

Fitness routine

Monday	<ul style="list-style-type: none">• 15min high intensity interval training• 30min leg exercises• 20min pilates• 15min yoga stretches
Tuesday	<ul style="list-style-type: none">• 15min circuit training• 30min chest and triceps workout• 20min pilates• 15min yoga stretches
Wednesday	<ul style="list-style-type: none">• 15min high intensity interval training• 30min back and biceps workout• 20min pilates• 15min yoga stretches
Thursday	<ul style="list-style-type: none">• 15min circuit training• 30min back and biceps workout• 20min pilates• 15min yoga stretches
Friday	<ul style="list-style-type: none">• 35min TRX training• 20min pilates• 15min yoga stretches
Saturday	<ul style="list-style-type: none">• Rest day
Sunday	<ul style="list-style-type: none">• Cycle 35km

Source: NEETI RAINA KAUL
STRAITS TIMES GRAPHICS