

PAGE 1 OF 3 · GET YOUR EVENINGS & ENERGY BACK

Look Toned & Drop Bloating in 15 Mins at Home—Zero Gym Traffic

WHAT THIS DOES FOR YOUR REAL LIFE: Save **2 hours of EDSA/gym commute every day**, keep **₱2,500+/month** in your pocket (no gym fees or pricey shakes), stop waking up with WFH back/balakang pain, and get your peaceful evenings back for rest and family!

3-Minute "Pampatibay ng Tuhod at Balakang" Starter Routine: *Para hindi ka lang sa chat malakas 😊 Gawin mo 'to sa yoga mat bago maligo—walang talon, walang ingay sa kapitbahay, pero gising agad ang legs, glutes, at stamina mo!*

MOVE & DURATION	PAANO GAWIN (TAMANG FORM)	WHAT YOU GET & DONE?
1. Slow Tempo Condo Squats 60 Seconds (No Jump)	Feet shoulder-width apart. Bumaba nang mabagal (3 counts), pigilan sa ilalim (1 count), sabay pisil ng glutes pag-angat.	Matibay na tuhod & hindi na hinihinal sa overpass! ☐ Set 1 ☐ Set 2
2. Glute Bridge Hold + Pulse 60 Seconds sa Mat	Humiga sa mat, tuhod nakabaluktot. Itaas ang balakang hanggang tuwid ang katawan. Hold ng 3 seconds sa taas bago ibaba.	Tanggal ngalay sa balakang & lower back ☐ Set 1 ☐ Set 2
3. 60-Second Forearm Plank Test 60 Seconds Hold	Siko sa mat, tuwid ang likod, higpitan ang tiyan at pwet. Bawal bumagsak ang bewang! Huminga nang malalim.	Flat tummy & buong araw na stamina ☐ 30s ☐ 60s!

5-Minute Post-Shift Back-Pain Relief (So You Sleep Deeper Tonight):

- **Cat-Cow Flow (60s):** Tanggal ngalay sa batok at gulugod pagkatapos ng 8 oras sa harap ng laptop.
- **Seated Spinal Twist (60s):** Pampalambot ng naninigas na balakang para mahimbing ang tulog mo.
- **Child's Pose Deep Breaths (60s):** Tanggal stress bago humiga sa kama.

Disclosure: Mika (@mika.fitph) is a fictional AI fitness persona. General home exercise ideas only — not medical advice. Listen to your body.

PAGE 2 OF 3 · STOP STRESSING OVER WHAT TO EAT

₱100/Day "Itlog, Saba & Tokwa" 30g Protein Cheat Sheet

WHAT YOU GET FROM THIS PAGE: Never waste 45 minutes wondering what to cook after an 8-hour shift, save **₱2,000–₱3,000/month** on fancy diet food or whey powder, and stay full until bedtime while still enjoying **1 cup of white rice!**

PINOY TIPID FOOD ITEM	SAAN MABIBILI / EST. PRESYO	PROTEIN	WHAT IT DOES FOR YOUR BODY & WALLET
2 Bilog na Nilagang Itlog (Huwag itapon ang pula!)	Sari-sari store / Palengke ~₱20 – ₱24 (2 pcs)	12g – 14g	7-minute luto lang! Busog ka buong umaga nang hindi nagke-crave ng matamis na pastry.
4 Hiwa ng Tokwa (Firm Tofu) Air-fried / Pan-seared	Palengke / Grocery ~₱20 – ₱25	14g – 16g	Tipid toyo–kalamansi–sili ulam na panlaban sa mahal na karne—busog hanggang gabi!
1–2 Pirasong Saging na Saba Nilaga / Steamed	Palengke / Kanto ~₱12 – ₱20	2g + Fiber & Potassium	Natural energy booster para hindi ka aantok–antok sa hapon o pulikatin sa workout.
1 Tasa ng Ginisang Monggo / Taho Pang–palit kapag sawa sa itlog	Carinderia / Magtataho ~₱25 – ₱35	10g – 14g	Sa taho: ipabawas ng 50% ang arnibal para mataas ang protina at iwas 3:00 PM sugar crash!

