



**The Purposefully Primitive Strength Training Seminar  
University of Pennsylvania (Philadelphia), PA  
March 8 - 9, 2014**

**With IPF world champions Marty Gallagher,  
Brad Gillingham and Kirk Karwoski—accompanied by  
Dr. Mike Davis and multi-time national champion, Chuck Miller**

***Obtain Maximum Power and Strength—Using Primal,  
Minimalist Training Modes, Methods, Techniques And Tactics***

**Workshop Code # WG001**

**[Register on-line](#) or call 1-800-899-5111 for credit card orders.**

**Get Hands-On, Personal Coaching from the World's Top Strength  
Champions and Experts—Discover the Distilled, Time-Shortening  
Secrets of the Strength Elite...**

***"These men take the best in the world and make them better!"***

**—Spec Ops Commando leader, introducing the Purposefully Primitive  
squad to his troop**

**Elite strength athletics** is light-years removed from the commercial strength training practiced in gyms and fitness facilities worldwide. Commercial "fitness"—and most particularly strength training—is tainted by *bodybuilding* methodology. Deep underground, off the mainstream fitness grid, the strength elite have practiced and perfected their art form over the past fifty years. The fitness pendulum has finally swung the other direction and after years of self-imposed exile, a group of expert,



Powerlifting Champion.

champion-level athletes has emerged to share with the general public the modes and methods, techniques and tactics used by the world's greatest strength athletes.

What relevance do the methods used by national and world champions have for "normal" people? Everything— assuming you are seeking to maximize your strength and power—while increasing lean, athletically-functional muscle mass. The Purposeful Primitive strength training program has carefully-calibrated graduations; sequential exercises are performed using extended range-of-motion and pristine technique. You will be personally drilled over and over on how to utilize the winning

methods of the strength elite. This is not some abstract theorizing or assemblage of systems. This is a battle-tested, cohesive, coherent *philosophy*—invented by Hall-of-Fame strength athletes and used to construct world champions with a stunning regularity.

The Purposefully Primitive strength system is not time intensive but it is intense: most trainees can **add 25-50% to their base strength levels in 60-90 days by devoting a mere 60 minutes (cumulative) per week!** Imagine a progressive resistance program that dramatically ups your power and muscle in as little as two 30-minute sessions or three 20-minute sessions per week? The tradeoff is the degree of sheer physical effort required.

The seminar is in a hands-on, workshop format and is divided into techniques and tactics.

We utilize a purposefully limited number of key progressive resistance exercises; our philosophy is all about "doing fewer things better." Mainstream fitness trainers make trainees perform a vast array of isolation exercises, usually done on resistance machines. The PP strategy is based on the idea of doing far fewer exercises using precise and pristine technique. We utilize compound, multi-joint movements, big sweeping exercises that require groups of muscles to work together in a synchronized fashion to complete the muscular task at hand. While mainstream fitness is a mile wide and an inch deep, Purposefully Primitive strength training is an inch wide and a mile deep.



Mary Gallagher is a former Olympic athlete

**Marty Gallagher** is an underground legend. Mentored by a Hall-of-Fame strength athlete as a teenager, Marty set his first national record in 1967 as a 17-year old Olympic weightlifter; he set his most recent national record in 2013 as a 63-year old powerlifter. He is a former world powerlifting champion who turned his attention to coaching athletes and devising individualized training templates for the finest strength athletes in the world. Gallagher was the personal coach for national and world champion **Mark Chaillet**. Gallagher is best known for guiding the career of strength legend and six-time world champion, hall-of-fame powerlifter **Kirk**

PCC - Progressive Calisthenics Cert

Purposefully Primitive Strength Training Seminar

The 4 Core-Competency Method Seminar



**Convict Conditioning** (paperback)  
[Book](#)



**Enter the Kettlebell!** (paperback)  
[Book](#)



**Russian Kettlebell - 16kg (35 lbs.)**



**The Kettlebell Goddess Workout** (DVD)  
[DVD](#)



**Enter the Kettlebell!** (DVD)  
[DVD](#)



**Russian Kettlebell - 24kg (53 lbs.)**



**Viking Warrior Conditioning** (paperback)  
[Book](#)



**Beyond Bodybuilding** (paperback)  
[Book](#)



**The Extreme Kettlebell Cardio Workout** (DVD)  
[DVD](#)



**The Naked Warrior** (paperback)  
[Book](#)

and an underground legend.

**Karwoski** for a decade. Marty was the competition coach for the greatest strength athlete in modern history: **Ed Coan**.

Marty coached the United States powerlifting team to the world team title and has six national team coaching titles to his credit. His writings, musings, speculations and observations on "physical transformation" and all things strength and power related since 1978 when he penned his first article. Since then he has had over 1,000 articles published. He has mainstream journalism credentials, having written 230 fitness columns for the Washington Post.com. For the past decade Gallagher has worked officially and individually with Tier 1 Spec Ops commando both in this country and abroad. His work with spec ops has flourished because of the measurable results he obtains from men already at 95% of their genetic potential.

Seminar participants will be taught the identical strategy first used and currently being used by uber-elite spec ops active duty fighters. The reason for Marty's success with the spec ops community was founded in efficient use of a small amount of available time. The upper echelon spec ops operators approached Gallagher with this query, "We have no time: we have to run, swim, practice various martial skills, fighting using various styles, knife skills... we have to perform rigorous, physical demanding situational drills – we understand the need for strength and strength training – can you devise a strength template for us so shorn and reduced that it can be done in 60 minutes a week?" Gallagher's core philosophy of doing fewer things better served as the rock-solid foundation, the jumping off point for devising a strength system totally shorn of any and all ornamentation— yet without any compromise of results.

Gallagher gathered a group around him to assist him in conducting spec ops workshop seminars wherein up to 50 commandos are put through the same seminar/workshop you will be exposed to: the same group of elite athletes, coaches and trainers he called upon to help him work with groups of soldiers is the same coterie of coaches working with you in the PP seminar. The men coaching and guiding you have been with Gallagher for years, helping him make the best in the world better.

Gallagher's squad of trainers are credentialed beyond belief: the collective knowledge of this group on any and all strength and transformative techniques is staggering. When **Gallagher, Karwoski and Gillingham** stand together and address the group, you are being instructed by men that between them have **12 IPF world titles, 22 national titles and 100 collective years of combined experience in high-level strength training.**



Kirk Kirkowski is a 6 time World Powerlifting Champion

- **Brad Gillingham** is the current IPF superheavyweight world powerlifting champion. Brad is the greatest drug-free powerlifter of the last 20-years and is the current world record holder in the deadlift.

