

Fitness routine

Monday	<ul style="list-style-type: none">• 30min weightlifting
Tuesday	<ul style="list-style-type: none">• One to two hours of Brazilian jiu-jitsu
Wednesday	<ul style="list-style-type: none">• One hour of muay thai
Thursday	<ul style="list-style-type: none">• One hour of Brazilian jiu-jitsu or muay thai• 30min weightlifting
Friday	<ul style="list-style-type: none">• Two hours of Brazilian jiu-jitsu
Saturday	<ul style="list-style-type: none">• One hour of muay thai
Sunday	<ul style="list-style-type: none">• Rest day

Source: MATTHEW CROWHURST
STRAITS TIMES GRAPHICS