

JADE NICO'S GUIDE TO GETTING FIT AS F*CK

*WITH USEABLE
STRENGTH TRAINING!*



INTRO

Hello & Welcome! My name is Jade Nico, I'm a working class butch dyke with a love for fitness, free shit, & helping others. I've been asked time and time again what my routine is for working out so here it is!! This routine works best for me right now (2024-2025) and I've been doing it for the past year with

variations when I get bored. This has all the information about food, exercise, goals, and all the resources I use. Feel free to share this around, keep it for yourself, print it out, whatever you'd like. Read through the whole thing, it'll probably answer any questions you have ;) Stay strong, stay capable, stay kind, and take no shit 💪

THINGS TO NOTE

- I have been working out for 6 years now. 2 of those years being competitive powerlifting, one of them being strictly yoga. So my body and my workouts will be very different from yours.
- I am not a licensed fitness coach, dietitian, doctor, or health-science major. Everything I have said is with what feels good to me and what I have been coached on by professionals. Please seek one out if you want professional advice or need professional guidance with your personal health & wellness (not an influencer please god)
- I am fully able bodied. I am in my 20s, 5'6" tall and 150 lbs. I take low dose testosterone. I was pre-diabetic before working out (6 years ago). I work a full-time job and a part time labor job. This is all my maintenance as I am not trying to gain weight or lose weight. Fitness is my hobby and passion so I dedicate time to it. All of these factors affect my results and my goals, but that doesn't mean I don't put the work in. All of this will look different for you!
- Do exercises that feel good to you!! After 5 years of finding out what I like and don't like, these are all the exercises that feel good to me. Don't force yourself to do exercises you hate or that hurt, then you'll hate working out and quit. Do what YOU want! Try EVERYTHING!
- Exercise and goals can change over time. These exercises are tailored for me to get strong & have usable everyday strength, not to push an aesthetic. Bodybuilding will get you looking good, calisthenics will get you physically strong, strength training will get you usable strength, mobility training will make your joints strong and usable, yoga will get you stretchy & balanced, etc. my goals change all the time, just adapt what you are doing to what you want out of exercise.
- Anyone & everyone can exercise! This is something all humans should do! You can do it with fancy gym equipment or just the clothes on your back. I've been in all of those positions before, it's just about your ability and willingness to adapt. Regardless of your weight, disabilities, goals, I think everyone should at least try to work out in a way that fits them best <3

THE ROUTINE

Here's my split/routine that I've been doing. Most of my workouts are about 40 minutes to 1 1/2 hours. I take a 40 sec-1 minute rest between each set and then a 2 minute rest between each exercise. Warm Ups & after stretches are 5 minutes each.

Note that all of these can be bodyweight and you should cater your exercises to what is possible for YOU. No ego lifting. All of my movements are controlled & also explosive. Lift with intention but with some difficulty.

NOTE: "Till failure" for me usually means around 8 reps of each exercise. If you are going over 8 reps you need to increase the weight/difficulty if you are trying to gain muscle/strength. Decrease the weight or difficulty if you can only do 6 or less reps.

- Tip: if you don't have dumbbells or weights for any of the exercises that are weighted, get a backpack and fill it with heavy items or a gallon of water and make the movements extremely slow and controlled! I regularly do those things when I don't have weights on hand.