- **Kirk Karwoski** is a living strength legend; 6-time IPF world powerlifting champion, seven time national champion, Kirk squatted 1,003 pounds in 1993. This monumental record still stands to this day. Kirk is widely considered to have the strongest legs in history.
- **Charles "Chuck" Miller** is a multi-time national powerlifting champion and recently squatted 600-pounds (raw) for yet another national record. His training articles often appear in strength bible, MILO magazine. He is a periodization expert and will workshop pre-planning.
- **Dr. Mike Davis** is one of the nation's leading physical therapists; Mike currently works with players from the Washington Redskins and world champion Baltimore Ravens. Mike is the lightest man to ever conquer the RKC Beast Tamer Challenge and he recently bench pressed a pair of 185 dumbbells for three reps. Mike is a triple bodyweight deadlifter and is our science and medical expert.

### What is the Purposefully Primitive Philosophy of Training?

What should we realistically expect from our progressive resistance efforts? Resistance training has two goals: a radical increase in strength and power and a concurrent increase in lean muscle mass. How do we acquire these titanic athletic attributes?

The PP solution can be summed up with two words: techniques and tactics. The Purposefully Primitive solution is based on a deep understanding of the critical importance of exercise **technique**. Once we master technique we are ready to put our pristine techniques to work inside a tactical template. We are masters of periodization, the strength strategy of "always having a plan." PP trainees place realistic goals in a realistic timeframe, then reverse-engineer incremental weekly goals.



Chuck Miller is a Multi-time National Powerlifting Champion

The Purposefully Primitive philosophy of strength training posits that the way to acquire raw power and strength is not time intense but "by-need" intense: we are an intensity-based philosophy, whereas the rest of the orthodox resistance world are enamored with volume-based bodybuilding-style training. The overall Purposeful Primitive philosophy is based on the intertwining of four distinctly different

disciplines: resistance training (strength and power) cardiovascular training (endurance and stamina) nutrient-dense nutrition (healing, recovery and growth) "brain-train" (psychological aspects.)

The grand goal is profound: to engineer a complete physical transformation. **The Purposefully Primitive Strength Training Seminar** focuses on one of those four synergistic disciplines: the acquisition of power and strength. The two-day seminar will consist of three information-rich and action-packed modules.

**Get your complete blueprint and action-implementation plan on how to acquire greater raw power and strength with:**

- A detailed outline of the philosophy, intricacies and subtleties behind this

champion-generating system.

- Razor-sharp guidance on setting realistic goals; a set of proven strategies to help you achieve those goals every time they are properly implemented and executed.
- Personal coaching from Hall-of-Fame athletes, world-level coaches and strength strategists; learn from the very best the ultra-basics used by the uber-elite.
- Nuts-and-bolts advice on the highest-yield tactics for rapid and sustained progress in your strength training.
- Strength self-empowerment: obtain the theoretical knowledge YOU need to customize YOUR very own transformative training program.

### ***Saturday, Module One: 8 am-noon***

- **Purposeful Primitive overview, philosophy and approach to leg training – the 5 sequential variants**
- **Squat workshop with world champion and current world record holder Kirk Karwoski**

Our participatory workshop goal is to instill perfect techniques: in module 1, we explore squat technique in each of five sequential squat variations. Kirk Karwoski—widely considered the greatest squat technician of all time—will personally coach on how to perform the King of all progressive resistance exercises.

### ***Saturday, Module Two: 2 pm-6 pm***

- **Purposeful Primitive overview, philosophy and approach to bench pressing – the 5 sequential variants**
- **Bench press workshop with current world champion and 600 pound raw bencher Brad Gillingham and dumbbell bench expert Mike Davis.**
- **Kirk Karwoski will teach the underground "Fantano bench technique."**

Get drilled by the greats; learn perfect technique in each of the five bench press variations. Brad Gillingham has bench pressed 600 pounds (raw) and is a bench press grand maestro. He will relate barbell techniques. Mike Davis will enlighten seminar participants on subtle bench techniques using dumbbells. Kirk Karwoski will relate the bench press technique that allowed him to progress from 440 to 600.

### ***Sunday, Module Three: 8 am-2 pm***

- **Purposeful Primitive overview, philosophy and approach to deadlifting – the 5 sequential variants**
- **Purposeful Primitive overview, philosophy and approach to overhead pressing – 5 variants**
- **World record holders Kirk Karwoski and Brad Gillingham to workshop both lifts**

- **Tactics: periodization – Chuck Miller on the pre-planning secret of strength champions**
- **Recapitulation and final thoughts and questions**

***\*each seminar participant will receive a 40-page training manual***

The third module covers in-depth and in detail the techniques and protocols associated with the proper performance of the deadlift and overhead press. The seminar will continue with a review of materials and techniques, based on the 40-page seminar manual. Periodization expert Chuck Miller will relate periodization tactics and how they are a critical tool in the "quest for transformational success."

*On Saturday evening, Dragon Door invites you to join a group dinner with the **Purposeful Primitive Team** at a local restaurant.*

## **The Purposefully Primitive Strength Training Seminar**

**Philadelphia, PA  
March 8 - March 9, 2014**

Saturday: 8:00 a.m. — 6:00 p.m.

Sunday: 8:00 a.m. — 2:00 p.m.

[Register on-line](#) or call 1-800-899-5111 for credit card orders.

Mail check to Dragon Door Publications, 5 East County Rd B, #3,  
Little Canada, MN 55117

Certification fee: \$799.00

\$100.00 fee for cancellations or transfers, no exceptions.

No refunds on cancellations after February 28, 2014

Workshop Code # WG001

Workshop reference: Purposeful Primitive, PA

### **Early-Bird Deals**

- **Extreme Early-Bird Registration Discount:**  
Register and **pay by October 4th, 2013, fee is only \$599 (Save \$200.00)**
- **Super Early-Bird Registration Discount:**  
Register and **pay by November 8th, 2013, fee is only \$699 (Save \$100.00)**
- **Excellent Early-Bird Registration Discount:**  
Register and **pay by December 20, 2013, fee is only \$749 (Save \$50.00)**

**REGISTER NOW!**

**PURPOSEFULLY PRIMITIVE STRENGTH TRAINING SEMINAR, MARCH 8-9, 2014  
at the George A Weiss Pavilion on the University of Pennsylvania Campus**

# The George A Weiss Pavilion

encompasses a new 18,000 square foot weight room dedicated to Penn's varsity intercollegiate athletes, with state-of-the-art equipment and setups unique to the University, including 30 custom-made Sorinex Racks with auto-spot technology, two running tracks and a kickboxing room with 18 heavy bags.



The room also boasts two running tracks with a special surface specifically designed for maximum traction and durability.

