

YOUTH 3-DAY CODE

Based On...



RESET
with Fred Busch
BEGINNERS
GUIDE

Welcome to Your 3-Day Reset

Your body's natural 'youth code' — the hidden switch that controls energy, fat loss, and vitality — has been switched off. This 3-Day Reset is designed to turn it back on. By combining Movement, Nutrition, Subconscious Reprogramming, Rest, and Lifestyle Loops, you'll get a taste of how quickly your body responds.

Fred



• Movement (20 min): Warm-up walk, squats, push-ups, planks, stretching.

• **SIGNATURE MEAL: VITALITY BOWL**

• **Daily Smoothie: Green Glow** - spinach, banana, apple, flaxseed with almond milk.

• Mindset: Affirm in the mirror - 'My body is designed to be slim, youthful, and full of energy.'

• **Rest:** Turn off screens 30 min before bed, take 10 deep breaths.

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**DAY 1
ACTIVATE &
AWAKEN**

• **LIFESTYLE LOOP: WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR.**



• *Movement (20 min):
Brisk 15-min walk + 5
min yoga stretches.*

• **SIGNATURE MEAL:
DETOX BUDDHA BOWL
– CABBAGE, KALE,
CARROT, CUCUMBER,
EDAMAME, MISO-
GINGER DRESSING.**

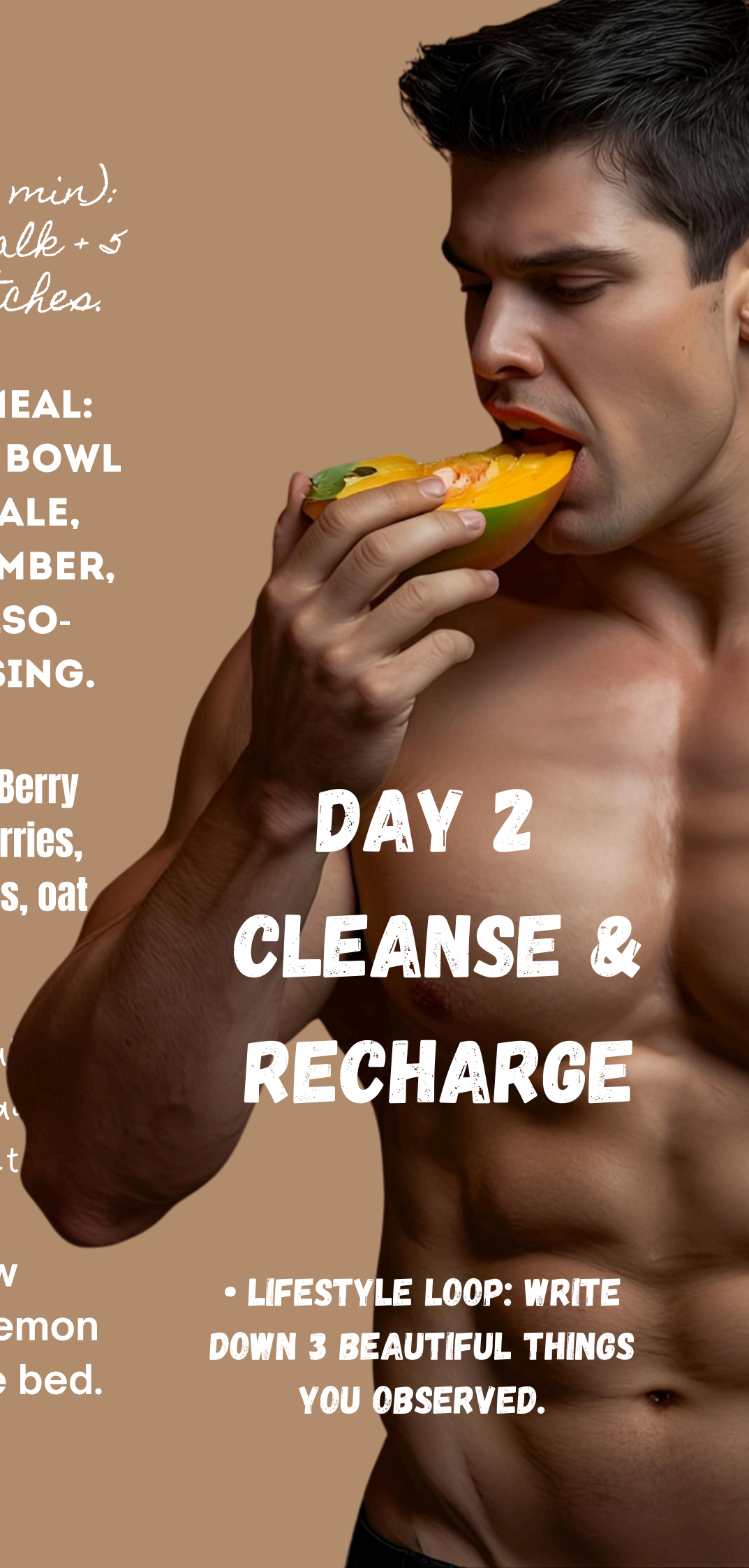
• **Daily Smoothie: Berry
Energy - mixed berries,
banana, chia seeds, oat
milk.**

