

Fitness Routine

Day 1	<ul style="list-style-type: none">● 20min cardio, 40min back and biceps
Day 2	<ul style="list-style-type: none">● 20min cardio, 40min legs
Day 3	<ul style="list-style-type: none">● 1hr cardio in 20min segments
Day 4	<ul style="list-style-type: none">● 20min cardio, 40min chest and triceps

Source: LUKE LEE
STRAITS TIMES GRAPHICS