

Fitness Routine

Monday Wednesday	<ul style="list-style-type: none">• 4hr diving training
Tuesday	<ul style="list-style-type: none">• Morning: 3hr dryland diving training which includes strength training, bodyweight and trampoline exercises, somersaults and stretchingAfternoon: 1½hr weights training, 2hr diving training
Thursday	<ul style="list-style-type: none">• Morning: 3hr dryland diving training.Afternoon: 1½hr weights training, 2hr diving training
Friday	<ul style="list-style-type: none">• Morning: 3hr dryland diving trainingAfternoon: 4hr diving training
Saturday	<ul style="list-style-type: none">• Morning: 3hr diving training
Sunday	<ul style="list-style-type: none">• Rest day