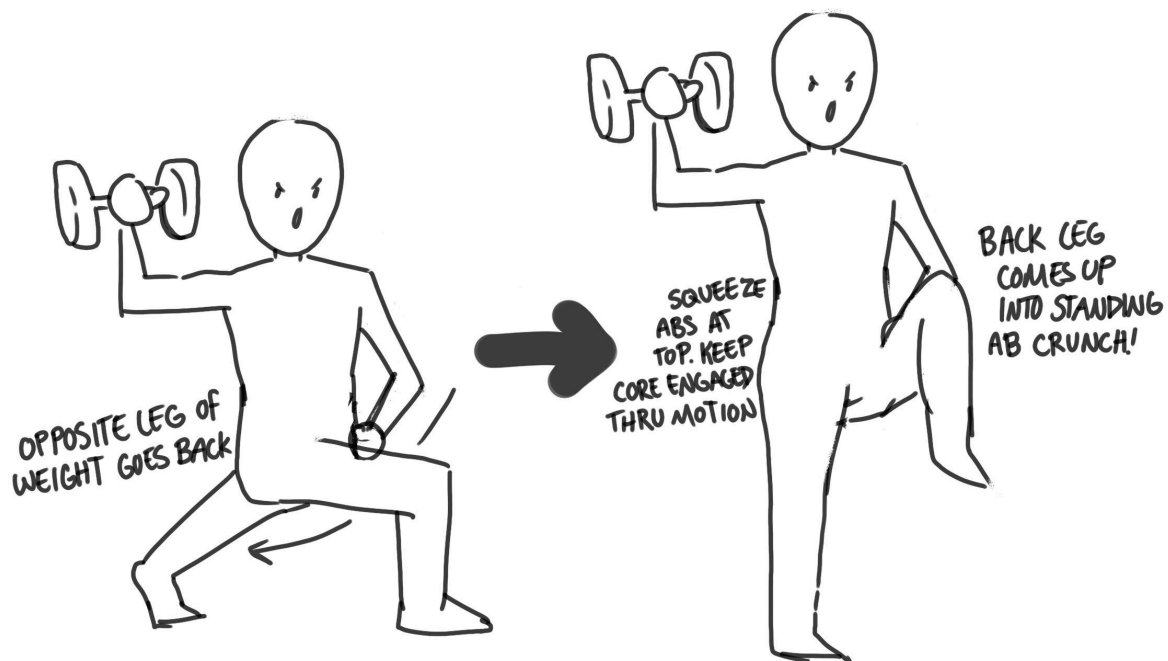
DAY 1: PUSH

(any exercises that have to do with your shoulders, chest, triceps that require a “pushing” movement)

- WARMUP!! Arm circles, active child pose into cobra, downward dog into extended arm planks, WRIST WARM UPS, & anything else to loosen up my muscles I can think of
- Superset Weighted pushups (10lbs of books in a backpack) into non-weighted pushups, into knee push ups. All till failure x3
- Pike pushups (key to big shoulders!!!) till failure x3
- Weighted (10lb backpack) bear crawl burpees till failure x3
- Close grip chest press with dumbbells on floor 8x3 (superset with partial reps if I feel it)
- Superset Bodyweight Tricep dips into chair assisted tricep dips till failure x3
- Superset Overhead tricep extensions with both hands 8x3 into single overhead tricep extension 8x3 each (I use 35lbs for both hands and 12lbs for single hand)
- If you still have energy try doing shoulder press with dumbbells or weighted items. 30lbs till failure x3
- COOL DOWN: 2 minute plank
- STATIC STRETCHING & MOBILITY WORK (I usually look up a 5 minute stretch video that helps with the body parts I worked that day)

DAY 2: CARDIO & CORE

- WARMUP: mobility work & quick yoga (I look up a 5-10 minute YouTube video for whatever I feel like that day)
- Push-up bear crawl burpees (10lb backpack) till failure x4
- Mike Tyson push ups till failure x2
- Weighted lunge into standing crunch 10x4 each side (photo attached cause I've never seen anyone else do it but it's fucking awesome for core & balance)



- Farmer carries 40lb dumbbells each side (if I don't have dumbbells/kettlebells on hand I use a heavy box or clunky items) back & forth till failure x3
- Weighted sit ups 20lbs 10x3 (I keep my dumbbell raised over my head for extra arm engagement)
- Russian twists with legs up 30lbs 30x3
- Superset 30 second hollow hold (do boat hold if this is too difficult) into 30 sec butterfly kicks x2
- COOL DOWN: 2 minute plank
- STATIC STRETCHING & MOBILITY

DAY 3: ACTIVE REST DAY

- I usually take this day to do more mobility & stretching. I always feel sore or tense around this time. Work on joints & tendons.
- Maybe easy vinyasa or hatha yoga for about 30 minutes.
- Try to do something with friends! Do yoga in the park, Go rock climbing, go for a walk or bike to a close activity you are going to have
- Only 30-40 minutes of exercise this day!! Take it easy.

