

Fitness routine

Monday	<ul style="list-style-type: none">● 1-1½hr back exercises, 20-30min cardio
Tuesday	<ul style="list-style-type: none">● 1-1½hr chest and abdominals
Wednesday	<ul style="list-style-type: none">● 1-1½hr biceps and triceps, 20-30min cardio
Thursday	<ul style="list-style-type: none">● 1-1½hr shoulders and abdominals, 20-30min cardio
Friday	<ul style="list-style-type: none">● 1-1½hr legs
Saturday and Sunday	<ul style="list-style-type: none">● Rest

Source: MOHAMED HANIF
MOHAMED MUSTHAFAH
STRAITS TIMES GRAPHICS