

## 6 Day No Gym Link Series 5

Taking it to this level is more than exercising, you are striving to become beyond what you expected. Those who have taken all the “No Gym Links” you may have discovered that there are levels to achieving your greatest form. Each link is a stage needed to complete to prime your body on keeping what has been accomplished and more. Performing a 6 day workout routine everything must be spot on, this includes your nutrition and supplements if you are taking any. If you are in need of some guidance check out the archive to discover a few ideas and advice to consider for nutrition & supplements. As you may already know begin your workout with some quick cardio warm up and dynamic stretching. Finishing your warm up, you have a 6 day routine with core/cardio core exercises and 6 workouts with 3 exercises in each. You can take as many breaks breaks as needed.

If needed, before attempting any exercise [click here](#) to view all exercises. By clicking the selected exercise will present an example video for proper form and tips. Below your training program are quick guides of the **nutritional experience, nutritional tips and supplement advice** used towards this routine.

Workout Outline	
<b>Weeks</b>	3 - 4
<b>Days</b>	6 Days Per Week
<b>Workouts</b>	6
<b>Equipment</b>	None
<b>Core/Cardio Core</b>	1 - 2 Exercises Per Workout
<b>Abdominal Training</b>	2 Exercises Per Workout
<b>Exercises</b>	2 - 5 Exercises Per Workout
<b>Recovery</b>	24 hours
<b>Level of Intensity</b>	1 - 6
<b>Improvements</b>	Muscular Strength Muscular Endurance Physique Development

# Warm Up

Cardio Circuit		
Exercises	Sets	Time
Butt Kicks	3	30 seconds - 45 seconds
Jumping Jacks	3	30 seconds - 45 seconds
High Knees	3	30 seconds - 45 seconds

Dynamic Stretches			
Exercises	Sets	Repetitions	Notes
Backward Wide Arm Circles	2	20	Shoulder Mobility
Alt. Knees to Chest	2	20	Hamstring Stretch
Alt. Heels to Glutes	2	20	Quadriцеп Stretch
Alt. High Knee Abducting	2	20	Hip & Glute activation
Alt. Bent over Toe Touches	2	20	Hamstring Stretch

# Day 1

Core		
Exercises	Sets	Time
Side Plank(Each Side)	3 - 4	30 seconds - 1 minute
Plank	3 - 4	30 seconds - 1 minute

Abdominal Training			
Exercises	Sets	Repetitions	Rest
Crunches	3 - 4	20 - 25	30 - 45 seconds
Leg Lifted Side Crunch(each side)	3 - 4	20 - 25	30 - 45 seconds

Workout 1		
Exercises	Sets	Repetitions
Jack Squats	3	20, 15, 12
Decline Push Ups	3	20, 15, 12
Upright Abdominal Pull Ins	3	20, 15, 12

Stretch
Daily Stretches

# Day 2

<b>Cardio Core</b>		
<b>Exercises</b>	<b>Sets</b>	<b>Repetitions</b>
6 inch Low Scissors	3 - 4	30 seconds - 1 minute
Cross-over Mountain Climbers	3 - 4	30 seconds - 1 minute

<b>Workout 2</b>		
<b>Exercises</b>	<b>Sets</b>	<b>Repetitions</b>
Step Ups(each Side)	3	20, 15, 12
Incline Push Up	3	20, 15, 12
Alternating Leg Raises	3	20, 15, 12

<b>Stretch</b>
Daily Stretches

# Day 3

Core		
Exercises	Sets	Time
Inch Worm	3 - 4	30 seconds - 1 minute
Fully Extended Worm Holds	3 - 4	30 seconds - 1 minute

Abdominal Training			
Exercises	Sets	Repetitions	Rest
Leg raises	3 - 4	20 - 25	30 - 45 seconds
90 Degree Toe Taps	3 - 4	20 - 25	30 - 45 seconds

Workout 3		
Exercises	Sets	Repetitions
Jump Squats	3	20, 15, 12
No Jump Burpees	3	20, 15, 12
Crunch	3	20, 15, 12

Stretch
Daily Stretches

# Day 4

<b>Cardio Core</b>		
<b>Exercises</b>	<b>Sets</b>	<b>Repetitions</b>
Flutter Kicks	3 - 4	30 seconds - 1 minute
Russian Twist	3 - 4	30 seconds - 1 minute

<b>Workout 4</b>		
<b>Exercises</b>	<b>Sets</b>	<b>Repetitions</b>
Lunges	3	20, 15, 12
Chair Dips	3	20, 15, 12
Leg Raises	3	20, 15, 12

<b>Stretch</b>
Daily Stretches

# Day 5

Core		
Exercises	Sets	Time
Side Plank(Each Side)	3 - 4	30 seconds - 1 minute
Plank	3 - 4	30 seconds - 1 minute

Abdominal Training			
Exercises	Sets	Repetitions	Rest
Diamond Sit-Ups	3 - 4	20 - 25	30 - 45 seconds
Alternating Crossover Crunch	3 - 4	20 - 25	30 - 45 seconds

Workout 5		
Exercises	Sets	Repetitions
Squats	3	20, 15, 12
Push Ups	3	20, 15, 12
Diamond Sit Ups	3	20, 15, 12

Stretch
Daily Stretches

# Day 6

<b>Cardio Core</b>		
<b>Exercises</b>	<b>Sets</b>	<b>Repetitions</b>
Upright Bicycles	3 - 4	30 seconds - 1 minute
Hands Together Race Cars	3 - 4	30 seconds - 1 minute

<b>Workout 6</b>		
<b>Exercises</b>	<b>Sets</b>	<b>Repetitions</b>
Single Stiff Leg Touches	3	20, 15, 12
Plank Push Ups	3	20, 15, 12
Heels to Heaven	3	20, 15, 12

<b>Stretch</b>
Daily Stretches



## Nutritional Experience

While training for strength your nutritional plan will have a major role for recovery, development and performance.

- Explore Plans
- Standard 2,000 Calorie Plan(recommend)
  - Plan 1
  - Plan 2
  - Plan 3

## Nutritional Tips

It is very common as you train to forget the essentials of keeping the body fully functional.

- Explore Tips
- Healthy foods may be junk
- All Greens Matter
- Nutritional Timing
  - Reducing Body Fat(Lose Weight)
  - Gaining Muscle Mass???

## Supplement Advice

If you are able to get most of the supplements from your foods it is highly encourage. If not, here are some recommendations.

- Supplement Guidance
- Battle Of The Brands
- Medicine can help but....Exercise
- Protein
  - Whey Protein
  - Casein Protein
- Vitamins
  - All vitamins