

Diet: Intermittent Fast #1

You should be reasonably fat-adapted at this point and able to succeed with this challenge at some level. You shouldn't be famished upon awakening, particularly since yesterday's challenge was to minimize carb intake/insulin production. Your fast will run from last night's dinner for as long as you can last today without calories. When you experience strong sensations of hunger or diminished energy levels, enjoy a delicious and satisfying Primal meal.

DAY 15

Exercise: Primal Workout

Ready for another exciting high-intensity challenge? Here's a custom-designed favorite. See how you like it!

Novice exercisers choose the shorter distance and easier PEM; vice-versa for advanced exercisers. Really advanced exercises can tackle this with a weighted vest if you dare...

Take 30-60 seconds rest between exercises to catch your breath.

1. **Back slide arches/spidermans:** Sit on ground with legs extended and back straight. Press down with arms and arch back until entire body is straight (like an upside-down plank position). Before landing, drive butt backward through the air to land further down the field in a sitting position, still facing backward. Once reaching the 25 or 50 meter mark, face forward (the direction you came from) and extend body into hand/feet plank position. Commence spidermans by driving right knee to right elbow, returning to plank, then driving left knee to left elbow. Do a sequence of 10 spidermans on each side, walk feet up to hand position (without standing up), then walk hands forward into another plank position. You are progressing down the field toward your original starting point! Then, start again with a sequence of nine right/left spidermans. Repeat the spiderman process, counting down to zero, and you should be near your starting mark. Take a 15-second rest before return trip.
2. **Pushups:** One set, maximum reps. Advanced exercises can do decline pushups.
3. **Bunny hop/lunge walk:** 25 or 50 meters, down with bunny hops, back with lunge walks. 30-seconds rest before return trip.
4. **Pullups:** One set, maximum reps.
5. **Stairs or Hopping drill:** Attack the stadium stairs, or simply jump for joy. Complete a maximum-reps set of plyometric jumps of some fashion.

6. **Plank:** Maximum time to failure at appropriate plank progression exercise.
 7. **Sprint:** 2 x 50 or 75 meters. 15-second rest before return trip.
 8. **Squat:** One set, maximum reps. Why did I put this last? Oh man, good luck with that!
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Lifestyle: Cave Time

Take 30-60 minutes of solo time today where you disengage from digital stimulation, other people, and all other influences of the civilized world. A hike is an awesome option, but meditating on a park bench is just fine too. Get some space, slow down your thoughts and just relax and reflect.