

PRIMAL WORKOUT PROGRAM



Raw movement. Deep strength. Wild results.
PRIMAL brings you back to natural movement patterns with
fierce, functional strength — in just 20 minutes a day.

Your Success Guide

Welcome to PRIMAL

Welcome to PRIMAL ... a full-body return to the way you were built to move ... grounded, instinctive, powerful.

We're not chasing perfection.
We're coming back to our roots.
Moving with purpose.
Training with control.

And staying connected ... right down to the ground.

I recommend staying barefoot through the program, as I recorded it that way ... because this program is about more than movement. It's about feeling every connection, grounding yourself in strength, and moving the way you were made to.

PRIMAL is designed to challenge your core, awaken natural strength, and push you in ways that feel raw, real, and fiercely human.

Here's what to expect:

- 🔥 5 time-based, bodyweight-only workouts each week — short, fierce, and functional
- 🔥 No equipment required — just you, the ground, and your primal power
- 🔥 A bold mix of strength, mobility, core, cardio, and active recovery
- 🔥 Real movement. Real power. A grounded strength you'll feel in every rep

You don't need to nail every move.
You just need to show up, stay grounded, and move with intention.

If you're ready to tap into your strength, feel your power, and move like you were made to...
Let's get primal.



How To: Your Instructions

Train Grounded, Move Strong, and Awaken Your Instincts

This 4-week plan follows the same weekly structure ... giving you a chance to build confidence, sharpen your movement, and tap into your strength with every primal rep.

Your Weekly Lineup:

Monday — Primal Patterns

A total-body workout that fires up your primal movement foundations — squat, hinge, crawl, rotate, and balance — all in one fierce, full-body session.

Tuesday — Beast Mode Upper

Upper-body strength meets primal control. Expect grounded push-pull challenges, crawl variations, and powerful shoulder + core work.

Wednesday — Crawling Core

Your center is your power source. This core-focused session blends primal crawls, holds, and movements designed to build deep, functional strength and control.

Thursday — Primal Reset

Active recovery done primal-style. Mobility, stretch, breath, and flow — giving your body the movement, grounding, and connection it needs to recharge.

Friday — Grounded Force Lower

Lower-body strength built from the ground up. Powerful squats, lunges, and primal patterns that fire up your legs, glutes, and core — unlocking strength you can feel in every move.

Each workout repeats weekly so you can move with confidence, track our progress, and feel your strength grow from the ground up.

Let's move. Let's train. Let's get primal.



How to Get the Most Out of PRIMAL

This program was built to bring you back to your roots ... raw movement, grounded strength, and natural control.

Here's how to set yourself up for success this month:

No Equipment Needed — Just You + the Ground

No weights, bands, gear, or any gadgets ... just your body, your breath, and enough space to move freely.

A mat or soft surface helps for crawling and grounded moves.

Go Barefoot (If You Can)

I filmed every workout barefoot ... and I encourage you to try it too.

Why? Because grounding your feet connects you to your strength, improves balance, and lets you move with more control and awareness.

Ground Yourself Before You Move

Before every workout, take a moment to get present:

- Feel your feet on the ground.
- Take one deep breath.
- Set a simple intention — like “Move with control” or “Stay grounded.”

This is about moving with awareness ... primal, powerful, and present.

Follow the Calendar — Or Flow Your Own Way

Use the calendar as your guide... but trust your instincts.

Miss a day? Stack it later or just move forward.

Need a break? Take it. Rest is part of the process.

Track What Matters

Forget the numbers.

Focus on how you move, how you feel, and how grounded you've become.

Notice your control, your balance, your growing strength.

That's the progress that matters.

Set the Vibe

There's no music in the workout videos ... because this is your space to move how you want.

Crank your favorite playlist, set the tone, and make your movement feel as fierce as you are.

Ready? Let's get primal.



Meet Coach Ro Our Online Fitness Specialist

The trainer in your videos.
The voice guiding every move, every rep, and every
challenge.

Coach Ro is your on-screen movement guide ... here to
help you tap into your strength, move with purpose, and
push just a little further every time you press play.

With her grounded coaching style and fierce energy, Ro's
right there for every rep ... challenging you to show up,
trust your instincts, and move like you were made to.

Just press play ... and let's get primal together.



Let's Get PRIMAL!!

This guide isn't just a tracker.