• *Mindset: Visualize
yourself strong, radiant
and confident*

• **Rest: Brew
chamomile or lemon
balm tea before bed.**

• **LIFESTYLE LOOP: WRITE
DOWN 3 BEAUTIFUL THINGS
YOU OBSERVED.**

DAY 2 CLEANSE & RECHARGE



• Movement (25 min): Brisk walk/jog, strength circuit, stretching with deep breathing.

• **SIGNATURE MEAL:**
AVOCADO POWER SALAD – AVOCADO, TOMATO, CUCUMBER, ONION, PARSLEY, LEMON JUICE.

• **Daily Smoothie: Tropical Vitality - pineapple, mango, spinach, hemp seeds, coconut water.**

• Mindset: Repeat to yourself 'I get stronger and healthier everyday.'

• **Rest:** Take 20 slow breaths before sleep, release tension with each exhale.

DAY 3

INTEGRATE & GLOW

• **LIFESTYLE LOOP: SPEND 5 MINUTES IN SILENCE OR MEDITATION.**



Introduction: How to Use This Reset

This program is designed for complete beginners. Follow the steps exactly as outlined each day. Do not worry about perfection — just do your best. Every action, even small, helps to “switch back on” your body’s natural youth code.

Each day is divided into six parts:

1. Movement
2. Signature Meal
3. Daily Smoothie
4. Mindset Practice
5. Rest Ritual
6. Lifestyle Loop

Set aside about 1 hour per day total (20–30 minutes for movement, 10–15 minutes for food prep, 10 minutes for mindset/rest).

Day 1 – Activate & Awaken

1. Movement (20 minutes)

Warm-up:

- March in place for 2 minutes.

Main Exercises:

- Squats: Perform 3 sets of 15 reps. Stand with your feet shoulder-width apart, lower your hips as if sitting in a chair, then push through your heels to return to standing.
- Push-ups: Perform 3 sets of 10. Place your hands under your shoulders, keep your body straight, and lower your chest toward the floor. Beginners can place knees on the ground.
- Plank Hold: Perform 3 sets of 30 seconds. Rest your forearms on the ground, keep your body in a straight line from head to heels, and engage your core.

Stretch:

- Spend 5 minutes stretching: reach arms overhead, fold forward gently, and add light twists. Focus on slow breathing.

Pro hint: Avoid eating animal products during the 3 day reset for optimal results.

Day 1 – Activate & Awaken

2. Signature Meal: Vitality Bowl

Ingredients:

- 1 cup quinoa or brown rice
- 1 head of broccoli
- 1 cup roasted chickpeas
- 2 tbsp tahini
- Juice of 1 lemon
- 1 garlic clove

Instructions:

1. Cook quinoa/rice (10–15 minutes).
2. Steam broccoli until bright green (3–4 minutes).
3. Roast chickpeas in oven or pan with olive oil and salt (10 minutes).
4. Prepare dressing: whisk together tahini, lemon juice, and minced garlic.
5. Assemble all ingredients into a bowl and drizzle with dressing.

3. Daily Smoothie: Green Glow

Blend together:

- 1 banana
- 1 apple
- 1 cup spinach
- 1 tbsp flaxseed
- 1 cup almond milk

Tip: Drink slowly, ideally in the morning or afternoon to boost energy.

4. Mindset Practice

Stand in front of a mirror. Look yourself in the eyes and say out loud:

“My body is designed to be slim, youthful, and full of energy.”

