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**Warning**, effort is required.

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**“Push through the Pain, because giving up hurts more.”**

**W**elcome to this short, yet powerful PDF. I could write a bunch of nonsense to fill up the book, but it's truly unnecessary. Let's get down to the meat and gold of the lesson.

I believe this little guide will help you push your limits when you are at the gym, or in the home. Please note that these are only free weight exercises and include many exercises on the bare floor; no expensive equipment needed.

This PDF is designed to give you a plan that you can stick with! You can modify it to your needs. I wish you luck as you go through this, but remember that you are the one that prevents yourself from your wanted results. Find a reason before you start, or you will have no motivation to stick with it once you hit the first and hardest week.

Thank you again for your interest in Kode Six Fitness. We advise that you visit our website at [Kodesix.com](http://Kodesix.com). We look forward to your results of happiness, energy, and sexy body.

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## CHAPTER 1 - Workout Type & Goals

“Setting goals is the first step in turning the invisible into the visible”

It's now time to find out what body type you are. We will also cover goals. The reason I feel goals are so important, is because you will fail if you don't set a goal. If you don't see results you will quite. A goal makes you accountable to yourself.

Select one of the following, and see who you are.

- Skinny (Super skinny cannot put on any weight)
- Fit (Skinny with healthy fat, but want to get stronger)
- Skinny Fat (Skinny with a belly)
- Overweight (Balanced weight, no muscles showing with a belly)
- Fat (Excess Fat on all parts of body, Overweight)
- Lots of Fat (Hard to move, always exhausted)

Now pick how motivated you feel?

- Super Motivated
- Motivated
- Middle Ground
- Not sure
- Having (2<sup>nd</sup>) thoughts
- Not motivated at all, sometimes depressed.

Now get a piece of paper.

- 1) Write down how you feel about your body.
- 2) Write down what you have done previously, to lose weight.
- 3) (Yes/No) Have you ever achieved any goals you have set?
- 4) Write down what you want to achieve now.
- 5) (Yes/No) Do you believe what you wrote down? If not, then you should start believing in yourself a little more.

Making goals are up to you. All I can help with is get you started, and make it a little easier. Your desire needs to be more powerful than the pull of any donut, or Big Mac. It takes more energy to stop something you started and start something else then it is to keep with what you are already doing.

Chapter 2 on next page;

## CHATPER 2 - Work Out Structure

“Take care of your body. It's the only place you have to live.”

It is time to DREAD with FEAR,

**“PLANNING TIME”!**

This chapter is focused on what a true exercise routine will look like. You want to make sure it's simple enough to understand. Make sure it's something you feel proud about. You will only need the very basic exercise tools (Dumbbells); a gym is not required. You will be allowed to customize your own workout, but follow this basic plan.

✓ **Customize Your Own Plan**

Let's get rolling!

Working out can be tough, because it will push you to your limits. If you want the skinny/cut strong look, don't focus on the heavy

weights, but on the reps that will burn your muscles to a breaking point. It's focused on pure strength vs the common bulk look.

Don't feel intimidated, but this is totally possible. I do this weekly and want to focus mainly on strength and getting cut. If you want to cut the fat quickly, and gain pure strength, this is for you.

(Make sure you are well hydrated before any workout).

Remember that you need to push your muscles in order to gain strength. Don't worry if it looks too hard, because you can do 50% more than what you think you can do, because it's in your mind.

I want you to look at this plan, and adjust it according to your limits. For instance, if you can't even do 5 pushups, then adjust this to achieve 3 pushups, and then work your way up to where you want to be, the 5 push up mark.

### Day 1 - Monday (Legs & Abs)

Squats - 3 Sets (50, 60, 70) with/ or without weights.

Scissor Abs - 3 Sets (50, 50, 50)

Reverse Planks - 3 Set (30 seconds on back, holding legs up at 20 Degrees)

**Day 2** - Tuesday - (Arms and Back) - P.S. - If you don't have different weight options, do more reps. (LW = Light Weight, MW = Medium Weight, HW = High Weight)

Arm Circle Warmups - 2 Sets (50, 50)

Bicep Curls Left Arm - 3 Sets (50 LW, 30 MW, 10 HW)

Bicep Curls Right Arm - 3 Sets (50 LW, 30MW, 10 HW)

Butterfly Lifts - 3 Sets (LW 30, MW 15)

Back Curls Right - 3 Sets (50, 40, 30)

Back Curls Left - 3 Sets (50, 40, 30)

Slow Push Ups - 3 Sets of (15, 15, 15)

**Day 3 - Wednesday (Run & Abs)**

Run - 1 mile

Calf lifts - 3 sets (50, 50, 50)

Scissor Abs - 3 Sets (50, 50, 50)

Reverse Planks - 3 Set (30 seconds on back, holding legs up)

Neck Roll - 3 Sets (30, 30, 30)

**Day 4 - Repeat (Day 1)**

Squats - 3 Sets (50, 60, 70) with/ or without weights.

