

Fitness routine

Monday	<ul style="list-style-type: none">• 2hr floorball training• 1.5hr gym
Tuesday	<ul style="list-style-type: none">• 1.5hr gym
Wednesday	<ul style="list-style-type: none">• 2hr floorball training
Thursday	<ul style="list-style-type: none">• 2hr floorball training
Friday	<ul style="list-style-type: none">• Rest
Saturday	<ul style="list-style-type: none">• 2hr floorball training
Sunday	<ul style="list-style-type: none">• Rest or 1.5hr gym

Source: JOSIAH QUAK
STRAITS TIMES GRAPHICS