

Losing Man Boobs With...

PALEOLITHIC



High Intensity  
Interval Training



Garry Davidson

**Losing Man Boobs With...**

**PALEOLITHIC  
High Intensity Interval  
Training**

**Following Nature's Intended Fitness  
Regimen**

*Lose Man Boobs, Blast Away Body Fat And Grow Muscle In Minutes,  
Using Scientifically Proven Methods That Have Withstood The Test Of  
Time*

**Garry Davidson**

**[www.chestsculpting.com](http://www.chestsculpting.com)**

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## Chapter 1

# Following Nature's Intended Fitness Regimen - Why We Are Designed To Do HIIT



Let's face it. Nature didn't *intend* for men to grow breasts. Persistent man boobs are the most *unnatural* thing on the face of the planet.

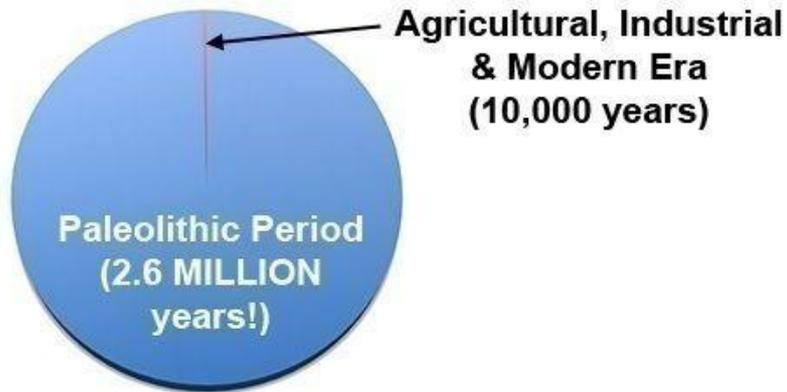
Over the last few hundred years we humans have developed technologies that have changed the very face of the planet. Where our bodies are still 99.998% identical to our hunter-gatherer ancestors from the Paleolithic period, we are now exposed to chemicals, foods and lifestyles that never existed in the past.

It is these modern changes brought about by man, that have resulted in an explosion of modern chronic illnesses, a few of which include diabetes, heart disease, all forms of cancer, obesity, and yes, man boobs!

It stands to reason then that going back to the ways of the hunter-gatherer by avoiding exposure to unnatural chemicals, eating the foods that our bodies were originally designed to eat, and moving and exercising like our ancestors, will give us the strength, health and vitality of ancient man.

### **A Closer Look At Paleolithic Man**

The Paleolithic period existed between 2.6 million and 10,000 years ago. Paleanthropologist have found that our hunter-gatherer ancestors were stronger, fitter, faster and healthier than modern man. They did not suffer from degenerative diseases as we do today. Death usually resulted from infectious disease, warfare or starvation – these folks weren't dying for lack of insulin injections or statins, and they sure as hell didn't suffer from an epidemic of man boobs.



**Pie chart showing how small the 10,000 years of the agricultural, industrial and modern eras are compared to the 2.6 million years of the Paleolithic period.**

Australian anthropologist Peter McAllister in his book entitled "Manthropology", makes a number of claims regarding the physical prowess of prehistoric man. Based on a set of fossilized footprints left by Australian aboriginals some 20,000 years ago, one particular hunter is thought to have reached speeds of 37 kph on a soft muddy surface.

This was the highest speed reached as he accelerated toward the end of the hunt, and he may have been able to go even faster if he needed to. There was also no evidence to suggest that this particular hunter was the fastest one around at the time.

Compare that to the top speed of 42 kph reached by our modern day world number one - 100 and 200 meters record holder Usain Bolt - who received specialized sprint training, had specialized running shoes on and a hard rubbery surface to run on.



**Paleolithic man is thought to have reached sprinting speeds similar to 100m world record holder, Usain Bolt. And this despite Paleolithic man running on uneven, muddy surfaces, and without specialized footwear or specialized training.**

McAllister also cites evidence that Australian aboriginals threw hardwood spears to a distance of 110 meters or more (the current world javelin record being 98.48 meters), and that Tutsi men in Rwanda were required to jump to heights of up to 2.52 meters as part of an initiation ritual into manhood, beating the modern world high jump record of 2.45 meters.

He also claimed that the average Neanderthal woman could have *easily* beaten bodybuilding legend and 7

times Mr Olympia, Arnold Schwarzenegger, in an arm wrestle when he was in his prime.

So, to conclude... these folk were as tough as nails. Despite our access to healthcare, science and technology, the availability of exercise equipment – the likes of treadmills, elliptical machines, stationary bicycles and various weight training equipment, Paleolithic man was in every way, when it comes to performance, physically superior to the average modern man.

But seeing as we're in the business of losing man boobs, what we *really* want to know is did they *look* any better than us? Did the average Paleolithic man sport a set of 6-pack abs and perfectly chiseled set of pecs?

