

# Fitness routine

<b>Monday</b>	1½ to 2 hours of gym working on chest, shoulders and triceps including flat bench press and machine chest press.
<b>Tuesday</b>	1½ to 2 hours of gym working on back and biceps including as many sets of 50 pull-ups as possible.
<b>Wednesday</b>	1½ to 2 hours of gym working on quadriceps including leg extensions and hamstring curls.
<b>Thursday</b>	Rest.
<b>Friday</b>	1½ to 2 hours of gym working on chest, shoulders and triceps including incline and close-grip bench press.
<b>Saturday</b>	1½ to 2 hours of gym working on back and biceps including curls and rope pull-downs.
<b>Sunday</b>	1½ to 2 hours of gym working on hamstrings and glutes including leg extensions and hamstring curls.

NOTE: Every gym session usually ends with a short abdominal workout.

Source: BRENDAN ONG STRAITS TIMES GRAPHICS