

Fitness routine

Monday	<ul style="list-style-type: none">● 2hr crossfit
Tuesday	<ul style="list-style-type: none">● 30min run● 1hr gym or rest
Wednesday	<ul style="list-style-type: none">● 2hr strength training
Thursday	<ul style="list-style-type: none">● 30min run● 30min swim or 1hr gym
Friday	<ul style="list-style-type: none">● Rest
Saturday and Sunday	<ul style="list-style-type: none">● 2hr dragon boat training or 30min swim

Source: CHEAK LI HUI
STRAITS TIMES GRAPHICS