

Fitness routine

Monday	<ul style="list-style-type: none">• 30min workout for legs• 20min stretching• 10min warm up
Tuesday	<ul style="list-style-type: none">• 1hr brisk walk
Wednesday	<ul style="list-style-type: none">• 1hr cycling
Thursday	<ul style="list-style-type: none">• 1hr brisk walk
Friday	<ul style="list-style-type: none">• 30min workout for legs• 20min stretching• 10min warm up
Saturday	<ul style="list-style-type: none">• 1hr online power stretching session
Sunday	<ul style="list-style-type: none">• 1hr brisk walk

Source: VICTORIA KARPENKO
STRAITS TIMES GRAPHICS