

Fitness routine

Monday	<ul style="list-style-type: none">• 60min strength training
Tuesday	<ul style="list-style-type: none">• Rest and about 4min suicide planks (alternating between plank and push-up positions) at night
Wednesday	<ul style="list-style-type: none">• 60min strength training
Thursday	<ul style="list-style-type: none">• Rest and about 4min suicide planks (alternating between plank and push-up positions) at night
Friday	<ul style="list-style-type: none">• Rest or 3km row/30min elliptical machine
Saturday	<ul style="list-style-type: none">• Rest or 3km row/30min elliptical machine
Sunday	<ul style="list-style-type: none">• 60min strength training and 30min cardio exercises

Source: FENDI AHMAD
STRAITS TIMES GRAPHICS