Well the evidence would suggest that they certainly were more *muscular* than the average modern guy.

Paleolithic fossils reveal that our ancestors had much higher levels of mineral bone density than modern man<sup>1</sup>. This suggests that our hunting ancestors were frequently engaged in weight bearing exercises, albeit using logs and fallen game instead of dumbbells.

As muscles get larger and stronger, the underlying bone adapts by changing its physical shape and thickness to bear the increased stress. Anthropologists have found that the bony remains of our Paleolithic ancestor are different to the average modern population, in that the bones (especially in the lower body) have more prominent muscular insertion sites, and greater cortical thicknesses to support these stronger muscular attachments. The bones are also shaped differently as an adaptation to supporting greater loads and stronger muscles<sup>2</sup>.

So we're pretty sure that these guys were muscular, but were they ripped? Or was all that extra muscle covered by layer upon layer of fat?

Well one thing's for sure – getting ripped was never a priority for early man. He was more concerned about survival than donning a set of 6-pack abs at the beach. It would actually be more beneficial for him to have more than a single digit body fat count, since the stored energy from fat storage would increase his chances of survival in a world without supermarkets to guarantee a constant supply of food.

Muscular definition would hence depend on the environment. When times were hard, with all that extra muscle mass, they were likely pretty ripped. Paleoanthropologists are pretty convinced that our ancestors were very rarely (if ever) overweight or obese as most of us are in the West today.

Using skeletal remains, scientists are able to estimate, to a very reasonable degree of accuracy, the body-mass indices (BMI) of our fallen ancestors. Male specimens from the early upper Paleolithic era suggest an average BMI of approximately 23.5, with a height of 1.74 meters and a weight of 71 kg<sup>3</sup>. Knowing that they sported a large amount of muscle, these figures would indeed suggest a very impressively lean physique.



**The *average* Paleolithic man was thought to have been as ripped and muscular as today's world's most elite (Olympic) athletes.**

Consider the BMI of the average Euroamerican Olympic athlete, of 23.4<sup>4</sup>. It would hence not be much of an overstatement to say that the *average* early Paleolithic man had a similar build to the modern day world's most elite athletes. Not bad, eh?

### **So What Gave The Prehistoric Hunter-Gatherer His Elite Physique?**

Much of it of course, came from eating a low carbohydrate diet consisting of 100% natural unadulterated food – lean meats, nuts, seeds, berries, fruits and wild vegetables.

Unlike today, there was no obesity-inducing high-fructose corn syrup or monosodium glutamate. No xenoestrogens to load our ancestors up with excessive female hormones that result in man boobs, and no trans-fats to give them bellies and clog up their arteries. Everything was natural and as it should be.

Studies have shown that when hunter-gatherers transitioned to an agricultural grain-based diet some 10,000 years ago, their general health deteriorated<sup>5</sup>. A physical anthropologist can tell almost immediately whether a skeleton discovered at an archeological site belonged to a hunter-gatherer or to an agriculturist. The skeletal remains of an agriculturist almost always reveals that he was shorter, weaker, less muscular and more disease-ridden than his hunter-gatherer equivalent<sup>6</sup>.

Undoubtedly, these changes were largely due to a change from consuming lean meats, fruits and vegetables, to a diet that consisted mostly of cereals and starches – a trend that has persisted into the modern day.

But although diet is important, the only way to get strong, dense bones with a ripped, muscular physique that can perform impressive athletic feats, is through exercise (supplemented of course with a good diet).

### **The Hunter-Gatherer Fitness Regimen**

The secret hence lies also in the way that the hunter-gatherer moved. Our Paleolithic ancestors did not run marathons whether to compete, to collect finisher's medals, or to raise money for charity.

Also, unlike the agricultural society that followed, the tall, healthy, muscular and able-bodied Paleolithic man did not spend the vast majority of his waking hours sweating his guts out on the field.

### The Hunter-Gatherer Lifestyle

In fact, the ancient hunter-gatherer of the Paleolithic period was lazy. Seasonal migration took him to areas where food was in plentiful supply, and only a modest amount of work was required to harvest food from the wild<sup>7</sup>.

The ancient hunter-gatherer followed an activity pattern commonly known as the “Paleolithic Rhythm”. Men would commonly hunt as little as 1 to 4 *non-consecutive* days per week, taking full days of rest in-between, and women would gather every 2 or 3 days<sup>8</sup>. This left plenty of time for recreational activities, including dancing, rituals and simply lazing about.

Despite much archeological and anthropological evidence both new and old pointing to the above, traditional stereotypes about hunter-gatherers still persist, where the hunter-gatherer is seen as living in a perpetually harsh environment – living a nasty, brutish and short life, always being on the brink of starvation - and a picture that comes to *my* mind – of a guy carrying a huge boulder on his back for hundreds of miles every day, seemingly for no reason whatsoever except to establish his role as a brutish hunter-gatherer.

