

# Fitness routine

<b>Monday Wednesday Friday</b>	<ul style="list-style-type: none"><li>● 1hr gym and weight training</li><li>● 4hr tennis session</li><li>● 30min stretching</li></ul>
<b>Tuesday Thursday</b>	<ul style="list-style-type: none"><li>● 1hr tennis-specific exercises</li><li>● 4hr tennis session</li><li>● 30min stretching</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>● 3hr tennis session</li><li>● 30min stretching</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>● Rest</li></ul>

Source: STEFANIE TAN  
STRAITS TIMES GRAPHICS