

# Fitness routine

<b>Monday to Friday</b>	<ul style="list-style-type: none"><li>• 2hr basketball fundamentals like short burst and high intensity movements in the morning</li><li>• 3hr cardio training in the evening</li></ul>
<b>Monday, Wednesday and Friday</b>	<ul style="list-style-type: none"><li>• 1-2hr weight training in the gym for upper body and legs</li></ul>
<b>Saturday and Sunday</b>	<ul style="list-style-type: none"><li>• Rest</li></ul>

Source: NG HAN BIN  
STRAITS TIMES GRAPHICS