

Fitness routine

Monday	<ul style="list-style-type: none">• Up to 1½hr upper body strength training
Tuesday, Wednesday and Saturday	<ul style="list-style-type: none">• Up to 1hr total body workout
Thursday	<ul style="list-style-type: none">• Up to 1½hr upper body strength training• 2hr soccer game
Friday	<ul style="list-style-type: none">• Up to 1hr lower body strength training
Sunday	<ul style="list-style-type: none">• Up to 1hr light circuit training

Source: SEE WEE JIE
STRAITS TIMES GRAPHICS