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Workout warrior

**BY NATALIE
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WHILE most people are sleeping soundly in their warm beds, Peter Singles is pumping iron.

The Hillside resident works nightshift and when he leaves his job on the assembly line for Toyota in Altona in the wee hours of the morning, he drives straight to Anytime Fitness in Sydenham, which is open 24 hours.

Singles, a father of seven, said he often wondered where his motivation came from as he lifted weights while the rest of his family enjoyed sweet dreams.

"I don't know where I get the energy from, but I do," Mr Singles, 49, said.

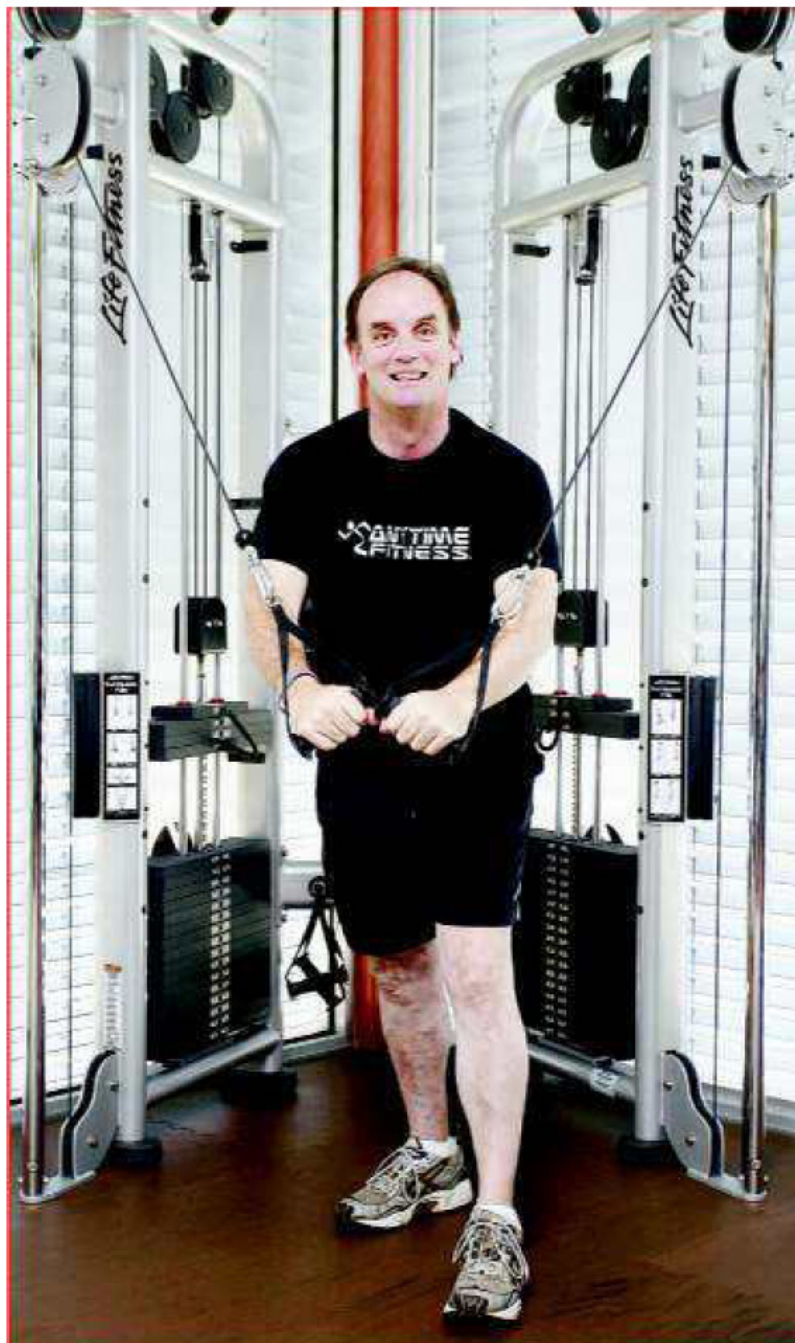
"I like to keep fit and healthy and it suits my lifestyle.

"I love it. It suits me down to the ground."

He said instead of feeling exhausted when he finished his workout, he often felt re-energised and ready to conquer the world.

But he admitted that it often caused a bit of a stir with his partner who sometimes, jokingly, questioned his whereabouts.

"I sometimes get asked what I'm doing out at that time of the night, but I always reassure her that I'm on the camera at the gym," he laughed.



Willpower ... Peter Singles works out in the early hours of the morning. 55580

Picture: SARAH MATRAY