

Fitness routine

Monday	<ul style="list-style-type: none">• 1hr strength training
Tuesday	<ul style="list-style-type: none">• 45min interval runs• 30min pilates
Wednesday	<ul style="list-style-type: none">• 1hr strength training
Thursday	<ul style="list-style-type: none">• 45min interval runs• 30min pilates
Friday	<ul style="list-style-type: none">• 1hr strength training
Saturday	<ul style="list-style-type: none">• 1hr run
Sunday	<ul style="list-style-type: none">• Rest

Source: PATSY ONG-HAHL
STRAITS TIMES GRAPHICS