Scissor Abs - 3 Sets (50, 50, 50)

Reverse Planks - 3 Set (30 seconds on back, holding legs up)

**Day 5 - Repeat Day 2**

Arm Circle Warmups - 2 Sets (50, 50)

Bicep Curls Left Arm - 3 Sets (50 LW, 30 MW, 10 HW)

Bicep Curls Right Arm - 3 Sets (50 LW, 30MW, 10 HW)



Butterfly Lifts - 3 Sets (LW 30, MW 15)

Back Curls Right - 3 Sets (50, 40, 30)

Back Curls Left - 3 Sets (50, 40, 30)

Slow Push Ups - 3 Sets of (15, 15, 15)

**Day 6** - Rest (That's it, rest your muscles and get swollen/sore) be sure every week to add 5 more reps or seconds on each routine.

## CHAPTER 3 - HOW SHOULD I EAT?

The real question is how badly do you want to make your goal?

Starving yourself is not the answer. This is in fact very dangerous, and can affect your metabolism. We want to make sure we have a high protein diet, mixed with fibrous foods, and natural sugars.

Most excessive hunger comes emotionally and from our body needing more nutrients, verses actual quantity.

How do we combat this?

Eating the correct foods and staying away from all of the processed crap out there will give you a lot more energy and help you sleep better. Too much of anything puts you at an unbalanced state, and your body needs to make up for it by craving more food in hopes you will eating something better.

Let's get started!

I want to focus on what will get you the results the quickest. The only problem is being quick means, you are going to have to sacrifice more.

We are going on a strict few foods only.

- 1) Quinoa (Super Food)
- 2) Nutritional Yeast
- 3) Peanuts & other type of nuts. (Snack in-between meals)
- 4) Vegetables
- 5) Natural Fruits
- 6) Meat

Now you have a little feeling of what you are getting into. Don't get overwhelmed. It's actually pretty easy to keep, and I will explain it to you. This will be a high protein & fiber plan.

Sticking to this plan will make you feel constantly hungry for the first week, because you are eating a lot less calories than your body is used to, but it will be the right amount for when you are losing weight & repairing your muscles.

Typically, we eat 2 times more calories than truly need anyways. You will be in an adjustment stage of detoxing, and switching how you burn energy. Your body will have more nutrients to use, so your emotional hunger will start to disappear on week 2.

The average woman needs 2000 calories per day, while the average man needs 2500 calories to maintain weight. If you eat 500 calories LESS per day for a week you will lose 1 pound each week.

1 cup of cooked quinoa = 222 calories. If you cook half a cup of quinoa it will give you about 2 cups of cooked Quinoa.

We want to shoot to lose 1-2 pounds per week. (It may vary depending on size, age, and gender).

Here is a simple plan to follow;

Eat 1 half cup of uncooked quinoa per meal (You can decide how you flavor it, I use nutritional yeast as my topping) this makes you eat approximately 1,332 per day + 280 +/- calories from  $\frac{1}{4}$  -  $\frac{1}{2}$  cup of nutritional yeast. Here you have over 1500 calories.

Okay we have 1500 calories +/- on our belt, but we still need another 500 - 1000 calories to get close to our needed intake.

Where can we get this?

(Fruits, Nuts, & Vegetables)

You can eat about 1 cup of each category and be right where you need.

Let's simplify this plan down for you.

- 6 cups cooked quinoa per day
- 1 cup nuts
- 1 cup fruit
- 1 cup vegetables

The only free meals you will have, consists of a healthy nature. If you limit your eating then you can almost eat anything, except unnatural surgers. This can include meats, nuts, and sauces, cereals, oats, etc.. The calorie intake is the most important. No matter what this plan includes, you can modify to your needs as everyone is different. We hope these simple suggestions help you get started!

#### Chapter 4 - How to burn through the pain?

You know that feeling when you are working out, and then you feel a little tingle, or burning sensation. This is your head saying, "STOP". Your body is very capable to do more then what you believe.

“Okay, then how do you get past this feeling?”

The hardest part about answering this question is that everyone is different. I know you may hate this answer, but you need to figure it out. Let me share with you on how I burn past this feeling. I will literally hit something on each rep that hurts, or burns very badly. I am still counting and have a goal. Don't go through this burning sensation without knowing what number you want to hit, or you will easily justify your quits.

Make sure you are well hydrated, and don't overdo it. Try to do about 5 - 10 reps in this burning sensation before you move to the next set.

(Each set usually contains a certain amount of different exercises. When you do set, it can include 10 pushups, 15 bicep curls, and 20 squats. It can be any combination. The most common, is 3 sets of each. So you will switch exercises with in each set.) - Hope this help explain it further.

## Chapter 5 - Now what?

It has been a little journey reading through these chapters. I hope you have learned a little more about what I have been doing to get cut, and losing the weight. I believe you can!

This plan was literally thought up not that long ago, and it seemed logical that I wouldn't need to go to a gym. A gym motivates you because you don't have distractions, but many people want to lose the weight, but don't have the option to go to a gym, or purchase gym equipment.

I promise that exercising will help you get a direction, and help remove the depression from your life. You will stop feeling crappy and starting living to the young you once were. You CAN do it! Failure starts the moment you don't believe. Thank you for reading this little booklet and I hope you are able to change your life for your own sake. Remember guides give a direction, not a do it for you option.

Links;

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