

Fitness routine

Monday - Friday	<ul style="list-style-type: none">● Up to 1½ hours of para-powerlifting training a day, focusing on different parts of the body. For instance, Monday is for chest and abs workouts and Thursday is for leg workouts.
Saturday	<ul style="list-style-type: none">● Up to 45min of strength and cardio workouts
Sunday	<ul style="list-style-type: none">● Rest

Source: MOHAMAD ASHREE
STRAITS TIMES GRAPHICS