or elk, hunt an imaginary enemy, just get into the mind of hunt or be hunted.

1. 10 x 100 metre lunge walk

Go into a classic lunge and keep your head level, take a lunge step forward without the head raising or bobbing, this is even better if you do it with a partner and there are penalties for being spotted.

2. 10 x 100 metre squat stalk

Go into a classic squat and do the same as above, smaller steps, keeping the head from bobbing.

Try to switch off here, pause a lot, practice being still in nature, try not to rush through it and get home. This is more in the mind than in the body.

Workout Fourteen – Running Practice

Style

Running

Movement

Please do look up online about correct running technique, youtube is full of videos of African and South American children running properly with no shoes on. These videos inspired the creation of the Vibram fivefinger shoe and so on. I own a pair of Vibrams, but still believe barefoot is best.

Go out onto a grassy area, and take your shoes off, practice walking properly, and then break into a light run, land on the balls of your feet, focus the energy through your toes and pull yourself forward rather than bouncing up and down.

As you get better and better at this, advance towards running barefoot on concrete. I can now complete a 3 mile run uphill on concrete/tarmac roads barefoot. Your feet *can do it*.

Workout Fifteen - Uphill Running

Style

Running

Movement

Find a hill, no matter how big, steep, whatever, if it's a slow incline that's fine, you'll just have to do it more times, if it's really steep fewer times. For an average incline –

- 10 x hill sprints
- 20 x lunges
- 10 x hill sprints
- 30 x squats
- 10 x hill sprints
- 30 x burpees

Workout Sixteen - The Moon Salutation

Style

Yoga and stretching

Movement

Same as the Sun Salutation, if you can't work out my maddening description below, look up "Moon Salutation Yoga" online.

1. Stand with feet together and hands held in prayer position in front of you. Then reach arms out to the sides, stretch and reach diagonally and then above you.
2. With arms held above you, tilt via the hips/pelvis to stretch the side core muscles, do this three times each side.
3. Then put arms out to sides again and take a wider than shoulder width deep stance, sit right down into it like a squat. Take the right hand and place it over the right foot, extending the left arm out and up above you.
4. Now reach both hands towards the right foot and stretch, then go into a classic lunge over the right foot.
5. Come up into a half warrior pose and arch back over the bent knee, then come into a low side lunge and squat over bent leg, stretching the opposite leg.
6. Squat right down again, opening the pelvis.
7. From here repeat entire process as described above in reverse over the other leg, starting with the low squat and lunge and ending with the swaying side to side whilst standing.

Honestly, just look it up, it will make sense! ;)

Workout Seventeen – Head Shot

Style

Stretching

Movement

We're going to do a move here which is called the "inch worm", which requires you to reach down and touch your toes, and whilst keeping your legs straight and stretched, walk your hands away from you until you are in a press up/plank position. From there keep your hands in place and walk your feet towards your hands, ending up back at a 'touch toes' position. Effectively you look like a caterpillar walking.

1. 20 x inch worms
2. 20 x bear crawls
3. 20 x inch worms
4. 20 x bear crawls

For a workout like this, strongly emphasise the yogic pattern we've discussed before, stretch it all right out, see if you can get lower, take long deep breaths, feel those ligaments and muscles working.

Workout Eighteen – Cross the Gorge

Style

Jumping practice

Movement

There's a lot of jumping in the Romulus and Finn sections of the workout manual so what we're looking for here isn't explosive power or endurance, we're looking for control and discipline in the movement and the landing. You should select a target distance, or an object to jump to and then leap onto it with precision. Practice this.

1. 50 x frog leaps
2. 50 x bunny hops
3. 50 x object to object jumps

Find a rock or plank, put another one some distance away and jump from one to the other, landing softly and quietly.

Workout Nineteen – Balance Beam

Style

Balance practice

Movement

Balance is one of the many areas of human ability that everyday people lack entirely. It is also one of the quickest and easiest ways to die in a survival situation. You NEED your balance.

Find something like a tree branch, a beam, even the curb of a pavement/sidewalk outdoors, take your shoes off and move barefoot across this object, maintaining balance at all times.

1. 20 x balance walks
2. 20 x lunge balance walks
Walk a few feet on the beam, do a lunge and continue.
3. 20 x squat balance walks
Walk a few feet on the beam, do a squat and continue
4. 20 x balance walks

Workout Twenty – Lift it Properly

Style

Lifting technique

Movement

There's no quick way around this, I want you to go on the internet or get a book out from the library and look up correct lifting technique. Everyone lifts wrong, it's a pandemic in our society. Lower back pain is one of the most common ailments modern humans moan about.

Take your log and rock or bar and dumbbell outside and barefoot, and move them properly. Squat properly, lunge properly, deadlift, curl, all of them, read up on it and find out about the biomechanics of the movement to get it perfect. Spend a good half hour to an hour working on this.

Workout Twenty One – Trees

Style

Climbing practice

Movement

Simples. Go find a tree, any tree, and climb it.

No fancy stuff. Climb it, get up in the branches, sit there, move from branch to branch, use those muscles you've been working on. Climb down, and climb back up again. Ten to twenty times.

GO!!!

Workout Twenty Two – The Dragon Goes...

Style

Jumping practice

Movement

Same as the previous jumping workout, we're not looking for explosive power or speed, we want maximum height here, and that is all about correct movement, discipline and surprisingly mental control.

A lot of people can't even jump to bench height for some inbuilt fear that holds them back. So, find an object that is at an uncomfortable height, say a stool or bench, whatever is hard for you and do the following. Oh and do it naked, it removes the clothing caught on edges fear.

1. 20 x box jumps
2. 20 x squats
3. 20 x box jumps
4. 20 x squats
5. 20 x boxless jumps

Remove the box to one side and jump as high as you can, try to see how high you can jump in comparison

6. 50 x box jumps

Workout Twenty Three – The War Hammer

Style

Warfare practice

Movement

Take your sledgehammer, or a heavy object that is like a sword, a dumbbell with all the weight at one end will suffice. Or a bokken if you want, but you'll have to do more of an endurance workout.

Stand in a side on position with the weapon you're using and imagine you're drawing it from behind your back or in a scabbard at your side. Repeat this movement at least 100 times.

Do the same for at least five movements of your choice, slow and controlled, make the movements feel real, as if you're practicing for battle. A sledgehammer works best in this situation, but sword will give it a more realistic feel.

Workout Twenty Four - Short Distance Running

Style

Running

Movement

No fancy stuff, sprinting.

1. 10 x 30 second sprints at max intensity
2. 5 x 1 minute sprints at max intensity
3. 1.5 mile run
4. 5 x 1 minute sprints at max intensity
5. 10 x 30 second sprints at max intensity.

Workout Twenty Five – Climb to the Top

Style

Running/climbing

Movement

Find a wood, mountain, hill or whatever, some wilderness site near you. Everyone has something, even if it's a short drive away. Whether you have a steep hill or a tall tree, climb it repeatedly. Over and over again, this is endurance.

I did this at Mount Snowdon in Wales, continuous walking/climbing for over an hour, we did it topless and then swam naked in the lakes at the bottom of the mountain.

This is the final challenge, by this point you should be at week 25 of the Centurion Method, you should now look and feel like a different person. Feel your body, touch it, flex your muscles, breath in your lungs. Be alive. Do what you have always wanted to do.

And by Crom, do it well.