

Fitness routine

On weekdays, Ms Chow works out to Fitness Blender videos – a mix of cardiovascular and bodyweight training – for up to 30 minutes each time. She ends the week with a round of tennis.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wall squats, split squats, calf raises, three-way lunges, pistol squats	Bicycle crunches, lunge jacks, plank slaps, stutter jacks, lateral hops, high knee jacks, leg raises, plank and leg raises	Criss-cross crunches, knee tuck crunches, flutter kicks, standing crunch pulls, windmill jackknife crunches, planks, crossover toe touches, scissor kicks	Wall squats, split squats, calf raises, three-way lunges, pistol squats	Toe taps, breast stroke, heel taps, sideways leg raises, toe-ups, walk-ups, small and large leg circles, hip raises, seated straight-leg lifts	Rest	One to two hours of tennis