

Fitness routine

Monday, Wednesday and Saturday	<ul style="list-style-type: none">● 4hr ultimate frisbee training
Tuesday	<ul style="list-style-type: none">● 1½hr upper body and deadlift gym training
Thursday	<ul style="list-style-type: none">● 1½hr lower body gym training
Friday	<ul style="list-style-type: none">● 2hr hydro training
Sunday	<ul style="list-style-type: none">● Rest

Source:
NAVANETHA KRISHNAN VEERAPANDIAN
STRAITS TIMES GRAPHICS