These false ideas were abandoned by archeology in the late 1960s. In fact in 1966, the hunter-gatherer of the Paleolithic period was dubbed the “original affluent society” by anthropologist Marshall Sahlins<sup>8</sup>. His theory postulates that the hunter-gatherer of that period, by way of desiring only what he/she needed, had enough free time and contentment to be considered affluent from a ‘Zen’ perspective.

You may argue that the *modern* hunter-gatherer *does* live under harsh conditions. But the hunter-gatherer of the modern day has been pushed out to fringe environments where food really *is* in scarce supply. The arrival of civilization has led to a widespread destruction of wildlife and habitat all over the world, and you'd be hard-pressed indeed to find a Paleolithic environment anywhere in the modern world.

### The Agricultural Lifestyle

Your high school history teacher might have told you (as mine told me) that everything got better when agriculture came along. There was more food to go around, people had better health, they were able to settle down in one physical location and had more time to themselves.

Your history teacher couldn't have been more wrong!

Although more food *was* produced by agriculture, which enabled the development of civilizations with highly populated settlements - villages, towns and cities as we see them today, this all came at a price.

As mentioned to you previously, man's *health* clearly deteriorated when he transitioned from the Paleolithic hunter-gatherer era to the neolithic agricultural era. Where the hunter-gatherer had access to a huge variety of wild, healthy food containing plenty micronutrients that are vital for good health, the average agriculturist had access to just one or two calorie-dense, carbohydrate rich, grain-based staple crops that were devoid of essential micronutrients.

When it comes to lifestyle, the hunter-gatherer had it *easy* compared to the agriculturist. Hey, the hunter-

gatherer even had it easy compared to you and me!

The lives of most people in the agricultural era were focused solely on producing food. The labor demands of growing and tending to crops and the processing of food was so intense, that all members of the household – men, women and children – were practically required to devote their lives to it. They commonly worked all day almost every day instead of just a few hours on occasional days as hunter-gatherers did, and unlike hunter-gatherers they had superiors, overseers and punishments for slacking off<sup>9</sup>.

There was no future for these people, except for the pain and death that came from being over-worked. This system started around 10,000 years ago and only in the last 300 years was human labor replaced significantly by animals, and in the last 80 years or so by machines.

Their labor was so intense, that the average male needed more than 3,800 calories daily to meet the demands of their workload<sup>10</sup>, compared to the 2,400 calories of the modern sedentary male.

The Paleolithic hunter-gatherer's daily caloric requirement, although higher than that of the modern sedentary male, was, in general, below 3,800 calories per day at around 3,500 calories per day<sup>11</sup>, while on the other hand some suggest it was as low as 2,140 calories per day<sup>8</sup>.

**The key here, is that despite the average agrarian male busting his chops on the field for 8 or more hours a day almost every day of his life, he was weak-boned, weak in terms of strength and didn't have much in the way of muscle. He was also unhealthy, more prone to disease and had a shorter lifespan than both us and our Paleolithic ancestor<sup>6</sup>.**

The fact that the hunter-gatherer was significantly stronger and far more muscular than the agrarian (who worked much longer hours), suggests that something about the way the ancient hunter-gatherer exerted himself on those occasional hunting days, was far more important for developing a muscular physique than merely the number of hours worked.

### High Intensity Hunter-Gatherer Fitness

If you have ever watched a documentary on modern African hunter-gatherers going for big game, you'll see that they tend to go hunting in groups (as did Paleolithic man<sup>12</sup>), since this is safer and makes for a more efficient hunt than going at it Rambo style. Much of their hunting time is spent traveling to the hunting site, then slowly and quietly walking with spears in hand while they stalk their prey.

The act of hunting itself involves short bursts of high intensity sprints, either while chasing prey or while *being* chased by the prey. There is no room here for slow, long-distance marathon-style running. Low intensity running won't save you from a 900 kg African buffalo hurtling toward you at 57 kph. Nor will it help you catch the buffalo if it happens to be running *away* from you.

Man being weaker than most big game and smarter, made use of wood and stone tools for hunting during the Paleolithic era. They did not chase down their prey for hours on end, since this would be a hopeless pursuit. The big game of that era - mammoth, cave bears, horses and reindeer to name a few, could all outrun humans with ease. Instead, as soon as the hunter-gather was within spear-range of the animal, he would sprint toward the animal and hurl his spear at it with incredible force. The animal would then chase

him or run away – both situations would require the hunter to run – fast!

The robust features of paleolithic man would suggest that they were frequent big game hunters. As seen in modern documentaries, large game like rhinos, hippos, elephants, buffaloes and deer can take a huge number of spears before they are killed – 10 or more in some cases. During the hunt, there are multiple short-burst sprints by different members of the hunting group at different times – either during the run-up prior to throwing a spear, or while running from or chasing their prey.

