

# Fitness Routine

<b>Monday</b> <b>Wednesday</b> <b>Friday</b>	<ul style="list-style-type: none"><li>• 1½ hours of weights</li></ul>
<b>Tuesday</b> <b>Thursday</b> <b>Saturday</b>	<ul style="list-style-type: none"><li>• 2 hours of court training</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>• Rest day</li></ul>

Source: KIMBERLY LIM  
STRAITS TIMES GRAPHICS