

Fitness routine

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------|---|-----------|-----------------------------------|--|--|---|
| Up to an hour of pilates. | One hour of high-intensity interval training with my husband. | Rest. | Up to an hour of pilates or yoga. | Date night with my husband, which usually involves a lot of dancing. | Training children at my gym, which involves lifting and flipping the children, as well as moving large pieces of equipment and demonstrating various skills. | A few hours of practising old gymnastics tricks from my competitive days, when I take my son to the gym to let him explore and play. Paddle boarding at the beach. |