Many spear-throws are required during the hunt, and you should not underestimate the intensity of exertion required for each spear-throw. The modern equivalent – the javelin thrower – is a highly muscular power athlete who shares the physical characteristics of a sprinter.

If you watch an athlete during a javelin throw, you'll see that he takes a run-up - a sprint - before the throw itself. The faster this run-up, the faster your javelin will go, since, if timed correctly, the momentum (movement energy) of your body will be transferred to the spear itself as you let it go. African hunters do just the same, as did Paleolithic man.

There is also much core and upper-body strength required for throwing a spear. During the throw itself, explosive force production is required by the throwing arm, upper body, abdominals and legs<sup>13</sup>, thereby stimulating fast-twitch muscle fibers, which have the highest potential for growth.

So it's safe to say that each spear-throw is a short, very intense burst of exertion that requires and results in great strength and musculature over time.

Although a very common hunting method in the Upper Paleolithic era, the spear throw wasn't the only method used. Other methods included the use of bow and arrows (Middle Paleolithic), ambushing and attacking with close-range melee weapons like spears, clubs and axes (Lower Paleolithic), and hunting seals and fish with harpoons while on foot or kayaking (Middle Paleolithic)<sup>14</sup>.

What all of these hunting methods have in common, is that they require **multiple short bursts of intense activity followed by rest**. Using a bow and arrow for example, requires much explosive muscular upper body effort, since you need to fire many arrows in rapid succession. Sprinting is also necessary while equipped with a bow, because the hunter still needs to run to get in range of his prey who, like with the spear-throw, may run away or toward the hunter after the first strike.

I hope you're starting to see the picture here. Our strong, muscular, healthy and genetically identical Paleolithic ancestor did not chase down his prey for hours on end to exhaustion (nor did he get up in the morning and run for an hour or two to lose weight, or compete in marathons for that matter). He did only what was most efficient – which was to sprint up to his prey and hit it with as much force as possible. He may then need to sprint some more, but at some point he would rest and recuperate his strength so he could have another go, and another, and another – until the animal died.

**Multiple short bursts of intense activity followed by rest.**

### The Paleolithic Rhythm

The Paleolithic rhythm involves days of intense physical exertion which alternate with days of rest and

light activity<sup>8</sup>.

Since our genes are almost identical, if Paleolithic man could procure the physique and ability of an elite Olympic sprinter by following the Paleolithic rhythm, then so can you and I.

As mentioned earlier, Paleolithic man had an intense workout during a hunt just 1-4 days per week. You may also be pleased to know that on his hunting days, he didn't spend the entire *day* hunting.

As Colin Tudge reports in his book, "Neanderthals, Bandits and Farmers: How Agriculture Really Began" even in the harsh environment of the Kalahari, tribesmen could satisfy their meat requirements by hunting an average of just six hours per week<sup>15</sup>. We can safely assume that during the Paleolithic era, when wild game and other food sources were abundant, time spent hunting was significantly less than 6 hours per week.

During the hunt, most of the time would be spent walking to the hunting grounds, then slowly walking while they stalked their prey. Seeing modern African hunters in action, it seems that in most cases, each burst of high intensity exertion only lasts a few seconds, and not too many high intensity bursts are required per person, especially since hunters tend generally to hunt in groups.

So the bottom line is that these guys worked out 1-4 days per week on alternate days, and on those days they would not work out for very long at all. Despite this, all the paleoanthropologic data suggests these guys were taller, stronger, healthier and more muscular than the agrarians, industrialists and modernists that followed.

**The general notion these days is the more *time* you spend on exercise, the better the results. But the agrarians did just that – they labored on the fields all day almost every day, and look where it got them – weak bones, poor health, and no muscle to show for all their hard work.**

So historically, we can see that low to moderate intensity exercise for long periods of time has never really worked out well for man.

The path to losing man boobs is through developing strength, vitality, good health, and boosting those male hormones. None of these were ever achieved through sweating it out for hours on end on a daily basis like the agrarians did.

Perfect health, strength, vitality and masculinity, were only achieved by Paleolithic man, who followed nature's *intended* fitness regimen.

So now that we're clear on the *history*, are there any concurrent, *modern* cues that might indicate we'd be better off with short bursts of high intensity activities?

### The Modern Perspective

Its true. Things *are* different in the modern day. Though our bodies are genetically more or less *identical* to our Paleolithic ancestor, we are exposed to a completely different environment from our ol' pal Grok.

Grok didn't have to put up with being surrounded by feminizing chemicals, eating nutritionally depleted food, and the stresses of a 9-5 job.

Man boobs for example, were totally UNHEARD OF in the past. There were of course, reports of gynecomastia as early as in the 2nd century A.D. (the year 200 - ages ago!) But these were isolated conditions bought about by disease.

Today however, man boobs are frightfully common. According to the American Society for Aesthetic Plastic Surgery, male breast reduction surgery is the fourth most common cosmetic surgery in the U.S.

