

Fitness routine

Monday	<ul style="list-style-type: none">• 1 to 2hr tennis
Tuesday	<ul style="list-style-type: none">• 1.5hr gym
Wednesday	<ul style="list-style-type: none">• 1.5hr gym
Thursday	<ul style="list-style-type: none">• 1hr gym• 30min run
Friday	<ul style="list-style-type: none">• 1.5hr gym
Saturday	<ul style="list-style-type: none">• Rest
Sunday	<ul style="list-style-type: none">• 2hr gym

Source: EDMUND ONG
STRAITS TIMES GRAPHICS