If it feels awkward, smile and repeat anyway.

5. Rest Ritual

- Turn off all screens 30 minutes before bed.
- Sit or lie down comfortably.
- Take 10 slow breaths: inhale through the nose, exhale through the mouth.

6. Lifestyle Loop

Write down 3 things you’re grateful for in a notebook.

Example: “I’m grateful for my health, for my family, for this reset.”

Day 2 – Cleanse & Recharge

1. Movement (20 minutes)

- Walk briskly outdoors for 15 minutes. Keep your chest lifted, arms swinging, and pace steady.

Day 2 – Cleanse & Recharge

- End with 5 minutes of light yoga:
 - Mountain Pose: Stand tall, feet together, arms at sides.
 - Forward Fold: Bend forward from hips, let arms hang.
 - Downward Dog: Form an inverted V-shape with hands and feet pressing into the floor.
 - Child's Pose: Kneel, fold forward, arms stretched out.

2. Signature Meal: Detox Buddha Bowl

Ingredients:

- Kale
- Cabbage
- Carrot
- Cucumber
- 1 cup edamame
- 1 tbsp miso paste
- 1 tsp grated ginger
- Juice of 1 lime

Instructions:

1. Chop kale, cabbage, carrot, cucumber.
2. Steam or boil edamame for 5 minutes.
3. Prepare dressing: mix miso paste, ginger, and lime juice.
4. Toss everything together.

3. Daily Smoothie: Berry Energy

Blend together:

- 1 banana
- 1 cup mixed berries
- 1 tbsp chia seeds
- 1 cup oat milk

4. Mindset Practice

Close your eyes for 2 minutes. Visualize yourself walking into a room glowing with health and confidence.

5. Rest Ritual

Brew a cup of chamomile or lemon balm tea. Drink slowly, one sip at a time.

6. Lifestyle Loop

Write down 3 wins from today.

Example: "I walked outside. I ate a healthy meal. I kept my promise to myself."

Day 3 – Integrate & Glow

1. Movement (25 minutes)

Warm-up:

- 5 minutes brisk walk or light jog.

Strength Circuit (repeat 3 rounds):

- 15 squats
- 10 lunges per leg
- 10 push-ups
- 30-second plank hold

Stretch:

- 5 minutes slow breathing stretches.

2. Signature Meal: Avocado Power Salad

Ingredients:

- 1 avocado
- 1 cup cherry tomatoes
- 1 cucumber
- ½ red onion
- Fresh parsley
- Juice of 1 lemon
- Salt and pepper to taste

Instructions:

1. Cube avocado, slice tomatoes, cucumber, onion.
2. Mix with parsley.
3. Squeeze lemon over the salad, season with salt and pepper.

3. Daily Smoothie: Tropical Vitality

Blend together:

- 1 cup pineapple
- ½ mango
- 1 cup spinach
- 1 tbsp hemp seeds
- 1 cup coconut water

4. Mindset Practice

Repeat this affirmation. “I get stronger and healthier every day” at least 10 times while you are in a relaxed state of mind.

5. Rest Ritual

Lie down comfortably. Take 20 breaths, using this rhythm:

- Inhale for a count of 4
- Hold for a count of 4
- Exhale for a count of 6

6. Lifestyle Loop

Sit quietly for 5 minutes. Focus only on your breathing.

CONGRATULATIONS!

3 DAYS IS SIGNIFICANT AND YOU SHOULD BE FEELING DIFFERENT!!!

*NOW HERE ARE SOME **OPTIONS** FOR YOU...
MOMENTUM IS BEHIND YOU... DO NOT STOP NOW!*

✨ ✨ **YOUR NEXT STEPS TOWARD
TOTAL REJUVENATION**

**1. SCHEDULE YOUR FREE
DIAGNOSTIC CALL**

Get clarity on your vitality journey.

**2. BECOME A PRIVATE
STUDENT OF FRED BUSCH**

Exclusive one-on-one coaching.

**3. JOIN US AT THE
MEDELLÍN RETREAT**

The immersive in-person experience.

👉 Schedule your free diagnostic call today –
this is where your **transformation begins.**

Fred Busch's ***The Rejuvenation Code*** is available worldwide. But the true breakthroughs happen live – at Medellin Retreat or in private coaching.