There's no doubt that the vast majority of cases of man boobs we're seeing today, are bought about by exposure to man-made chemicals and also as a result of living an artificial lifestyle. Why else would we have more man boobs today than just a few decades ago?

The key to *losing* man boobs then, is to **align ourselves with nature**, by getting away from exposure to artificial chemicals that disrupt our hormones, and getting away from an artificial lifestyle that is no longer signaling our bodies that we are still men.

Hormone disrupting chemicals are everywhere in the modern environment. They're in the food we eat, the water we drink, even in the air we breathe! Avoiding these chemicals and using methods to counteract the effect of these chemicals, plays a crucial role in any man boob reduction regimen.

I go into detail about chemicals and hormone disruptors in my program, [How To Lose Man Boobs Naturally](#). The book you're reading now, is about how a man's body is designed to *move*.

The studies show that when you move the way your body was DESIGNED to move, your testosterone levels go up, you lose fat, grow muscle, and experience a wide range of different health benefits, including increased mental alertness, reduced risk of cancer, increased heart and lung capacity and much more.

If on the other hand, you DON'T move the way your body was designed to move (or you're a couch potato and don't move at all), your testosterone levels go down and estrogen increases, as do stress hormones like cortisol. Your body holds onto fat, you grow man boobs, and become prone to a myriad different diseases.

### **We Humans Are The Only Creature On Earth That Gets It Wrong**

According to the Oxford Dictionary, the very definition of 'natural' is, "Not made or caused by humankind."

WE are the cause of everything in this world that is not natural.

Our minds have developed way beyond our body's ability to keep up. Where our bodies yearn to be natural, our minds go and give it a lifestyle that's far from natural.

The human mind is the only mind in the world that's capable of critical thought. We are the only species on earth who can live and behave in ways that we were not DESIGNED to live or behave. Where a

human can decide to suddenly start walking on all fours, a four-legged animal would never walk on two legs unless a human came along and trained it to.

Young preadolescent kids are a lot like animals, in that they also act and behave in the way nature intended. The part of the brain responsible for critical thought, the cerebral cortex, doesn't fully develop until during adolescence.

So the best place to look when trying to decide how our bodies are designed to exercise, is at kids and at the animal kingdom.

### **Lets Start With The Animal Kingdom...**

Have you ever been to a safari park? I remember always wanting to go as a kid. The thought of watching ferocious lions and tigers tearing each other apart, chasing and tearing apart their prey, fighting to defend their territory, stalking *you* in your car, maybe even attacking your car and trying to find a way inside, chasing your car as you drove off at full speed...

When I eventually went, I was totally disappointed. The lions and tigers were nowhere to be seen. When I *did* see a lion, all I could see was its butt and tail, sticking out from behind a large rock. It was lying down, and it wouldn't even move its tail to show me it was alive.

I later discovered that this is what these ripped, muscular creatures do all day long - they lounge around and do nothing. The only time they **DO** move is when they are hunting, and even during the hunt, they spend most of it creeping around, hiding behind some bush or long blades of grass. When they **DO** move, they sprint as fast as their legs can take them, but only long enough to catch their prey. If the prey is faster than they expected, if they find they have to sprint for too long, they stop - they give up and focus on another, hopefully slower animal.



**This is what lions do all day long - slowly walk around, stand around looking at something, and chill... They don't get lean and muscular by working their butts off all day.**

Ripped, muscular predators like lions, tigers, leopards and cheetahs, don't get ripped and muscular by being active all day. They do so from short bursts of high intensity sprints. Even nature's best long distance runners, horses and dogs for example, don't ever run long distances unless forced to do so by humans. You don't **EVER** see an animal doing a long distance run for 30 minutes or more in nature.

If you watch any documentary on wild horses in nature, you'll see they're always either walking to get to

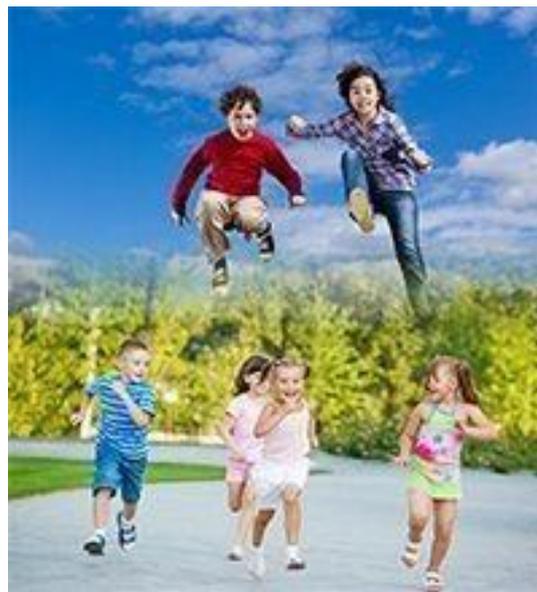
where they want to go, or sprinting away from some predator or a rival horse.