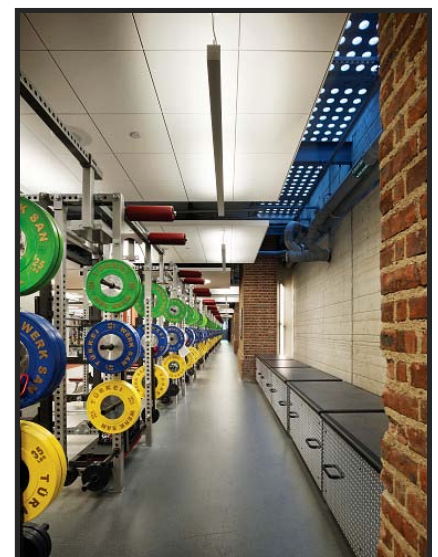
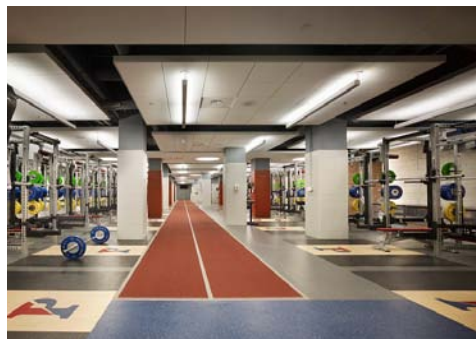
The \$26.7 million Weiss Pavilion fitness center, which was completed in June of 2010, rivals any collegiate training facility in the nation, according to strength and conditioning coordinator Jim Steel.

The Robert A Fox Fitness Center in Weiss Pavilion at Franklin Field adds an additional 8,000 square feet

of indoor recreational space to the University of Pennsylvania campus. The facility features cardio and strength equipment along with programming including daily group circuit training workouts.

The Education Commons at Franklin Field, is a 7,000-square foot mezzanine study space in the George A Weiss Pavilion with the capacity to hold more than 180 students for group or individual study. Enter through the Fox Fitness Center and take the stairs or elevator to Level 3.

*For a video tour of the training facility, watch the Penn Athletics Facilities Tour for the Weiss Pavilion on YouTube  
<http://www.youtube.com/watch?v=LLDYgDJYU-4>*



# DIRECTIONS TO THE UNIVERSITY OF PENNSYLVANIA



## By Car

From the Northeast via the New Jersey Turnpike South Use Exit 4. Bear right out of the toll following signs to Philadelphia and Ben Franklin Bridge. After crossing the bridge take I-676 West, to I-76 East, the Schuylkill Expressway. Follow I-76 East to Exit 346A – South Street (a left-lane exit). Turn right onto South Street to enter campus.

## From the West via the Pennsylvania Turnpike

On the PA turnpike, use Exit 326, the Valley Forge Interchange. Take I-76 East for approximately 17 miles until Exit 346A, a left lane exit marked South Street. Turn right onto South Street to enter campus. To find parking, turn right at the second light onto 33rd Street. Take the first left onto Walnut Street, and there will be a lot on the right at 38th and Walnut.

## From the North via I-95 South

Use the I-676/Center City Philadelphia Exit. Follow signs to I-676 West, the Vine Street Expressway. Take I-676 West until I-76 East, the Schuylkill Expressway. Follow I-76 East until Exit 346A – South Street (a left-lane exit). Turn right onto South Street to enter campus.

## From the South via I-95 North

Use the I-676/Center City Philadelphia Exit which is approximately 7 miles north of the airport. Follow I-676 West, the Vine Street Expressway, until I-76 East, the Schuylkill Expressway. Follow I-76 East until Exit 346A -- South Street (a left-lane exit). Turn right onto South Street to enter campus.

## From the Airport

The Philadelphia International Airport is located in the Southwest section of the city, approximately 20 minutes from the University of Pennsylvania campus.

Visitors driving from the airport should take I-95 North to the I-676/Center City Philadelphia exit, which is approximately seven miles North of the airport. Follow I-676 West (the Vine Street Expressway) until I-76 East (the Schuylkill Expressway). Follow I-76 East until Exit 346A – South Street (a left-lane exit). Turn right onto South Street to enter campus.

Convenient train service from the airport to 30th Street Station is available through SEPTA's Airport Express Train which leaves every half-hour. The fare is \$7 (subject to change), and the trip takes approximately twenty-five minutes. The University City Station is about a five-minute walk West on South/Spruce Streets to campus (the street is South until 33rd Street, at which point it becomes Spruce). The 30th Street Station is about a 15-minute walk or \$5 cab ride to campus.

A metered cab ride from the airport to campus generally costs \$35, including the tip, and takes approximately 20 minutes.

## Philadelphia Public Transportation (SEPTA)

Philadelphia's mass transit system is SEPTA (Southeastern Pennsylvania Transportation Authority). SEPTA operates a coordinated system of bus, subway, elevated train, and trolley lines that covers all of Philadelphia and parts of the surrounding counties. Exact change or a token is required to ride a subway, trolley or bus. Weekly and monthly SEPTA TransPasses are also available. Tokens are available at all subway stations, and both TransPasses and tokens can be purchased on campus at the Penn Book Store. Fares are subject to change.

**Subway** - Take the Market-Frankford (Blue) Line to the 34th street stop. Walk East and make a right on 33rd Street. Franklin Field and The Palestra are located on 33rd Street between Walnut and Spruce Streets.

**Subway-Surface Lines (Trolley Cars)** - The 10, 11, 13, 34 and 36 lines all makes stops at 33rd and Market Streets. The 11, 13, 34 and 36 lines all makes stops at 36th and Sansom Streets. Franklin Field and The Palestra are located on 33rd Street between Walnut and Spruce Streets.

**SEPTA Regional Rail** - All SEPTA Regional Rail lines stop at 30th Street Station. Franklin Field and The Palestra are just a short walk away. Walk West three blocks on Market Street and make a left on to Walnut Street. Franklin Field and The Palestra are located on 33rd Street between Walnut and Spruce Streets.

## Train and Bus Service

Intercity rail service to Philadelphia's 30th Street Station is provided by Amtrak. Frequent service is offered to Northeastern cities including Boston, New York, Baltimore, and Washington. Visit Amtrak for more information.

Intercity bus service is provided by Greyhound and Trailway bus lines from the terminal at 1001 Filbert Street, behind The Gallery shopping center. The Penn campus can be reached from the bus station on SEPTA's Green Line (to either 36th and Sansom Streets or 37th and Spruce Streets) or Market-Frankford Line (to 34th and Market Streets).

## PARKING:

There are several parking facilities located on or near campus and in the lots surrounding Franklin Field stadium. Some garages may charge a flat fee and prices vary. Please note that Penn does not validate parking. Penn is located in a city setting so please allow ample time to find parking and make your way to Weiss Pavilion.

## Recommended garages and lots:

- 34th and Chestnut St. (NOTE: possibly closed on Saturdays);
- South St. and Convention Ave.;
- Penn Tower Hotel (34th and Civic Center Blvd.);
- Sheraton Hotel (36th and Chestnut Streets);
- 40th and Walnut St.;
- 32nd and Walnut St.;
- 38th and Walnut St. (please use the 38th St. entrance).

