

Fitness routine

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 hours of yoga	1 hour of CrossFit (a training method that combines gymnastic movements with weight-lifting and running)	30 min high-intensity interval training	45 min calisthenics (body weight exercises)	1 hour of CrossFit	1 hour of pilates	1.5 - 2 hours running

NOTE: Does not include her pilates teaching

Source: DEBORAH WONG ST GRAPHICS