

THE STEP STACK SYSTEM

Simple Fitness
Without the Gym



Ken Porter

www.weightlosswithken.com

WELCOME TO THE INSIDE.

You just unlocked the simplest fitness system you'll ever need.

Welcome to Step Stack.

Most people play fitness on Hard Mode — gym memberships, long workouts, complicated routines.

You're now part of the group that understands fitness can be:

Simple
Sustainable
Home-based

No gym required.

Welcome to the club. Let's get to work.

— *Ken Porter*

Founder, WeightLossWithKen.com

IMPORTANT LEGAL DISCLAIMER:

This guide is for informational purposes only and is not intended as medical advice. I am a researcher and strategist, not a doctor. Always consult with a qualified healthcare professional before beginning any new diet or exercise program, especially if you have pre-existing health conditions. The results mentioned are based on my own experience and the experience of my students; your results may vary based on your effort and consistency.

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THE STEPS STACK SYSTEM

WEAPONIZE YOUR DAILY ROUTINE.

Simple Fitness
Without the Gym

THE INVISIBLE EDGE

While the world chases "7-Minute Abs," you just grabbed the playbook for the **Invisible Edge**.

THE CORE CONCEPT

This is not a workout program.
It's a **System Integration**.

Turn your existing anchors — coffee, calls, bathroom breaks — into automatic movement triggers.

While others chase perfect workouts, you build strength through simple daily stacking.

We add **3-5 movement moments** to your day without blocking a single minute of exercise time.

THE MISSION IS SIMPLE

Turn your existing anchors:

- Coffee
- Calls
- Emails

Into automatic fat-burning triggers.



INSTANT MOMENTUM

STOP READING. DO THIS RIGHT NOW:

- | Stand up.
- | Move for 120 seconds. (Walk the hallway, pace the kitchen).
- | Check your step counter.

The Result: You just added ~200 steps. If you do that 10 times today, you've hit 2,000. No gym required.

The system is now active.



STEP 1: LOCATE YOUR ANCHORS

An **"Anchor"** is an activity you already do daily. We are going to "attach" movement to these existing habits.

YOUR NEW TRIGGERS

Don't think. Just list your "Big 5" daily habits below:

1. _____
2. _____
3. _____
4. _____
5. _____



STEP 2: THE STACK MENU

THE RULE: Every Anchor = 100–300 Steps.

The Phone Stack: If you are talking, you are pacing. (15 min = 800 steps).

The Coffee Stack: While it brews, you move. (5 min = 250 steps).

The Inbox Stack: Stand and walk in place while clearing emails.

The Commercial Stack: TV is for resting; commercials are for laps.



STEP 3: INSTALL THE TRIGGER

Don't rely on memory. Use **Visual Cues**.

THE STRATEGY

- | **Physical:** Put a "WALK" sticky note on your laptop or coffee machine.
- | **Digital:** Set a phone alarm for mid-morning labeled "200 Steps."
- | **Mental:** Use the "If/Then" formula: "If I am brewing coffee, THEN I am moving."



STEP 4: TRACK YOUR STACKS

Seeing the number climb is a dopamine hit.

Don't track miles. Track Completed Stacks.

The Goal: Hit 5–10 stacks per day.

The Reward: Watch your "Base Rate" step count climb by 3,000+ without ever visiting a gym.



THE "NEVER ZERO" PROTOCOL

Binary thinking (Perfect vs. Failure) is why people quit.

THE RULE

NEVER ZERO.

A "Bad Day" is not zero. A bad day is **One Stack**.

As long as you do one stack, the habit stays alive. You are still the person who moves. Your new identity is: "I am someone who stacks movement".

"I AM A STEP STACKER"



PRO MOVES (ADVANCED STACKS)

The Hack: Pair Movement with "Crappy Tasks."

The Pro Stack: You are only allowed to do your most hated task (expenses, filing, deleting spam) while in motion.

The Education Stack: Headphones in = Feet moving. Never consume a podcast or audiobook while sitting.

THE MULTIPLIER EFFECT

The math of success is simple but devastatingly effective.

1 Stack (250 steps) x 8 times a day =

2,000 Steps

2,000 steps x 365 days =

730,000 Steps

That is roughly **35 pounds of fat burned** over a year from "invisible" movement.

THE DAILY PROTOCOL

Print this out. Check the boxes. Win the day.

- Morning Coffee Stack (250 steps)
- Inbox/Email Stack (200 steps)
- Phone Call Pacing (Variable)
- The "Never Zero" commitment (Min 1 stack)



THE NEXT STEP: LEVEL 2

You've mastered the foundation. Now, it's time to turn up the heat.

Steps are the "NEAT" base. Level 2 is about **Intensity Stacking**.

How to turn those 4,000 steps into a metabolic furnace that burns fat 24/7 using micro-resistance.

**KEEP AN EYE ON YOUR INBOX.
LEVEL 2 IS COMING...**