The two most convenient lots are located at 34th and Chestnut Streets (with access from both 34th Street and Chestnut Street), **although this lot may be closed on Saturdays**; and South Street and Convention Avenue (this parking lot can be found by making a left at the first traffic light on South Street. The lot entrance is down on the left.). Rates will vary.

## Parking Alternative

Please note that it can be expensive and difficult to locate parking on campus. A lower rate of \$4 for 5 hours weekdays, off campus, with a shuttle bus to the campus is available at Campus Park and Ride. Please keep in mind that Campus Park and Ride is not affiliated with the University of Pennsylvania.

**NOTE: Weekend parking and rides are currently free (as of January 29, 2014).** Visit [www.campusparkandride.com](http://www.campusparkandride.com) or call 267-324-9691 for more information.





## DRAGON DOOR PUBLICATIONS

- 5 East County Road B, Suite 3
- Little Canada, MN 55117
- Phone: 651-487-2180
- FAX: 651-487-3954
- E-mail: support@dragondoor.com

### **The Purposefully Primitive Strength Training Seminar Hotel Information**

Thank you for registering The Purposefully Primitive Strength Training Seminar. Below you will find information on the seminar hotel (this is the only hotel we are recommending for attendees).

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#### **Recommended HOTEL (Special RATE SECURED)**

**WEBSITE:** <http://www.thewindsorsuites.com/>

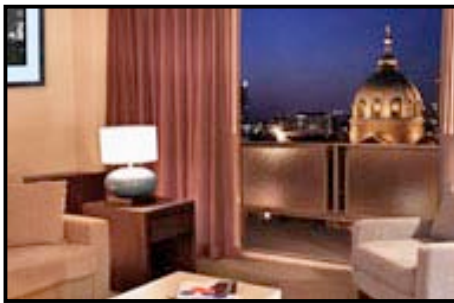
**THE WINDSOR SUITES**  
1700 Benjamin Franklin Parkway  
Philadelphia, PA 19103  
**Phone:** 215-981-8980



**The Windsor Suites** is taking reservations for the Purposefully Primitive workshop. When calling to book your room, ask for “The Purposefully Primitive Strength Training Seminar Block” to qualify for our special rate. The rate is guaranteed until **TUESDAY, FEBRUARY 4TH**, so be sure to reserve your room immediately to guarantee our special rate:

**Rate:** \$128.00 per night, not including taxes

Our special rates have been extended to our guests for one day pre- and post-workshop for those of you interested in extending your trips for a family Holiday or personal getaway.



## GUEST ACCOMMODATIONS

Our welcoming Center City hotel is the ultimate home away from home in downtown Philadelphia. Featuring spacious studio and one-bedroom suites with fully equipped kitchens; The Windsor Suites is the perfect choice for business or pleasure. Conveniently located just blocks from all the major attractions of Center City Philadelphia including the Pennsylvania Convention Center, the Comcast Center, and Philadelphia Museum of Art, our all-suite hotel will provide you with exceptional service and thoughtful amenities.

## FEATURES & HIGHLIGHTS

**Comfortable Rooms with Kitchens** - All of our comfortable suites are well suited for weekend getaways, for extended stays, and for business travel. Our fully equipped kitchens with refrigerators, ovens, dishwashers, and coffee makers will make you feel right at home in our apartment-style hotel rooms. Our suites offer ample closet space and pillow top mattresses along with complimentary Wi-Fi. Guests can enjoy the breathtaking Philadelphia skyline from our seasonal rooftop pool and sundeck or from their private balconies in select suites. Business travelers and families alike will enjoy these excellent accommodations and generous amenities.

## Enjoy These Windsor Suites Hotel Room Amenities

- Apartment-style accommodations
- Private balconies in select suites
- Complimentary Wi-Fi
- Complimentary newspaper
- Pillow top mattresses
- Blackout drapes
- Fully equipped kitchens
- Microwaves
- Phone with personal DID number and voicemail
- Electronic keys for elevator and guest room access
- Dining areas
- Cable television with premium channels
- Clock radio with alarm
- Desks
- Keurig coffee makers
- Refrigerators
- Wake-up service
- In room electronic safes
- Hair dryers
- Iron & ironing boards

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## TRAVEL/AIRPORT INFORMATION

You'll be flying into the Philadelphia International Airport (<http://www.phl.org>). The Philadelphia International Airport (PHL) is located approximately 9 miles from the training facility, the George A. Weiss Pavilion at Franklin Field on the University of Pennsylvania campus, and approximately 10 miles from The Windsor Suites.

Philadelphia International Airport is the largest airport in the Delaware Valley region and in Pennsylvania. As of 2008, it was the 11th busiest airport in the world in terms of aircraft activity. The airport is the primary international hub of U.S. Airways and has service to destinations in the United States, Canada, the Caribbean, Costa Rica, Europe, Israel, and Mexico, and may in the future provide service directly to China, as U.S. Airways may begin service to Beijing in Spring 2010. Most of the airport property is located in Philadelphia proper.

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Questions or concerns?

E-mail [support@dragondoor.com](mailto:support@dragondoor.com)  
or call 651-487-2180

