

Fitness routine

Monday	<ul style="list-style-type: none">● Rest or 30min cardio workout
Tuesday	<ul style="list-style-type: none">● 30min elliptical workout● 30min weights training
Wednesday	<ul style="list-style-type: none">● 30-60min pilates and stretching
Thursday	<ul style="list-style-type: none">● 45min cardio workout● 15min light exercises
Saturday	<ul style="list-style-type: none">● 30min cardio workout
Friday and Sunday	<ul style="list-style-type: none">● Rest

*These exercises are done outside of her ballet practice, which lasts for 12 hours on Tues to Fri, 11 hours on Sat and seven hours on Sun (Mon is a rest day).

Source: UNITY PHELAN
STRAITS TIMES GRAPHICS