

# Fitness routine

---

|                                      |  |
|--------------------------------------|--|
| <b>Monday, Wednesday, and Friday</b> | 45-min session of boxing and strength and conditioning exercises |
| <b>Tuesday and Thursday</b>          | Rest   |
| <b>Saturday</b>                      | 1-hr yoga (once every fortnight) or rest                         |
| <b>Sunday</b>                        | 1-hr weights training  |

Source: Abel Marcus Koh  
STRAITS TIMES GRAPHICS