### HIIT Is Child's Play

Some weeks ago I took my 3 year old niece to the park. I watched her play with the other kids, and I was shocked to see that at no point did any of the kids decide to start running around the play area at a slow constant speed for 30-60 minutes.

Ok, so maybe I wasn't all *that* shocked.

What I DID see is a lot of start-stop training. These kids were always either running like crazy, or catching their breath while stopping, pointing and shouting or screaming at something.



**Kids are always moving at full speed, resting, then moving again at full speed. Do you *ever* see kids run around at a steady state for 30 minutes or more?**

And I'm not the only one to have witnessed this! I swear I'm not crazy, others have seen it too. In fact, there was a whole observational study published in the journal, *Medicine & Science in Sports & Exercise*, where there were a bunch of adults observing 15 children in play. In the end, the authors concluded that, "Children engaged in very short bursts of intense physical activity interspersed with varying intervals of low and moderate intensity"<sup>16</sup>.

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So what I'm trying to get at here is that your body was designed to SPRINT. The human body is an animal body, you have to train it like an animal. Animals don't do long distance, steady state cardio. Animals sprint because sprinting is useful, it helps animals catch their food, and run away from danger. Long distance running on the other hand, is too resource intensive for it to be useful for *anything*. When animals need to cover long distances, they WALK, because walking conserves energy.

Running for long distances can actually be *dangerous* to your health. I'll discuss this in detail on the Chapter

on the Marathon Myth.

You might then argue, since long distance running is resource intensive, it must be the best way to burn calories, and hence to lose body fat and lose man boobs, right?

Well the thing is it's *so* resource intensive that it throws your body's entire hormonal system out of balance. Testosterone levels plummet and stress hormones go up. Your body does everything it can to hold onto its fatty tissues, sacrificing your muscles in the process. Your immune system weakens and your body becomes prone to disease.

Though people do lose weight if they work hard enough on long distance running, the fact is that most people *don't* see any success with this approach - just ask the hundreds of thousands of people who spend day after day, year after year, drudging along on treadmills, stationary bikes, and elliptical machines at the gym. I personally have never seen *any* of these people transform their physiques, have you?

For the few people who *do* lose weight using long distance cardio, they do so at the expense of their health.

Whether you can make it work or not, long distance cardio is an extremely *inefficient* way to lose weight, and an even MORE inefficient way to lose man boobs, since your hormones are working against you.

If on the other hand, you exercise by aligning yourself WITH nature rather than AGAINST it, you'll find that both losing weight and losing man boobs becomes easier and easier as you progress.

One of my favorite studies was done by a Dr Al Sears. He wrote about it in his book, "[P.A.C.E. The 12-Minute Fitness Revolution](#)".

Dr Sears took 2 female twins, both 21.1% body fat, and made sure they followed the same diet. One twin did long distance cardio, running an hour a day or more, 5 days a week for 10 weeks. The other twin did sprints 3 days a week for just 12 minutes. 10 weeks later, the twin doing long distance cardio went from 21.5% body fat to 19.5% body fat, while the one doing sprints went from 21.5% body fat to a whooping 10% body fat!

And that's not all.

The twin doing sprints ALSO put on 9 pounds of muscle! Yes, a WOMAN put on 9 pounds of muscle doing sprints. Imagine how much muscle YOU could put on as a man with naturally higher testosterone levels than any woman!

Now, talking about women, here's another interesting modern observation that yet again proves, beyond a shadow of a doubt, that you and I as men should be doing HIIT rather than long distance cardio...

## **Female Sprinters Have More Muscle & Definition (i.e. Look More Manly) Than *Male* Marathon Runners**

Lol, doesn't that just say it all?

## Paleolithic High Intensity Interval Training

Having spent a good number of days researching the Paleolithic and agrarian lifestyles, studying anthropology, history and the like, I decided to sit down and look for some *modern* clues that would point us to the right direction of how we *should* be exercising.

The above examples of animals and preadolescent kids, both just came to me while I was watching some documentaries, and watching my niece play at the park.

After that I decided to sit down and watch a few marathons on Youtube. Marathon runners are the best long-distance runners in the world, so if you want to do long distance running, you can only ever aspire to look as good as a marathon runner.

In every single marathon I watched, every serious contender was really thin and shriveled as a result of serious muscle-wasting.

I also decided to watch some 100m sprint videos. There was no question that all 100m sprinters had a heck of a lot more muscle than each and every marathon runner I saw. The sprinters also had far lower body fat counts, which made them look ripped, shredded and powerful.

What's *really* funny is that I compared the physiques of MEN in an Olympic marathon, with the physiques of WOMEN doing 100m sprints, and guess what I found? Yeh, you guessed it - female 100m sprinters have more muscles and more ripped physiques than male marathon runners! Yes, I'm not kidding - female sprinters have more manly physiques than male long distance runners!

Here are some pics...

