

Fitness routine

Monday	<ul style="list-style-type: none">● 1hr legs workout
Tuesday	<ul style="list-style-type: none">● 1hr chest workout, 5km run
Wednesday	<ul style="list-style-type: none">● 1hr back workout, 5km run
Thursday	<ul style="list-style-type: none">● 1hr legs workout
Friday	<ul style="list-style-type: none">● 1hr shoulders workout, 5km run
Saturday	<ul style="list-style-type: none">● 1hr arms workout, 400m sprints
Sunday	<ul style="list-style-type: none">● 8-10km run

Source: KENNETH SEET
STRAITS TIMES GRAPHICS