

Fitness routine

Monday	<ul style="list-style-type: none">• 30min run• 15min weight training
Tuesday	<ul style="list-style-type: none">• 30min weight training
Wednesday	<ul style="list-style-type: none">• 30min run• 15min weight training
Thursday	<ul style="list-style-type: none">• 30min weight training
Friday	<ul style="list-style-type: none">• 1hr yoga or pilates session
Saturday	<ul style="list-style-type: none">• 15min run• 15min weight training
Sunday	<ul style="list-style-type: none">• 1hr cycling or swimming with the family

Source: CLAUDINE PANG
STRAITS TIMES GRAPHICS