

## **The Primal Way: How I Train, Eat, and Live Like My Ancestors**

**What's poppin, people?** It's Dante. I'm walking along Boathouse Row right now, shirt off, sun blazing, barefoot in my Vibram Five Fingers, soaking in the beauty of the Schuylkill River Trail in Philly. Just a beautiful space.

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### **What Is Primal Fitness?**

So today I'm thinking about **primal fitness**. What is primal health? What are primal goals? This is interesting because for me, it started with something simple: removing shoes. Just marching.

For two years now, I've been wearing these barefoot shoes — Vibram Five Finger LX knits — and that was the beginning of this **primal health journey**.

Meanwhile, I see people biking and running and rattling their bones, sitting on uncomfortable seats, giving themselves hemorrhoids. Just being unnatural. And I'm just walking — upright, slow, strong gait, eyes up, shoulders back, chest open.

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### **Walking Into the Light**

No sunscreen. Shirt off. Five-inch Lululemon “License to Train” shorts. Rolled up. Skin exposed.

Why? Because I **chase the sun**. I literally cross the street to stay in the light.

***Sunlight is the source of my circadian rhythm.***

All these people running around trying to burn calories. But to me, **calories are the ultimate scam**. If you're obese or metabolically sick, here's the simple fix:

- Buy barefoot shoes
- Walk in the sunlight
- Do it all day

Forget the gym. Forget cardio tracking. Just reconnect with **natural movement**.

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## **My Life Goals Are Primal**

1. **Never miss a sunrise again.** Wake with the sun. Sleep with the sun.
2. **Never sit down during the day.** I'm either standing or walking. Always.

Even if I'm working at the computer, I have a standing desk. If you're wondering where Dante is – I'm outside, standing in the sun.

So by the time the day ends? I'm tired. I sleep deep.

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## **Weighted Walking Is Superior to Lifting**

You don't need a gym membership.

- **Walk barefoot**
- **Add a weighted vest**

I use a **40-pound Rogue plate carrier**. That builds:

- Feet
- Calves

- Quads
- Core
- Posture
- Spine

My core is naturally tight when I walk. I'm aligned. I'm upright.

***We've been sold chairs, cars, offices – and they're killing our vitality.***

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## **My Diet Is Simple**

- **One meal a day.**
- **Red meat.** At least 3 pounds.
- **Raw milk + raw honey** for electrolytes.
- **Fermented kimchi** before meat.
- **Pasture-raised organic eggs** – the expensive kind.

That's it.

***No decision fatigue. Just fuel.***

I buy half cows from Amish farmers in Lancaster. Hundreds of pounds in my deep freezer. I don't think about food. I eat for strength, clarity, and testosterone.

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## **Why I Fast**

I don't fast for weight loss.

I fast for **mental clarity.**

I fast so I can:

- Be sharp
- Be intuitive
- Recognize patterns
- Photograph with instinct

***Fasting puts me in a clairvoyant state.***

I eat one meal, right before the sun sets. Every day.

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### **My Daily Training Ritual**

- Weighted vest walks
- Gymnastic rings (pull-ups, dips, push-ups)
- Rogue squat rack (pistol squats, shoulder raises, curls)
- Ashtanga yoga
- Boxing

**But here's the key:**

***One set to failure. Then move on with your day.***

We're not toiling. We're not grinding. We're not optimizing reps.

We're primal.

We're existing.

We're *being*.

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## Daily Recovery

- **Cold showers in the morning**
- **Hot baths at night**

That's my nervous system reset.

I don't count macros. I don't weigh my food. I don't track reps.

***Just do some pull-ups, man. Go for a walk in the sun. Eat meat. Sleep deep.***

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## The Primal Way

The modern world is robbing us of vitality. AC offices. Cars. Screens. Junk food. Sitting all day.

I ask: how did our ancestors live?

- They woke with the sun.
- They walked barefoot.
- They hunted.
- They feasted.
- They slept deeply.

***We're barefoot. We're sun-kissed. We're tall. We're sexy. We're powerful.***

We eat meat. We fast. We walk. We breathe.

And yeah — that's Washington right there. Badass.