

# Fitness routine

<b>Monday</b>	<ul style="list-style-type: none"><li>● 1.5hr weight training</li><li>● 1hr 10min martial arts</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>● 1.5hr weight and cardio training</li><li>● 1hr 10min martial arts</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>● 1.5hr weight training</li><li>● 1hr 10min martial arts</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>● 1.5hr weight training</li><li>● 1hr boxing</li></ul>
<b>Friday</b>	<ul style="list-style-type: none"><li>● 30min high intensity interval training</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>● Rest</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>● 30min low-impact training</li></ul>

Source: ROSE CANADA  
STRAITS TIMES GRAPHICS