

Fitness routine

Monday	<ul style="list-style-type: none">● 10min meditation● 20min morning run● 30min hike
Tuesday	<ul style="list-style-type: none">● 60min Shaolin gongfu training
Wednesday	<ul style="list-style-type: none">● 10min meditation
Thursday	<ul style="list-style-type: none">● 10min meditation● 30min hike● 30min resistance training
Friday	<ul style="list-style-type: none">● 20min morning run● 60min Shaolin gongfu training
Saturday	<ul style="list-style-type: none">● 10min meditation● 30min hike
Sunday	<ul style="list-style-type: none">● Rest day

Source: ELIZABETH LAZAN

STRAITS TIMES GRAPHICS