

Fitness Command Center - Strength, Stamina & Growth

Weekly Calisthenics Split

Monday: Push (Push-ups, Dips, Pike Push-ups)

Tuesday: Cardio + Core (HIIT + Planks + Bicycle Crunches)

Wednesday: Pull (Inverted Rows, Door Pulls, Chin-ups)

Thursday: Active Recovery (Stretching, Yoga)

Friday: Legs + Core (Squats, Lunges, Calf Raises)

Saturday: Full-Body Flow (Circuit of all groups)

Sunday: Light Walk or Rest

Stamina HIIT Circuit (3x/week)

Perform 30 seconds of each:

- Jumping Jacks
- Push-ups
- Mountain Climbers
- Bodyweight Squats

Rest 30s, repeat x4.

Nigerian Nutrition Plan

Pre-Workout:

- Pap + Moi Moi
- Eggs + Banana

Post-Workout:

- Rice + Beans + Fish
- Yam Porridge + Ugu

Breakfast:

- Oats + Groundnut + Banana
- Bread + Eggs

Lunch:

- Eba + Okra + Fish

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- Jollof Rice + Chicken

Dinner:

- Plantain + Beans
- Garri + Egusi + Meat

Snacks:

- Fruits, Tiger Nuts, Coconut, Yogurt, Groundnuts

Tips to Support Height Growth (If Still Growing)

- Sleep 8-9 hrs/night
- Hang from a bar daily
- Maintain upright posture
- Eat high-calcium foods
- Avoid heavy backpacks

Weekly Tracking Template

Track:

- ☐ Workout Completed
- ☐ Meals Followed
- ☐ 7-9 Hrs Sleep
- ☐ Water Intake (3L+)
- ☐ Hanging Routine
- Notes: _____