

Fitness routine

Monday	<ul style="list-style-type: none">• 45min weight training• 45min swim
Tuesday	<ul style="list-style-type: none">• 45min weight training• 45min swim
Wednesday	<ul style="list-style-type: none">• 30min swim
Thursday	<ul style="list-style-type: none">• 45min weight training• 45min swim
Friday	<ul style="list-style-type: none">• 30min swim
Saturday	<ul style="list-style-type: none">• 30min swim
Sunday	<ul style="list-style-type: none">• Rest

Source: WALTER TAY
STRAITS TIMES GRAPHICS