

# Fitness routine

<b>Monday</b>	<ul style="list-style-type: none"><li>• 1hr 15min weight training</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>• 1hr 15min weight training</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>• 30min run or 1hr cycling</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>• 1hr 15min weight training</li></ul>
<b>Friday</b>	<ul style="list-style-type: none"><li>• 1hr 15min weight training</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>• 1hr 30min cycling</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>• 1hr beach volleyball</li></ul>

Source: JACQUELINE TOH  
STRAITS TIMES GRAPHICS