

Fitness routine

Monday	<ul style="list-style-type: none">• 1hr muay thai• 15-30min core exercises
Tuesday, Friday and Sunday	<ul style="list-style-type: none">• 1hr weight training
Wednesday and Saturday	<ul style="list-style-type: none">• Rest or 2hr gymnastic training
Thursday	<ul style="list-style-type: none">• 1hr muay thai• 5-10min core exercises

Source: JOSHUA TAN
STRAITS TIMES GRAPHICS