

Fitness routine

Monday	<ul style="list-style-type: none">● 30 to 50min run
Tuesday	<ul style="list-style-type: none">● 1hr personal training
Wednesday	<ul style="list-style-type: none">● 30 to 50min run
Thursday	<ul style="list-style-type: none">● 45min weights training
Friday	<ul style="list-style-type: none">● 1hr personal training
Saturday	<ul style="list-style-type: none">● 2hr tennis
Sunday	<ul style="list-style-type: none">● 4 to 5hr golf

Source: NEW SAY PING
STRAITS TIMES GRAPHICS