

Fitness routine

Monday	<ul style="list-style-type: none">• 1hr leg exercises• 20min outdoor run
Tuesday	<ul style="list-style-type: none">• 1hr upper body workout• 45min high-intensity interval training session
Wednesday	<ul style="list-style-type: none">• 1hr back and arm exercises
Thursday	<ul style="list-style-type: none">• 1hr leg exercises• 20min outdoor run
Friday	<ul style="list-style-type: none">• 1hr shoulder exercises
Saturday	<ul style="list-style-type: none">• 1hr leg exercises
Sunday	<ul style="list-style-type: none">• 1hr upper body workout• 45min high-intensity interval training session

Source: KENNETH SEET WENLEI
STRAITS TIMES GRAPHICS