Ang "₱86 Busog Hanggang Gabi" Formula ni Mika (30g+ Protein, 10–Min Prep):

- ✓ **Umaga / Pre-Workout:** 2 Nilagang Itlog + 1 Saging na Saba + Tubig (~₱36 · 14g Protein)
- ✓ **Tanghalian / Hapunan:** 4 Blocks Crispy Air-Fried Tokwa + 1 Tasa Kanin + Pipino/Kamatis (~₱50 · 16g Protein)

REAL-LIFE OUTCOME: Gumastos ka lang ng ~₱86, nakuha mo na ang 30g clean protein, at nakatipid ka pa ng **₱250+** kumpara sa fast-food delivery!

3 Mabilis na "Iwas-Bloat & Iwas-Gastos" Swaps sa Condo:

- ₱160 Milk Tea / 3-in-1 Coffee** → Palitan ng **Black Coffee / Cold Brew + Tubig** (Save ₱120/day + flatter tummy!).
- Extra Rice dahil bitin sa ulam** → Dagdagan ng **1 nilagang itlog (₱12)** para busog agad nang hindi lumolobo ang tiyan.
- Puyat + Midnight Delivery (₱250+)** → Kumain ng **saging na saba + 1 basong maligamgam na tubig** 1 hour bago matulog.

PAGE 3 OF 3 · SEE YOUR REAL-LIFE RESULTS IN 7 DAYS

7-Day "More Energy, Less Gastos, Zero Traffic" Tracker

I-check bawat araw na natapos mo ang routine sa kwarto at tipid protein meal. Sa loob lang ng 7 araw, makakatipid ka na ng **10+ oras sa biyahe** at **₱1,000+ sa pagkain** habang lumalakas ang stamina mo!

ARAW	WORKOUT DONE AT HOME	30G TIPID PROTEIN	HYDRATION	PLANK TIME
Day 1	☐ 15-Min Condo Routine (Saved 2h Gym Commute!)	☐ ₱100 Tipid Protein Meal	☐ 8 Glasses Water	_____ secs
Day 2	☐ 15-Min Condo Routine (Saved 2h Gym Commute!)	☐ ₱100 Tipid Protein Meal	☐ 8 Glasses Water	_____ secs
Day 3	☐ 15-Min Condo Routine (Saved 2h Gym Commute!)	☐ ₱100 Tipid Protein Meal	☐ 8 Glasses Water	_____ secs
Day 4	☐ 15-Min Condo Routine (Saved 2h Gym Commute!)	☐ ₱100 Tipid Protein Meal	☐ 8 Glasses Water	_____ secs
Day 5	☐ 15-Min Condo Routine (Saved 2h Gym Commute!)	☐ ₱100 Tipid Protein Meal	☐ 8 Glasses Water	_____ secs
Day 6	☐ 15-Min Condo Routine (Saved 2h Gym Commute!)	☐ ₱100 Tipid Protein Meal	☐ 8 Glasses Water	_____ secs
Day 7	☐ 15-Min Condo Routine (Saved 2h Gym Commute!)	☐ ₱100 Tipid Protein Meal	☐ 8 Glasses Water	_____ secs

My Day 1 Plank Time: _____ secs | My Day 7 Plank Time: _____ secs | Est.
Pesos Saved This Week: ₱_____

WANT TO SAVE 2 HOURS A DAY & KEEP ₱2,500+/MONTH IN YOUR POCKET? 🔥

Stop wasting your evenings in traffic or wondering what to cook and what exercises to do! Get the complete **14-Day Pinay Condo Body Reset + Tipid Protein Meal Guide (17-Page A4 & Mobile PDF)** so you get:

- ✓ **2 Hours of Free Time Back Every Evening:** Done-for-you 15-minute no-jump condo workouts (Days 1-14) you can do right before showering—zero gym commute, zero noise for downstairs neighbors!
- ✓ **₱2,500+/Month Saved on Food & Gym Fees:** 14-day palengke, carinderia & 7-Eleven high-protein meal matrix under ₱100-₱150/meal (while still eating white rice!).
- ✓ **Zero WFH Back & Balakang Pain:** 5-minute post-shift mobility flows so you sleep deeper and wake up energized.

GET YOUR EVENINGS & ENERGY BACK — FULL 14-DAY GUIDE FOR ONLY ₱249 (GCash / Maya)

👉 Tap the link in @mika.fitph's bio or comment "RESET" on our latest IG/FB Reel for the instant checkout link!