

Fitness routine

Monday	<ul style="list-style-type: none">• 1½ hours of workout comprising a 3km run and resistance training for chest and biceps
Tuesday	<ul style="list-style-type: none">• 1½ hours of workout comprising 3km on the rowing machine and resistance training for legs
Wednesday	<ul style="list-style-type: none">• One hour of FitRX, a high-intensity training programme, comprising exercises for the core
Thursday	<ul style="list-style-type: none">• 1½ hours of workout comprising a 3km run and resistance training for back and triceps
Friday	<ul style="list-style-type: none">• 1½ hours of workout comprising a 3km run and resistance training for shoulders and forearms
Saturday	<ul style="list-style-type: none">• One hour of FitRX, a high-intensity training programme, comprising exercises for a total body workout
Sunday	<ul style="list-style-type: none">• 10 minutes swim