Hannah Lee may not look like a typically fit person, but she is a dedicated athlete who has lived her dream. Ng Wan Ching reports

BioBox

HANNAH LEE

Age: 23
Height: 165cm
Weight: 58kg

When she was preparing for the SEA Games, she never allowed herself to miss training as every missed session was a lost opportunity to improve, or a chance for a competitor to overtake her. Two months ago, she started work as a sports physiotherapist at Khoo Teck Puat Hospital and her priorities shifted. She has had to pare down her fitness routine. "I'm in that phase of life where the focus needs to be on other important things, such as work," she said. She now works out four days a week rather than every day, but she hopes to increase her training sessions when work permits. She lives with her parents and younger sister.

FitAndFab

SEA Games medallist casts aside stereotypes

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Fitness routine

Monday (5.30 to 2 hours)
- 30 to 40 throws of a 4kg discus, focusing on the throwing technique.
- Gym work - weight training, including squats, dead-lifts, bench press and shoulder press.
- Power workout, including sprints and jumps.
- Core workout to strengthen abdominal muscles, including crunches and planks.

Rest day

Tuesday (5.30 to 2 hours)
- 30 to 40 throws of a 4kg discus.
- Gym work, including sprints and jumps.
- Power workout, including sprints and jumps.
- Core workout to strengthen abdominal muscles, including crunches and planks.

Rest day

Wednesday (5.30 to 2 hours)
- 30 to 40 throws of a 4kg discus.
- Gym work - weight training, including squats, dead-lifts, bench press and shoulder press.
- Power workout, including sprints and jumps.
- Core workout to strengthen abdominal muscles, including crunches and planks.

Rest day

Thursday (5.30 to 2 hours)
- 30 to 40 throws of a 4kg discus.
- Gym work, including sprints and jumps.
- Power workout, including sprints and jumps.
- Core workout to strengthen abdominal muscles, including crunches and planks.

Rest day

Friday (5.30 to 2 hours)
- 30 to 40 throws of a 4kg discus, focusing on the throwing technique.
- Gym work - weight training, including squats, dead-lifts, bench press and shoulder press.
- Power workout, including sprints and jumps.
- Core workout to strengthen abdominal muscles, including crunches and planks.

Rest day

Saturday (5.30 to 2 hours)
- 30 to 40 throws of a 4kg discus, focusing on the throwing technique.
- Gym work - weight training, including squats, dead-lifts, bench press and shoulder press.
- Power workout, including sprints and jumps.
- Core workout to strengthen abdominal muscles, including crunches and planks.

Rest day

Sunday

Source: HANNAH LEE

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