

# Fitness routine

<b>Monday</b>	<ul style="list-style-type: none"><li>● 30min run</li><li>● 45min strength and conditioning exercises</li><li>● 60min boxing drills</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>● 30min run</li><li>● 70min sparring</li></ul>
<b>Wednesday and Friday</b>	<ul style="list-style-type: none"><li>● 30min run</li><li>● 45min strength and conditioning exercises</li><li>● 10min skipping</li><li>● 50min boxing drills</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>● 30min run</li><li>● 70min sparring</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>● 10min sparring</li><li>● 20min footwork drills</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>● Rest</li></ul>

Source: TERENCE TEO  
STRAITS TIMES GRAPHICS