

Fitness routine

Monday Tuesday Thursday Friday	<ul style="list-style-type: none">● Morning: Aerobic training● Afternoon: Strength or CrossFit skills training (such as weightlifting movements), metabolic conditioning
Wednesday Sunday	<ul style="list-style-type: none">● Rest
Saturday	<ul style="list-style-type: none">● Morning: Metabolic conditioning

NOTE: Each exercise session lasts one to two hours.

Source: JOHN CHEAH
STRAITS TIMES GRAPHICS