

Fitness routine

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
Weights training of the legs, focusing on the quadriceps and calves, such as leg presses, leg extensions, seated calf raises and standing calf raises.	Weights training, focusing on the chest, such as incline chest presses, cable flys, push-ups and machine dips.	Weights training, focusing on the back, such as T-bar rows, pull-ups and single-arm rows.	Weights training, focusing on the shoulders and hamstrings of the legs. Exercises for shoulders include military presses, dumbbell shoulder presses and lateral raises. For hamstrings, mostly leg curls.	Rock-climbing at Safra Yishun.	Jogging at a nearby park, or swimming at Safra Jurong.

NOTE: Gym sessions last one hour at the most. Each workout ends with calisthenics movements, such as lunges or step-ups, and core exercises.

Source: DOREEN YEO ST GRAPHICS