

Fitness routine

Monday, Wednesday, Thursday and Friday	<ul style="list-style-type: none">● 75min weight training● 1hr run or 20min high-intensity interval training session*
Tuesday	<ul style="list-style-type: none">● 1hr workout with J.P. Morgan clients and colleagues● Up to 1hr run
Saturday and Sunday	<ul style="list-style-type: none">● Rest

*He alternates between a 1hr run and a 20min high-intensity interval training session every week

Source: KHALID AYYASH
STRAITS TIMES GRAPHICS