

Fitness routine

Monday	Tuesday	Thursday	Friday	Wednesday/Saturday	Sunday
Chest workouts: <ul style="list-style-type: none">• Bench presses• Chest flies• Clap push-ups	Back & cardio workouts: <ul style="list-style-type: none">• Pull-ups• Deadlifts• Bend over rows	Leg workouts: <ul style="list-style-type: none">• Back squats• Front squats• Lunges	Shoulders & arms: <ul style="list-style-type: none">• Shoulder presses• Lateral raises• Chin-ups• Tricep push-ups	Rest	5km run

Each exercise is done in four sets of 10 to 12 repetitions, except for the run

SOURCE: GEORGINA POH ST GRAPHICS