

# Fitness routine

<b>Monday</b>	<ul style="list-style-type: none"><li>• Rest</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>• 30min calisthenics, 1hr weight training</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>• 30min calisthenics, 1hr weight training</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>• 1½hr weight training</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 calisthenics, 1hr weight training</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>• Rest</li></ul>

Source: DR LEROY KIANG  
STRAITS TIMES GRAPHICS