

Fitness routine

Monday	<ul style="list-style-type: none">• Rest day
Tuesday	<ul style="list-style-type: none">• 1hr weight training• 20min treadmill interval training• 20min stretching
Wednesday	<ul style="list-style-type: none">• 1hr yoga practice
Thursday	<ul style="list-style-type: none">• 1hr weight training• 20min walk• 20min stretching
Friday	<ul style="list-style-type: none">• 1hr weight training• 20min treadmill interval training• 20min stretching
Saturday	<ul style="list-style-type: none">• 1½hr weight training
Sunday	<ul style="list-style-type: none">• 1hr yoga practice• 1½hr weight training

Source: DANIELLE HAJAR
STRAITS TIMES GRAPHICS