

# Fitness routine

<b>Monday Tuesday Thursday Friday</b>	<ul style="list-style-type: none"><li>● 30min cardio exercises in the morning, 60-90min strength training in the afternoon</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>● 30min cardio exercises in the morning</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>● 30min cardio exercises or stretching and foam-rolling exercises</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>● Rest day</li></ul>

Source: LIZ ZAINON  
STRAITS TIMES GRAPHICS