It's your game plan. Your personal pep talk.

Your reminder that you don't have to be perfect ... you just have to show up strong,
grounded, and ready to move with purpose.

- 🔥 Celebrate every rep.
- 🔥 Own the powerful moments and the messy ones.
- 🔥 Keep showing up for your strongest, most instinctive, most alive self.

Ready to get grounded?
Let's do this.

Workout Success Tips



To get the most out of this program, we recommend following the **suggested calendar**

... however, you're welcome to choose which days of the week are your workout days, and your rest days. Workouts are planned strategically for maximum success & recovery. Print it up so you can easily see which workout to do each day.

Here's a TIP!! Put a GOLD STAR sticker on each day you complete



Schedule your workouts. This program has 4 workouts a week, and 1 active recovery session. Make the commitment to yourself to get them all done. Schedule them like you would any other appointment.

Rest Days. Take your rest days - and feel free to add in some extra active recovery sessions. Yoga, stretching, foam rolling, even walking are all super beneficial to help recover and get ready for the next workout.



There is **NO MUSIC** through the workout videos so that you have freedom to choose & play your own. Use music that inspires and motivates you. Highly recommended!

Get your workout space ready. Clear a corner in the living room, push the boxes around in the basement. Dust off the yoga mat. You don't need much room for these workouts, but get it ready.

Modifications and intensifications

are offered throughout the videos, so we make sure that anyone, no matter what level or journey you are currently on, you WILL feel successful through this program.



NO equipment is needed.

We're keeping things SUPER SIMPLE & PRIMAL here. You just need yourself, the floor, and gravity!!



The Workouts



🔥 MONDAY — PRIMAL PATTERNS

Your primal power move.

This total-body kickoff hits every major pattern your body was built for — squatting, hinging, crawling, rotating, and balancing — all packed into a fierce, high-energy circuit.

You'll finish feeling grounded, powerful, and ready for whatever comes next.



🔥 TUESDAY — BEAST MODE UPPER

Unleash your upper body strength.

This push-pull primal burner lights up your arms, shoulders, chest, and core — with grounded moves, crawling combos, and beast-mode control that hits different.

Get ready to feel your power in every single rep.



🔥 WEDNESDAY — CRAWLING CORE

Core work, primal-style.

This is deep, functional, center-out strength — with core-powered crawls, holds, and movement patterns that challenge your control, stability, and serious grit.

You'll feel every inch of this one... in the best way.



🔥 THURSDAY — PRIMAL RESET

Breathe, flow, and move with purpose.

This recovery session blends mobility, stretch, and primal movement patterns to recharge your body — and keep you grounded in strength, even on rest days.

Your active recovery, the primal way.



🔥 FRIDAY — GROUNDED FORCE LOWER

Legs, glutes, and grounded power — this one hits hard.

With primal squat patterns, lunge variations, and low, controlled strength moves, this lower-body blast builds force you'll feel from the ground up.

Get ready to move with more power, more control... and a whole lot of grit.

PRIMAL Workout Calendar

Week:	Monday	Tuesday	Wed	Thursday	FriYAY!	Sat	Sun
1	Primal Patterns	Beast Mode Upper	Crawling Core	Primal Reset Active Recovery	Grounded Force	REST	REST
2	Primal Patterns	Beast Mode Upper	Crawling Core	Primal Reset Active Recovery	Grounded Force	REST	REST
3	Primal Patterns	Beast Mode Upper	Crawling Core	Primal Reset Active Recovery	Grounded Force	REST	REST
4	Primal Patterns	Beast Mode Upper	Crawling Core	Primal Reset Active Recovery	Grounded Force	REST	REST



Track each workout on your calendar as you complete it.

Gold star stickers, checkmarks, or notes ... whatever keeps you motivated! Seeing your progress adds momentum and accountability.



This calendar is your guide ... adjust it to fit your schedule.

Need to swap days? No problem! The key is to stay consistent and keep moving.



Always listen to your body.

If you need an extra rest day, take it! But don't let it turn into a habit ... get right back on track and keep going.



Use the daily trackers below ...

Dot down your personal notes about each session. This is where real motivation happens! Tracking lets you see how far you've come and helps you stay consistent.

