

Fitness routine

Monday	<ul style="list-style-type: none">• 40 - 50min leg exercises• 30 - 45min run or other cardio exercises
Tuesday	<ul style="list-style-type: none">• 40 - 50min shoulder and ab workout
Wednesday	<ul style="list-style-type: none">• 40 - 50min back and bicep workout
Thursday	<ul style="list-style-type: none">• 40 - 50min glute and hamstring exercises• 30 - 45min run or other cardio exercises
Friday	<ul style="list-style-type: none">• 40 - 50min chest and tricep workout
Saturday	<ul style="list-style-type: none">• 40 - 50 min ab workout
Sunday	<ul style="list-style-type: none">• Rest day

Source: KELSEY WELLS
STRAITS TIMES GRAPHICS