

# Fitness routine

<b>Monday</b>	<ul style="list-style-type: none"><li>• 1hr strength training and 1hr boxing</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>• 1hr strength training</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>• Rest</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>• 1hr conditioning workout</li></ul>
<b>Friday</b>	<ul style="list-style-type: none"><li>• Rest</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>• 1hr strength training</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>• 45min run</li></ul>

Source: SABRINA SNG  
STRAITS TIMES GRAPHICS