**NEITHER TRANSPORTATION, NOR MEALS  
ARE PROVIDED FOR THIS WORKSHOP**



# Getting to the George A. Weiss Pavilion from the Philadelphia International Airport

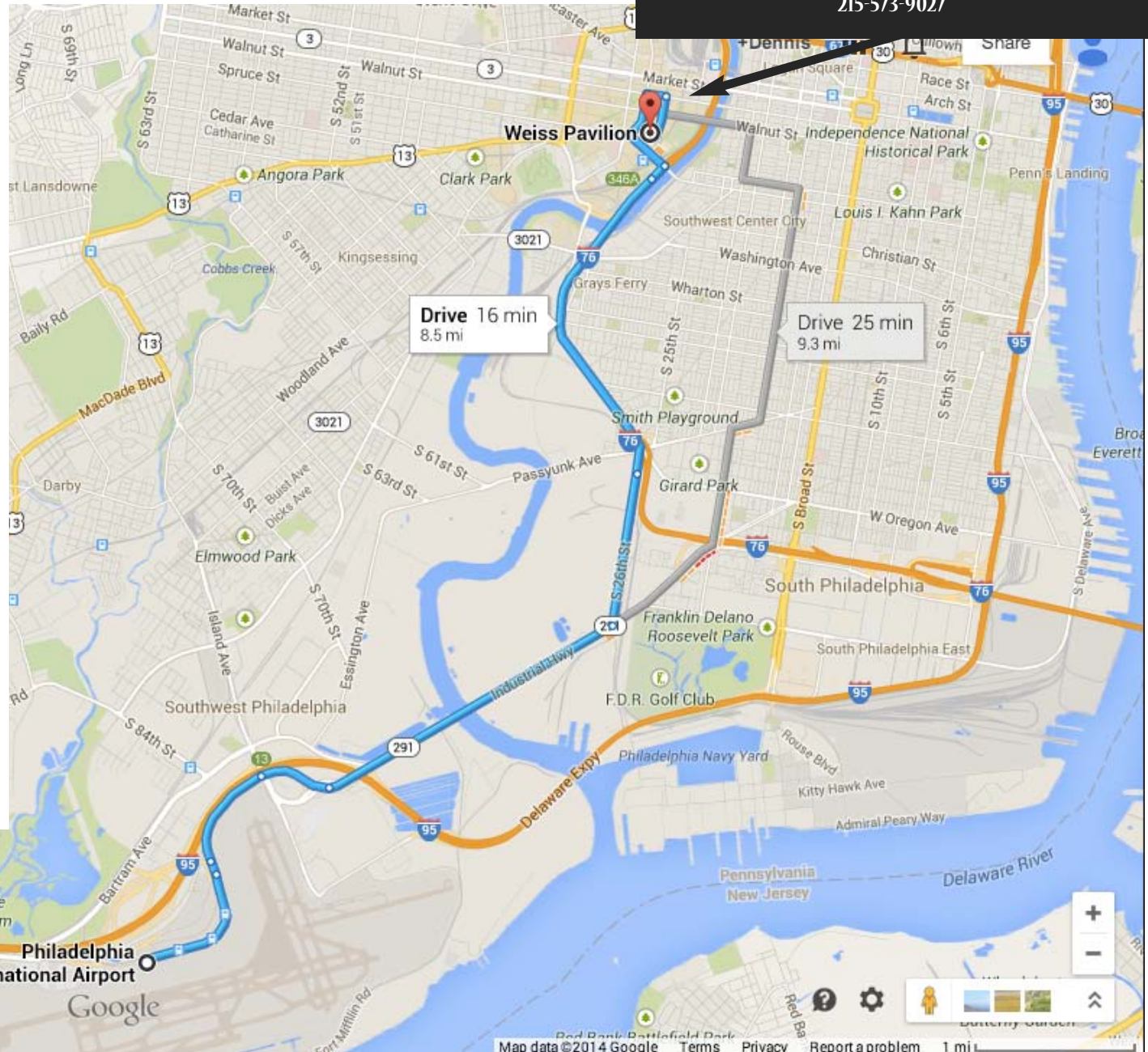
**George A. Weiss Pavilion at Franklin Field**  
 235 South 33rd Street  
 Philadelphia, PA 19104  
 215-573-9027

Drive 8.5 mi, 16 min

○ Philadelphia International Airport  
 8800 Essington Ave, Philadelphia, PA 19153

- ⚠ Get on PA-291 E in Philadelphia from Departures Rd 2.1 mi / 4 min
- ↑ 1. Head east on Departures Rd 0.9 mi
- ➡ 2. Keep right 476 ft
- ⬆ 3. Take the ramp on the left to PA-291 E 0.7 mi
- ➡ 4. Take exit 13 to merge onto PA-291 E toward I-76 W/Valley Forge 0.5 mi
- ⚠ Continue on PA-291 E. Take S 26th St and I-76 W to S 32nd St 6.1 mi / 11 min
- ⬆ 5. Merge onto PA-291 E 2.1 mi
- ⬅ 6. Turn left onto S 26th St 1.0 mi
- ⬆ 7. Take the ramp onto I-76 W 2.2 mi
- ⬅ 8. Take exit 346A on the left for South Street 0.1 mi
- ⬅ 9. Turn left onto South St 0.3 mi
- ➡ 10. Turn right onto S 33rd St 0.3 mi
- ➡ 11. Turn right onto Chestnut St 0.1 mi
- ⚠ Follow S 32nd St to your destination 0.3 mi / 49 s
- ➡ 12. Take the 1st right onto S 32nd St 0.3 mi
- ➡ 13. Turn right 141 ft

○ Weiss Pavilion  
 Smith Walk, Philadelphia, PA 19104



**Philadelphia International Airport (PHL)**  
 8000 Essington Ave.  
 Philadelphia, PA 19153  
 215-937-6937

# Getting to the Windsor Suites from the Philadelphia International Airport

**The Windsor Suites**  
1700 Benjamin Franklin Parkway  
Philadelphia, PA 19103  
215-981-5678

Drive 9.3 mi, 16 min

## Philadelphia International Airport

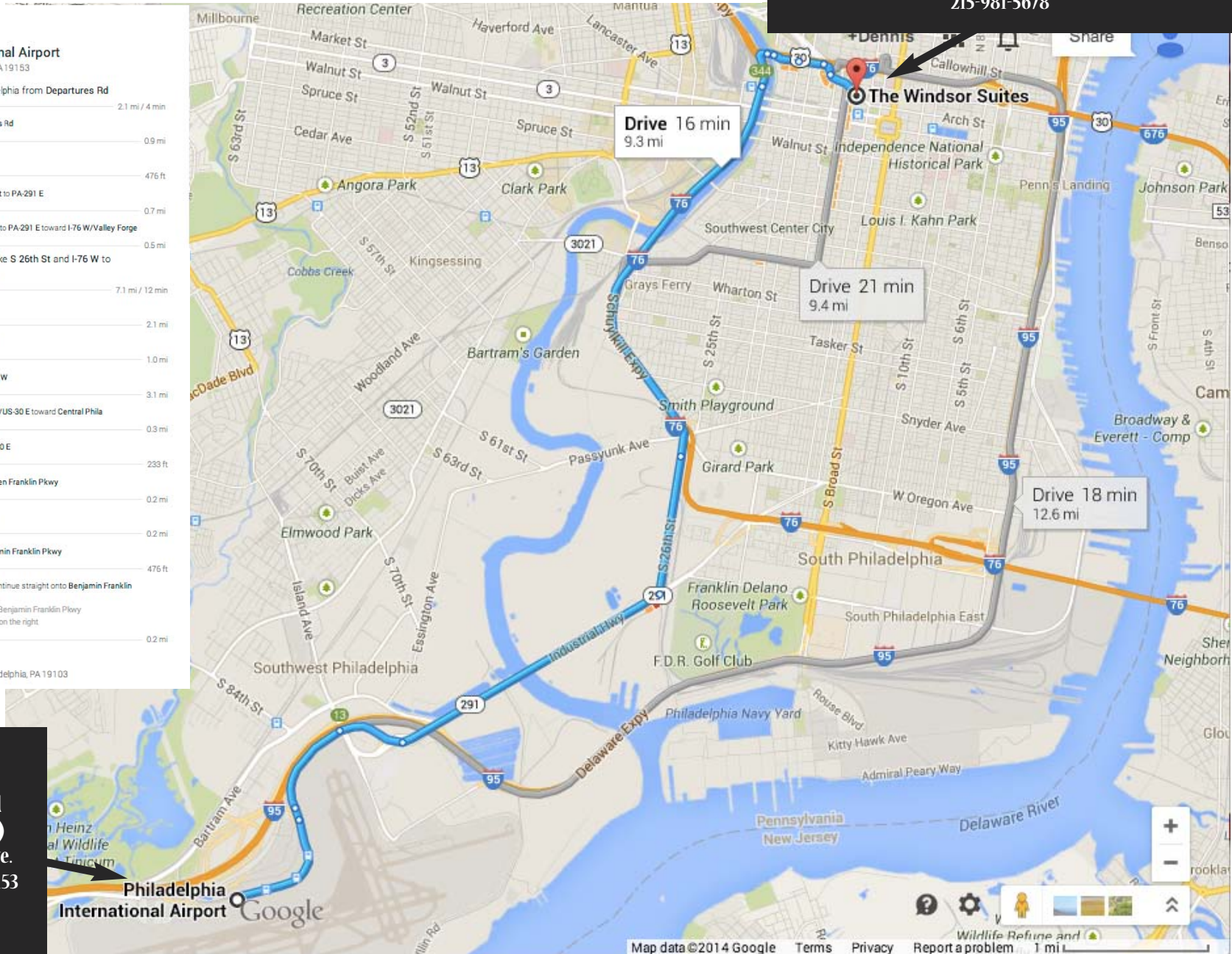
8800 Essington Ave, Philadelphia, PA 19153

