

# PRIMAL MASH-UP



**PRIMAL  
METHOD**  
WITH MICHAEL BRADLEY



<u>Primal Evolution:</u> <u>Prana Yoga</u>	<u>Primal Method:</u> <u>Battle Ready</u>	<u>Primal Evolution:</u> <u>All About Arms AND Core Meltdown</u>	<u>Primal Method:</u> <u>Thunder Asunder</u>	<u>Primal Evolution:</u> <u>Primal Push Pull AND</u> <u>Primal Method:</u> <u>Abdominable</u>	<u>Primal Method:</u> <u>Motion is Lotion</u>	<u>Primal Evolution:</u> <u>Untamed</u>
<u>Primal Method:</u> <u>Mind Body Breath</u>	<u>Primal Evolution:</u> <u>Minute to Win It</u>	<u>Primal Method:</u> <u>Guns Not Buns AND Abdominable</u>	<u>Primal Evolution:</u> <u>Legs Ga-Lore-ious</u>	<u>Primal Evolution:</u> <u>Primal Push Pull AND</u> <u>Core Meltdown</u>	<u>Primal Evolution:</u> <u>Prana Yoga</u>	<u>Primal Method:</u> <u>The Machine Maker</u>
<u>Primal Method:</u> <u>Deep Breath</u>	<u>Primal Evolution:</u> <u>PE Panoply</u>	<u>Primal Evolution:</u> <u>All About Arms AND Core Meltdown</u>	<u>Primal Method:</u> <u>Thunder Asunder</u>	<u>Primal Evolution:</u> <u>Primal Push Pull AND</u> <u>Primal Method:</u> <u>Abdominable</u>	<u>Primal Method:</u> <u>Motion is Lotion</u>	<u>Primal Method:</u> <u>Wild Animals</u>
<u>Primal Evolution:</u> <u>Prana Yoga</u>	<u>Primal Method:</u> <u>Battle Ready</u>	<u>Primal Method:</u> <u>Guns Not Buns AND Abdominable</u>	<u>Primal Evolution:</u> <u>Legs Ga-Lore-ious</u>	<u>Primal Evolution:</u> <u>Primal Push Pull AND</u> <u>Core Meltdown</u>	<u>Primal Evolution:</u> <u>Prana Yoga</u>	<u>Primal Evolution:</u> <u>Untamed</u>