### Pictures Taken From A Women's 100m Sprint Video

Source: <http://www.youtube.com/watch?v=DHb-XIY05Js>



Sally Pearson, a 100m sprinter. Check out those abs.



...those broad shoulders



Person ain't the *only* one. Check out the abs on her fellow female competitors.

And Let's Compare This To Male (\*chuckles\*) Marathon Runners

Source: <http://www.youtube.com/watch?v=ugV87ffZn14>



Look at those thin, twig-like arms and narrow chicken-shoulders...



Thin legs, thin arms, narrow backs...

Let's Put These Pictures Side-By-Side.

**Women's 100m Sprint**



**Men's Marathon**



And Some More Side-By-Side Comparisons...

**Female Sprinter**



**Male Marathon Runner**



The female sprinter here (Sally Pearson) has wider shoulders, bigger arms, and thicker leg muscles than male marathon runner, Marcel Tschopp. Tschopp may be covering his mid-section, but I'll bet you my LAPTOP that Pearson has a more defined set of abs.



Note the difference between the size of their legs, the size of their arms, and the size of their shoulders.



The female sprinter here is more ripped and muscular than both male long distance runners on the right.

So, I rest my case. I won't even bother to show you pictures of *male* sprinters.

## What *Is* Paleolithic High Intensity Interval Training (PHIIT)?

Simply put, PHIIT is a form of HIIT that is more aligned with the physical exertion patterns of Paleolithic man than standard HIIT protocols. PHIIT combines ideas about the Paleolithic lifestyle with the most recent scientific evidence, to give you a structured workout regimen that's designed to improve both your performance, and your physique in the quickest, most efficient time possible.



**PHIIT combines the Paleolithic lifestyle with the latest scientific evidence to bring you the quickest, most efficient method for losing man boobs, losing body fat, and growing muscle.**

The trouble with most HIIT protocols is they have a very rigid structure, where you do the same routine every time you work out. The only difference from one workout to the next might be that you push yourself harder and reach new levels of performance over time. But the science now confirms that you get both physique and performance gains a hell of a lot quicker and more efficiently when you add in natural, Paleolithic-style variation to your workouts.

Paleolithic man never exercised for the sake of exercise, or for losing weight, gaining muscle, or losing man boobs. For him, building a powerful masculine physique through exercise was a byproduct of having to hunt, run away from predators, build shelter, migrate, forage, etc. You can imagine how there would have been variations from hunt to hunt, where different types of prey required different levels of speed, strength and power to kill. Grok would have needed more speed to kill smaller prey, and more strength and power to kill larger prey. He would have had to use different running patterns depending on the situation and the type of predator he was running from. Sometimes he'd need a short, intense sprint to get away from his assailant, and at other times he'd need to reserve his energy for a *longer* sprint.

Where most HIIT protocols ignore these natural variations completely, PHIIT is designed to fully capitalize on your body's adaptive response to these natural training variations.

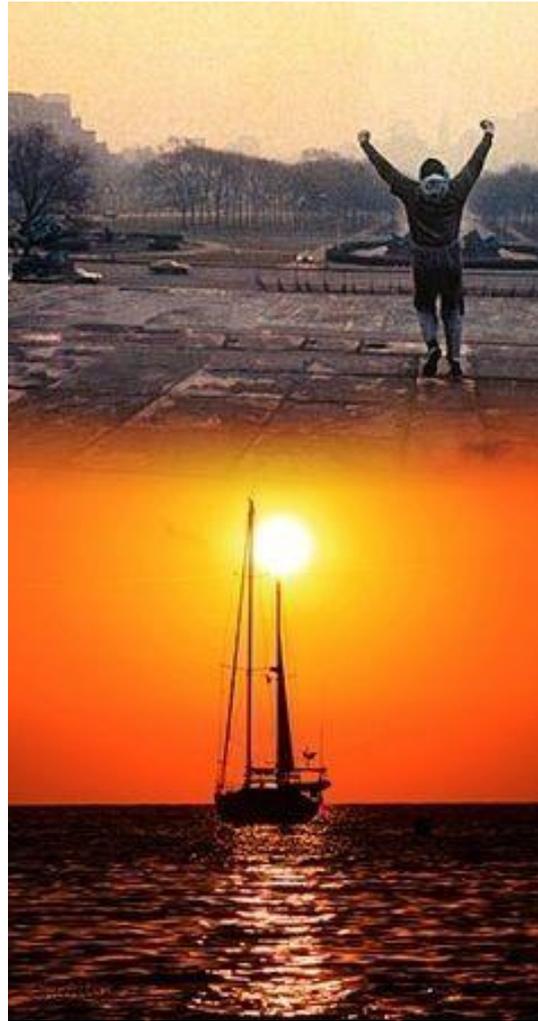
Since PHIIT is still a form of HIIT, I'll often use the terms PHIIT and HIIT interchangeably in this book. And if you're still unclear about the differences between PHIIT and HIIT, don't worry - things will become more clear as you go through the book ;).