- Get on PA-291 E in Philadelphia from Departures Rd
- 1. Head east on Departures Rd 2.1 mi / 4 min
- 2. Keep right 0.9 mi
- 3. Take the ramp on the left to PA-291 E 476 ft
- 4. Take exit 13 to merge onto PA-291 E toward I-76 W/Valley Forge 0.7 mi
- Continue on PA-291 E. Take S 26th St and I-76 W to Benjamin Franklin Pkwy 0.5 mi
- 5. Merge onto PA-291 E 7.1 mi / 12 min
- 6. Turn left onto S 26th St 2.1 mi
- 7. Take the ramp onto I-76 W 1.0 mi
- 8. Take exit 344 for I-676 E/US-30 E toward Central Phila 3.1 mi
- 9. Merge onto I-676/US-30 E 0.3 mi
- 10. Take the exit toward Ben Franklin Pkwy 233 ft
- 11. Merge onto Winter St 0.2 mi
- 12. Slight right onto Benjamin Franklin Pkwy 0.2 mi
- 13. At the traffic circle, continue straight onto Benjamin Franklin Pkwy/Race St 476 ft
  - Continue to follow Benjamin Franklin Pkwy
  - Destination will be on the right

## The Windsor Suites

1700 Benjamin Franklin Pkwy, Philadelphia, PA 19103

**Philadelphia International Airport (PHL)**  
8000 Essington Ave.  
Philadelphia, PA 19153  
215-937-6937



# Getting to the George A. Weiss Pavilion from The Windsor Suites

Drive 2.0 mi, 7 min

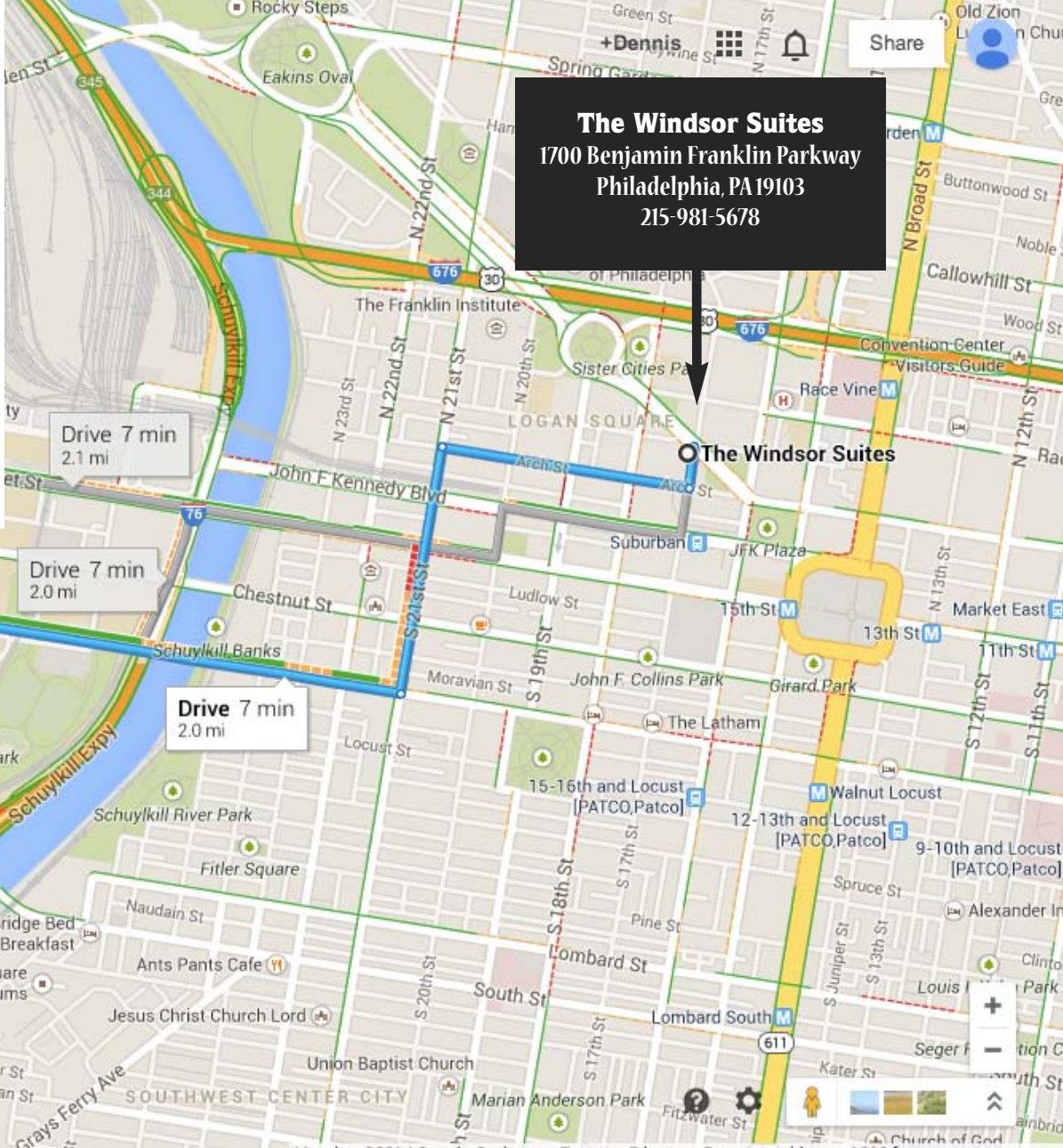
**The Windsor Suites**

1700 Benjamin Franklin Pkwy, Philadelphia, PA 19103

- ↑ Head southeast on Benjamin Franklin Pkwy toward N 17th St 10 ft / 0 s
- ↘ Take Arch St to N 21st St 0.4 mi / 2 min
- ↘ Continue on N 21st St. Take Walnut St to S 32nd St 1.3 mi / 5 min
- ↗ Follow S 32nd St to your destination 0.3 mi / 49 s
- ➔ 8. Take the 1st right onto S 32nd St 0.3 mi
- ➔ 9. Turn right 141 ft

