

# Fitness routine

<b>Monday</b>	<ul style="list-style-type: none"><li>• Rest</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>• 1hr CrossFit</li><li>• Up to 45min post-workout stretching and other exercises</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>• 1hr CrossFit or yoga</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>• 1hr CrossFit</li></ul>
<b>Friday</b>	<ul style="list-style-type: none"><li>• Rest</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>• 45min CrossFit</li><li>• Up to 45min post-workout stretching and other exercises</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>• Rest or up to 45min light cardio work or yoga</li></ul>

Source: PENNY KOO  
STRAITS TIMES GRAPHICS