

# Fitness routine

<b>Monday</b>	<ul style="list-style-type: none"><li>• 40min high-intensity interval training</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>• 1hr calisthenics</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>• 45min cardio</li><li>• 40min high-intensity interval training</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>• 1hr calisthenics</li></ul>
<b>Friday</b>	<ul style="list-style-type: none"><li>• 40min high-intensity interval training</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>• 1hr calisthenics</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>• Rest</li></ul>

Source: JESSE QUEK  
STRAITS TIMES GRAPHICS