

Fitness routine

Monday	<ul style="list-style-type: none">• 1½hr weight training
Tuesday	<ul style="list-style-type: none">• 45min run
Wednesday	<ul style="list-style-type: none">• 2hr calisthenics training
Thursday	<ul style="list-style-type: none">• 1½hr weight training
Friday	<ul style="list-style-type: none">• Rest
Saturday	<ul style="list-style-type: none">• 2hr dragon boat training
Sunday	<ul style="list-style-type: none">• 2hr dragon boat training• 1½hr CrossFit session

Source: GERALD ONG
STRAITS TIMES GRAPHICS