Fitness routine 1½ hours of Monday workout comprising

a 3km run and resistance training for chest and biceps

 1½ hours of workout comprising 3km on the rowing machine and resistance training

One hour of FitRX.

a high-intensity training programme, comprising exercises for the core

1½ hours of

resistance training

a 3km run and

for leas

Tuesday

Wednesday

Thursday

workout comprising a 3km run and for back and triceps • 11/2 hours of **Friday** workout comprising

resistance training for shoulders and

Saturday

Sunday

forearms One hour of FitRX.

a high-intensity

training programme,

comprising

exercises for a total body workout 10 minutes swim Source: TIAT LIM STRAITS TIMES GRAPHICS