

# Fitness routine

<b>Monday</b>	1hr strength and power training
<b>Tuesday</b>	1hr strength and power training
<b>Wednesday</b>	1hr high-intensity interval training and agility training
<b>Thursday</b>	1.5hr bouldering
<b>Friday</b>	1hr strength and power training
<b>Saturday</b>	45min swimming
<b>Sunday</b>	7 to 10km run

Source: BHARAT KHEMANI  
STRAITS TIMES GRAPHICS