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PRIMAL FITNESS FUNDAMENTALS: HOW TO EAT AND EXERCISE LIKE A CAVEMAN (PAPERBACK)

Primal Fitness



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. In this day of age, we have come a long way compared to the cavemen that once walked our planet. Technology has completely changed our world (and not always for the better when it comes to health and fitness). It has made it easier for us to harvest and gather crops and kill animals for meat. - just go to the grocery store. It...

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- Authored by Ron Kness
- Released at 2016



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