DAY 4: PULL

(exercises that work back, lats, shoulders, forearms, and biceps)

- WARMUP: same warmups as push day
- I am shit at pull-ups but I am working on them so 3 bodyweight pull ups, then assisted pull ups (with a band or a machine) 8x3. I do pull ups on anything and everything that can hold me lol
- Superset push ups 15x2 into pike push ups 8x2 (I still do push ups on pull days because I want strong arms & a big upper body)

- Renegade rows (15-20 lbs for me) till failure x2
- Bent over rows (heavy weight!) I use 35lbs in each hand till failure x3
- Single arm rows (get something to lean on and stabilize yourself) 40-45 lbs till failure x3
- Regular alternating bicep curls (sitting down is optimal for this one for me) 30lbs till failure x3
- Superset (standing) full hammer curls 25lbs till failure with half rep hammer curls x3 till failure
- In between my bicep exercises I try to work on forearms. So forearm curls, & reverse forearm curls 8 reps. If it starts to hurt stop immediately
- Upright rows (heavy) 8x4
- Prayer dumbbell curls (I like to do this with books sometimes too just for fun) 10x3. This isn't really necessary, I just do it for a good pump.
- Cool down mobility & static stretching

DAY 5: LEGS

- note that I barely do anything that targets glutes because most of these exercises do anyway and I already have a big ass and I don't necessarily want a bigger one lol. (If you want extra glute strength add 3 sets of Bulgarian split squats and pray for the pain you are about to go through lol)
- WARMUP: active leg stretches!! Swing kicks, one leg balancing rotations (use a wall if needed), lunge stretch into half split hamstring stretch (many of these)
- Weighted lunge into standing crunch 10x4 each side (heavy weight for this if you can)
- Pistol squats till failure each leg x3 (these are extremely hard to do and very advanced. Try box pistol squats or even regular box squats as variations to work your way up to a pistol squat)
- Knees to isometric squat jumps till failure x4 (I usually do these weighted too on a plush surface. skip this and just do regular or goblet squats if you have knee issues of any sorts.)
- Hindu squats (I don't do these that often, only when my knees hurt and I need some extra lubrication in my joints) 10x3
- Romanian deadlifts slow and controlled (squeeze all your glutes muscles just slightly at the top of each rep) till failure x4
- Weighted Calf raises (add a decline element of sorts so stand on a ledge of any kind to get extra range of motion) 20-30 lbs till failure x5
- STATIC STRETCHING! Lots of stretching on leg days (10 minutes) cause I want to not be sore the next day as much as possible

DAY 6: REST DAY

- I'm usually so sore on this day or need a break so I don't workout at all on this day. I try to do a sit down hobby of some kind!

DAY 7: ACTIVE REST DAY

- On this day I'm usually taking a self defense class, weapons training, or boxing. Sometimes vinyasa yoga if I'm tight. I practice balance and mobility and joint movements. I try to do something that sharpens my mind & body connection.
- Only 30-40 minutes of exercise!! Take it easy.

DIET & FOOD

- I am not on a diet. I do not count calories. I don't count anything. Food to me should be enjoyable and fun but with some control
- I try to make 80% of my diet whole fresh foods. I eat about 3-4 full meals a day with 2 snacks. I don't have access to fresh foods often, so I volunteer at a community garden & grow my own fresh foods in a home hydroponics set up. Go to food pantries as well.
- I TRY to hit at least 140 grams of protein a day. I don't count closely, just try and get a rough estimate and eat more when I feel like I haven't hit it.
- I drink about a half gallon of water a day. 2 cups of coffee, 1-2 cups of tea a day
- My only supplement is non flavored creatine! I add 5g into my tea every day before bed (gained lots of muscle this way and helped reduce soreness!).
- Lots of leafy greens and hearty vegetables. Lots of stir fries and filling veggies (broccoli, cauliflower, carrots, turnips, spinach, corn, chard, etc.)
- LOTS OF CARBS please do not skip on healthy carbs! These are so important for your energy level!!
- I only eat whole grain and multigrain breads with lots of protein in them (try to find 10+grams of protein and 20+grams of whole grains per serving of bread). I eat chickpea & red lentil pastas (these are protein packed asf)
- LOTS of white rice, jasmine white, whole grain, quinoa & grains. I do not stir fry my rice!
- I don't eat fried foods. I try my best to avoid all processed foods. I avoid corn syrups & sugar-packed items. They make me feel like shit lol
- Eggs are the secret to gains. I eat a minimum of 3-5 whole eggs a day lol. Eat the yolk. It's good for you.
- I always treat myself to one pastry. Like every day. Always made by a local business. Something savory over something sweet (will usually be better for you anyway). they usually always use fresh ingredients and make it with love and your purchase supports the community <3
- I love dark chocolate. It's not bad for you either if you don't over eat it. Like pure dark chocolate, not nutella. Please avoid chocolate spreads, those will kill all your gains & efforts.
- Your diet will look different depending on your goals. Please consult a dietitian or a fitness coach if you want to gain or lose weight, as they can figure out a plan tailored to your lifestyle/body. Regardless of your goal, you should be eating mostly whole foods and avoiding processed foods, food supplements, and diet teas/gummies.
- Diet is so incredibly important even if you're not working out. Please eat what feels good in your body & enjoy life. Food is pleasure and nourishment, not a burden.

