

# Fitness routine

<b>Monday</b>	<ul style="list-style-type: none"><li>• Rest day/occasional 5-10km jog</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>• 30min upper body high-intensity interval training</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>• 30min 100m sprints</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>• 30min upper body high-intensity interval training</li></ul>
<b>Friday</b>	<ul style="list-style-type: none"><li>• 60min endurance high-intensity interval training</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>• 30min upper body high-intensity interval training</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>• 30min 100m sprints and 30min high-intensity interval training</li></ul>

Source: NG TZU HON  
STRAITS TIMES GRAPHICS