

# Fitness routine

<b>Monday</b>	<ul style="list-style-type: none"><li>• 7-10km run</li><li>• 1hr boxing</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>• 1hr strength and conditioning workout</li><li>• 1hr boxing</li><li>• 3km jog</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>• 7-10km run</li><li>• 1hr boxing</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>• 1hr strength and conditioning workout</li><li>• 1hr boxing</li><li>• 3km jog</li></ul>
<b>Friday</b>	<ul style="list-style-type: none"><li>• 1hr boxing</li><li>• 5km run</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>• 1hr short and long sprints</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>• Rest day</li></ul>

Source: EFASHA KAMARUDIN  
STRAITS TIMES GRAPHICS