## Chapter Summary

Both history *and* the modern world are filled with examples that show us how we *should* all be training. When I read other fitness books, and read through the internet, I see a lot of misguided information, where people even try to use scientific evidence to show that traditional cardio is the best way to get rid of body fat and sculpt a lean, trim physique.

This false notion has gotten into the mainstream, and become part of conventional wisdom, to the point where when you tell people you want to lose weight, *everyone* will tell you to go on a diet and do some cardio (i.e. steady-state cardio). Neither of these methods work. If they did, then everyone would be thin.

If we want to find out the truth about what works and what doesn't, all we need to do is open our eyes



"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."

**...Mark Twain**

# Get The Full Program



**Paleolithic HIIT - Over 230 pages of pure, quality, never-before-seen content on losing man boobs with Paleolithic HIIT.**

- Tap into the power of ancient Paleolithic man. Work out the way your body was designed to work out, and watch as your body transforms in a matter of weeks.
- Discover new training techniques nobody else will tell you about losing man boobs. Including glycolytic training and flow training.
- A simple training trick that enhances your chest-flattening success rate by 300% (page 105).
- The 10 most powerful Paleolithic HIIT exercises for losing man boobs (pages 123-145).

## **Comes with Paleolithic Weight Training DVD Series**

Watch fitness pro, Steven Campbell, take you through each and every one of the 22 Paleolithic Weight Training Exercises for maximizing HIIT performance and man boob reduction.

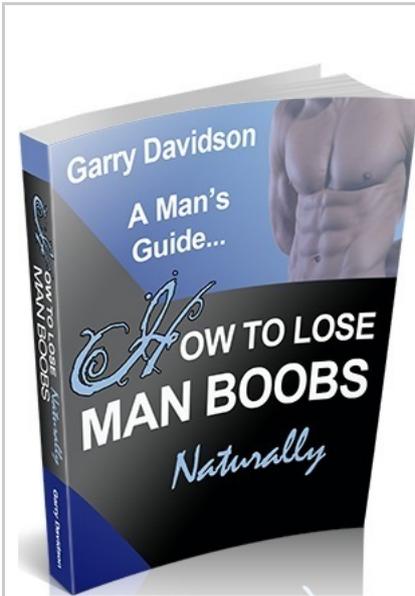
Follow Steven into the gym, where he takes you through entire workout sessions from beginning to gruelling end, showing you everything you need to do to perform a successful Paleolithic workout.

[Click Here To Learn More](#)

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## Other Books By Garry Davidson...

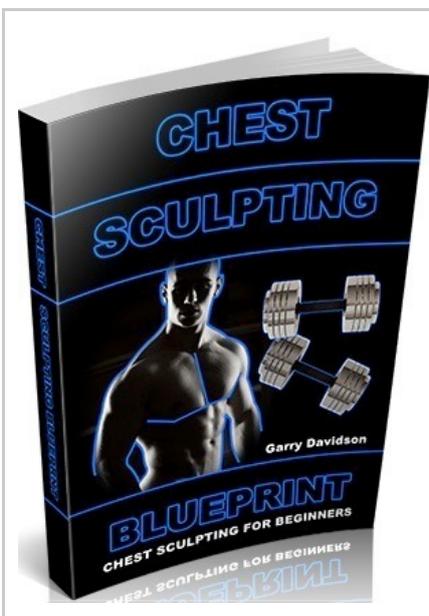
### How To Lose Man Boobs Naturally



- ✓ Foods that will **actively *shrink* your man boobs**. More than just fruit and vegetables, these are real, man boob fighting foods, and some of them will shock you.
- ✓ The **one biggest secret that no-one will ever tell you about losing man boobs**. This is more important than any workout or diet program.
- ✓ Frightfully common foods that make it *impossible* for you to lose man boobs. Eliminate these, and eliminate your man boobs.
- ✓ **Simple 3-day-a-week workout routine for blasting away man boobs**.
- ✓ Little-known methods for boosting testosterone and reducing estrogen.
- ✓ Ultimate Kettlebell DVD Series - proven by Russian Scientists to transform your body in record time.

[Click Here To Learn More](#)

### The Chest Sculpting Blueprint



- ✓ Why push-ups and bench presses could be making your man boobs *bigger* and what to do about it.
- ✓ The **45 minute flat-chest promise**. Get a rock hard chest in just 3 days a week.
- ✓ The secret to revealing your pecs *without* living in the gym (**chest exercises you've probably never heard of**).
- ✓ Blast away man boobs and **forge an iron chest** with the 12-week Chest Sculpting workout plan.
- ✓ Lose man boobs and excess chest fat using the unusual power of Hormonal Training.
- ✓ Discover delicious ways to “tickle your system” into **burning fat throughout the day and even while you sleep!**

[Click Here To Learn More](#)

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