Primal Patterns (Workout Tracker)

Date:				
Set ONE: Ground Activation				
Squats				
Beast Hold				
Reverse Lunges				
Set TWO: Full Body Primal Strength				
Good Morning + Knee Drive				
Downdog to Spider Lunge				
Beast Kick Thrus				
Set THREE: Get PRIMAL!				
Primal Get Ups ~ R				
Ape Walks				
Primal Get Ups ~ L				
Workout Comments:				

Beast Mode (Workout Tracker)

Date:				
Set ONE: Primal PUSH				
Alligator Push Ups				
Beast Shoulder Taps				
Crab Dips				
Set TWO: Posterior PULL				
Bird Dog Pull Down ~ R				
Bird Dog Pull Down ~ L				
Beast Rows				
Set THREE: Functional Stability				
High Low Plank ~ R				
Side Plank Openers				
High Low Plank ~ R				
Workout Comments:				

Crawling Core (Workout Tracker)

Date:				
Set ONE				
Dead Bug				
Low Plank Rockers				
Beast Walks				
Set TWO				
Side Plank Dips ~ R				
Side Plank Dips ~ L				
Alligator Crawls				
Set THREE				
Heel Reaches				
Leg Lifts				
Crab Crawls				
Workout Comments:				

Grounded Force (Workout Tracker)

Date:				
Set ONE				
Duck Walks				
Side Lunges				
Beast to Plank				
Set TWO				
1-Leg Deadlift +Reach ~ R				
1-Leg Deadlift +Reach ~ L				
Glute Bridge				
Set THREE				
Predator Lunges				
Groundbreakers				
Beast HOLD				
Workout Comments:				

Your Weekly Primal Check-In Zone

You've already shown up.

Now take a minute each week to tune in, check your instincts, and celebrate your grounded strength.

This isn't about journaling.

It's about noticing the small shifts that make a big difference ... in how you move, how you feel, and how you show up for yourself.

Each week brings a primal focus ... a vibe, a reminder, a challenge to help you move with intention and keep your instincts sharp.

Let's track the things that really matter.

Week 1: Move With Intention

This week is about showing up on purpose ... feeling every rep, every movement, every moment you connect with the ground beneath you.

What move made you feel most grounded this week?

Where did you notice yourself moving with more control?

How did it feel to slow down and tune into your strength?

WEEK 2: Trust the Instinct

Your body knows more than you think.

This week, lean into your natural movement ... and trust your gut on when to push, when to pull back, and when to show up fully.

What move or moment felt instinctive?

Where did you surprise yourself?

What did you learn about your own strength this week?

Week 3: Control the Chaos

Life doesn't slow down... but you can move through it with grounded control.

This week is about noticing how your strength shows up ... not just in workouts, but in life.

Where did you find calm in the challenge?

How did your control show up in movement — or beyond?

What's one area of life you felt stronger in this week?

WEEK 4: Rise With Strength

You've built it. You've earned it. Now it's time to own it.

This week is about carrying your primal strength forward ... in your workouts, in your life, and in how you move every day.

What's one way you felt stronger this month?

Where do you want to keep this energy going?

What are you proud of?

Congrats! You DID IT!

You Moved. You Showed Up. You Got PRIMAL.

Whether you're stepping into your first workout... or wrapping up the final round...
This journey was always about more than a checklist.

It's about trusting your body.
Moving with power.
And proving ... to yourself ... that you are strong, grounded, and built for this.

You didn't just show up...
You moved like you were made to.

Every crawl. Every squat. Every grounded breath.
That's strength you'll carry with you long after the final workout.

✳ Every time you hit the floor, you built something real.
✳ Every rep you owned ... even the messy ones ... made you stronger.
✳ Every time you chose to press play... you moved forward.

So take a breath.
Celebrate your strength.
And know this ... the power you've tapped into?

It's yours.
And it's just the beginning.

🔥 Crank the music.
🔥 Shake it out.
🔥 Keep moving forward like the primal powerhouse you are.

I've got your back.
Let's go.

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Disclaimer

You are responsible for exercising within your limits and assume all risk of injury to your person or property. Consult your medical professional before attempting the exercises in the videos and follow his or her advice.

Do not attempt the exercises in the videos if you have a history of chest pain, knee, ankle, wrist, shoulder, joint, or spinal (back or neck) problems or injury. If you feel you are exercising beyond your current abilities, or if you feel discomfort, pain, dizziness, or nausea, you should discontinue exercising immediately.