

# Fitness routine

<b>Monday</b>	Either conducts a pilates class or does half an hour of yoga on her own
<b>Tuesday</b>	Rest
<b>Wednesday</b>	Strength training involving push-ups, pull-ups and squats
<b>Thursday</b>	One hour of yoga
<b>Friday</b>	Half to an hour of yoga or rest
<b>Saturday</b>	At least a 5km run or one hour of indoor climbing
<b>Sunday</b>	One hour of yoga or rest

NOTE: This is an overall indication of her exercise regimen, which may change from time to time.