

# Fitness routine

<b>Monday</b>	<ul style="list-style-type: none"><li>● Rest</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>● 5km run</li><li>● 1½hr boxing</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>● 15min skipping</li><li>● 45min high-intensity interval training</li><li>● 1½hr boxing</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>● 1hr high-intensity interval training</li></ul>
<b>Friday</b>	<ul style="list-style-type: none"><li>● 5km run</li><li>● 1hr boxing</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>● 45min high-intensity interval training</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>● 10km run</li></ul>

Source: VIKNESH VENNU  
STRAITS TIMES GRAPHICS