**Weiss Pavilion**

Smith Walk, Philadelphia, PA 19104



**The Windsor Suites**  
 1700 Benjamin Franklin Parkway  
 Philadelphia, PA 19103  
 215-981-5678

**George A. Weiss Pavilion at Franklin Field**  
 235 South 33rd Street  
 Philadelphia, PA 19104  
 215-573-9027

# GROUP DINNER – SATURDAY EVENING, 8 P.M.

## Walking Directions: Getting to Chima Brazilian Steakhouse from The Windsor Suites

Walk 0.3 mi, 7 min

Use caution - may involve errors or sections not suited for walking

### ○ The Windsor Suites

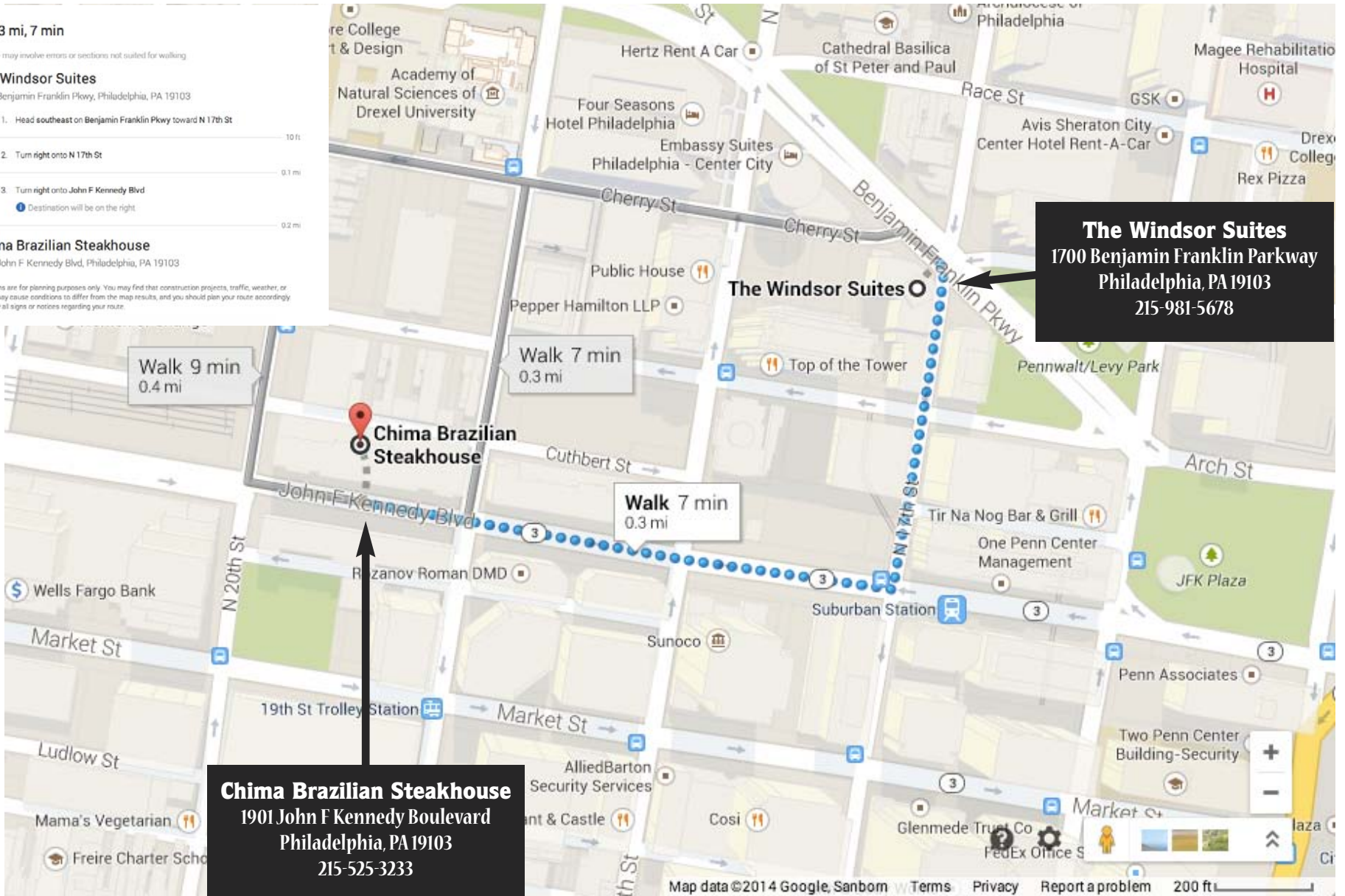
1700 Benjamin Franklin Pkwy, Philadelphia, PA 19103

- ↑ 1. Head southeast on Benjamin Franklin Pkwy toward N 17th St 10 ft
- ➡ 2. Turn right onto N 17th St 0.1 mi
- ➡ 3. Turn right onto John F Kennedy Blvd 0.2 mi
  - Destination will be on the right

### ◎ Chima Brazilian Steakhouse

1901 John F Kennedy Blvd, Philadelphia, PA 19103

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.



**The Windsor Suites**  
1700 Benjamin Franklin Parkway  
Philadelphia, PA 19103  
215-981-5678

**Chima Brazilian Steakhouse**  
1901 John F Kennedy Boulevard  
Philadelphia, PA 19103  
215-525-3233



# **Purposefully Primitive Strength Training Seminar Medical Release, & Liability Waiver Form**

*IF THE PARTY IS 18 years old or older, complete the following down to the Consent section;  
otherwise, the parent or legal guardian must also sign (reverse side of document).*

**Voluntary** – My participation in this Purposefully Primitive Strength Training Seminar is voluntary. I agree to fully participate in the training and I will fully disclose any pre-existing conditions or injuries in advance of the training to the organizers and instructors that may limit or hinder my participation.