RESOURCES I USE

- THIS VIDEO BY JAXBLADE is the perfect video imo. Giving you examples, where to start & variations for the aesthetic & strength I personally want. Good ways to work out at home with minimal equipment. Many of my exercises I take from this video!!!
https://youtu.be/rq_Mts1VScE?si=3-IMLE97T7CHIKEL
- YOGA WITH ADRIANNE is the queen of yoga, extremely beginner friendly, with so many options for time, practice, and intention
<https://youtube.com/@yogawithadriene?si=ObFo68un1iF8xwgk>
- CURRENT MOVEMENT more intermediate/hard yoga for longer times. I usually do her yoga on active rest days <https://youtube.com/@currentmovement?si=llkF4nLzSPJil6gf>
- LEAN BEEF PATTY has fantastic videos on mobility & stretching believe it or not!! I use her stretch videos very regularly. Also has a great training regimen for intermediate level body building exercises. She has the same split as me too
<https://youtu.be/SotLyRb8XjE?si=Il-Wtrk1CBaP-uEA>
- HYBRID CALISTHENICS has great videos on how to get into calisthenics as well as how to work your way up from beginner exercises to advanced ones. Taught me how to get my first push up and my first pull up!! <https://youtube.com/@hybridcalisthenics?si=5BPdYx7ME0VEf2VM>
- JEFF NIPPARD has fantastic videos on the science behind workout out and how to optimize your workouts to tailor an aesthetic. I only recommend watching him if you are deep in it. I don't recommend watching him if you have previous issues with diet, ocd, or body dysmorphia. some of his videos can trigger those habits <https://youtube.com/@jeffnippard?si=VG8BQJsNRtFvljY->

WARNINGS & OTHER THINGS

- Please, if you can avoid it, do not buy someone's online course. Many of them aren't professionals, or have a health science degree. They will literally tell you all of the things I just gave you.
- Having a trainer go over movements with you can be super helpful!! That way you know you are performing movements safely & efficiently. I recommend having at least 2 in real life personal training one-on-ones. One day so you can learn the machines, one day so you can learn the correct movements.
- If you are consuming fitness content online, take a step back and ask yourself what they are trying to sell you. An online course/plan? fitness gear & clothes? Affiliate links? An aesthetic for you to chase so you'll keep following them? Oftentimes one of these is the answer.
- Understanding most fitness content online is from people whose job it is to stay in the gym. Set realistic goals. Also understand that most fitness people online are on steroids/hormones & a strict diet/workout plan measuring gram for gram what they are eating. Do not compare yourself to them.
- There are more free resources than there aren't. You don't need lots of money to workout. Source workout materials from secondhand sellers/garage sales. (I workout in my work clothes & I use a

backpack with books. All my dumbbells are second hand or gifted to me. My gym membership is my only investment.)

- Planet fitness is just as good as any gym! I go to a private gym because they don't play music and are the only 24hr gym in my area. Invest what you see fit for your wants/needs.

CLOSING

Please feel free to reach out with specific questions! I'll do my best to help or redirect you to something that could help as well. I hope this was helpful and gave you some inspiration. Remember that motivation gets you started, discipline keeps you going. Do your research, read lots, enjoy life <3

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