**Assumption of Risk** – I realize that during this Purposefully Primitive Strength Training Seminar there are several ways that I could potentially hurt myself if I am not careful and pay close attention to my Instructors and the proper safety techniques I am taught. I realize that my participation in any of these activities is strictly voluntary and that I assume the risks associated with these activities. I could: (a) receive blisters, cuts and abrasions, and (b) suffer serious bodily injury.

**Waiver** – I release Dragon Door Publications, Inc., Marty Gallagher, the University of Pennsylvania, the sponsors, organizers, instructors, volunteers, and site property owners (as well as all of their affiliates, directors, officers, trustees, employees, representatives, or agents) from all actions or claims of any kind that relate to my participation in this Purposefully Primitive Strength Training Seminar. I understand and acknowledge that this waiver binds my heirs, administrators, executors, personal representatives, and assignees.

**Hold Harmless** – I hold Dragon Door Publications, Inc., Marty Gallagher, the University of Pennsylvania, the sponsors, organizers, instructors, volunteers, and site owners harmless and indemnify them against all actions or claims (including reasonable attorneys' fees, judgments and costs) with respect to any injuries, death, or other damages or losses, resulting from my participation in this Purposefully Primitive Strength Training Seminar.

**Medical Treatment** - If I am injured during this Purposefully Primitive Strength Training Seminar, Dragon Door Publications, Inc., Marty Gallagher, the University of Pennsylvania, the organizers, instructors or volunteers of this Purposefully Primitive Strength Training Seminar may render medical services to me, or request that others provide such services. By taking such action, Dragon Door Publications, Inc., Marty Gallagher, the University of Pennsylvania, the organizers and volunteers are not admitting any liability to provide or to continue to provide any such services and that such action is not a waiver by the organizers or volunteers of any rights under this release and waiver. Should I require transport to a medical facility as a result of an injury, I am financially responsible for such transportation and medical treatment costs. If I am injured during this Purposefully Primitive Strength Training Seminar it is my responsibility to seek appropriate medical care and to notify the course organizers. I understand that this waiver will have no bearing on any workers compensation claims that I may make as a result of my participation in this event.

I UNDERSTAND AND AGREE WITH THE CONTENTS OF THIS DOCUMENT. ANY QUESTIONS I MAY HAVE HAD ABOUT THIS DOCUMENT WERE ANSWERED TO MY SATISFACTION.

DATE: \_\_\_\_\_

\_\_\_\_\_  
Participant's Printed Name

\_\_\_\_\_  
Participant's Signature

(OVER)

---

Participant's Phone Number

---

Participant's Address (please include city, state and zip code)

---

Participant's E-mail

---

Emergency Contact person

---

Emergency Contact's phone number

---

Witness' Printed Name (Dragon Door Representative)

---

Witness' Signature

**CONSENT**

If student is under the age of 18, his or her parent or legal guardian must also sign.

I, PRINT YOUR NAME HERE, am the parent or legal guardian of the student who has signed above. I have read and understand the provisions of this document, I consent to the student participating as described above, and I fully enter into and agree to the above Release and Waiver and forever waive any rights therefrom.

---

Parent or Legal Guardian's Printed Name

---

Parent or Legal Guardians' Signature

---

Parent or Legal Guardians' Phone Number

---

Parent or Legal Guardian's Address (please include city, state and zip code)

---

Parent or Legal Guardian's E-mail Address

# **Purposefully Primitive Strength Training Seminar Talent / Model Release**

*IF THE PARTY IS 18 years old or older, complete the following down to the Consent section;  
otherwise, the parent or legal guardian must also sign.*

I, PRINT YOUR NAME HERE, hereby forever grant to Dragon Door Publications, Inc. or his/her/its legal representatives, successors, assigns, licensees, advertising agencies, and all person or corporations acting with his/her/its permission, the irrevocable and unrestricted right to use, re-use, publish and re-publish, and copyright my performance, likeness, picture, portrait, photograph, sound and/or voice recording, including the negatives, transparencies, prints, film, video, tapes, digital or other information pertaining to them in all forms of media now or hereafter known and in all manner, including electronic media, in still, single, multiple, moving or video format, in whole or part and/or composite representations, in conjunction with my own of a fictitious name, including alteration, modifications, derivations and composites thereof, throughout the world and universe for advertising, promotion, trade or any lawful purposes

This right shall include, but not be limited to, the right to combine my likeness with others and to alter my likeness, by digital means or otherwise, for the purposes set forth herein.

I waive my right to inspect or approve the finished product, including written copy that may be created in connection therewith or the use to which it may be applied.

I acknowledge that the photography session and/or film or video production was conducted in a proper and professional manner, and this release was willingly signed at its termination.

I am fully able to contract in my own name without breach of any prior agreement or applicable law, including but not limited to prior agreements with modeling or talent agencies or any other person, company or entity.

**I have had sufficient time to review and seek explanation of the provisions contained above, have carefully read and understand them, and agree to be bound by them. I voluntarily and irrevocably give my consent and agree to this Release and Waiver.**

**DATE:** \_\_\_\_\_

Signature of person whose printed name appears above.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Witness' Printed Name (Dragon Door Representative)

\_\_\_\_\_  
Witness' Signature

**(OVER)**

## CONSENT

If student is under the age of 18, his or her parent or legal guardian must also sign.

I, PRINT YOUR NAME HERE, am the parent or legal guardian of the student who has signed above. I have read and understand the provisions of this document, I consent to the student participating as described above, and I fully enter into and agree to the above Release and Waiver and forever waive any rights therefrom.

Signature of person whose printed name appears above.

---

Parent or Legal Guardians' Signature

---

Witness' Printed Name (Dragon Door Representative)

---

Witness' Signature

## **Purposefully Primitive Strength Training Seminar Media Policy**

Film or digital photography, video photography, and/or audio recordings of any kind of the **instruction and training** at the Purposefully Primitive Strength Training Seminar training are strictly prohibited without the express permission of John Du Cane and Dragon Door Publications, Inc.

All film, digital or video imagery and audio recordings are copyright protected. Any person found to have infringed such copyright would be liable to immediate legal action.

**I, PRINT YOUR NAME HERE, have had sufficient time to review and seek explanation of the provisions contained above, have carefully read and understand them, and agree to be bound by them. I voluntarily and irrevocably give my consent and agree to abide by this policy.**

**DATE:** \_\_\_\_\_

Signature of person whose printed name appears above.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Witness' Printed Name (Dragon Door Representative)

\_\_\_\_\_  
Witness' Signature

(OVER)

## CONSENT

If student is under the age of 18, his or her parent or legal guardian must also sign.

**I, PRINT YOUR NAME HERE, am the parent or legal guardian of the student who has signed above. I have read and understand the provisions of this document, and I fully enter into and agree to the above Media Policy.**

Signature of person whose printed name appears above.

---

Parent or Legal Guardians' Signature