

8) Lying leg extension



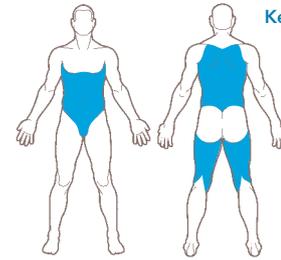
Start position:

- ▶ Lie supine, arms at the side, legs at right angles with thighs ('table-top' position)

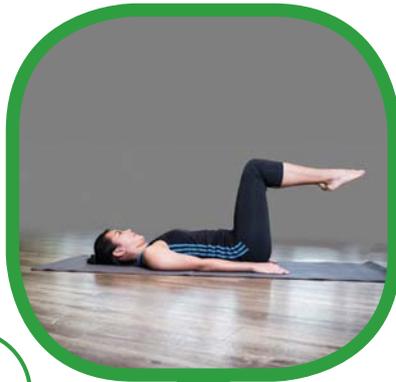


Action:

- ▶ Extend and straighten leg
- ▶ Hold for 15 seconds
- ▶ Return to start position
- ▶ Repeat on the other leg



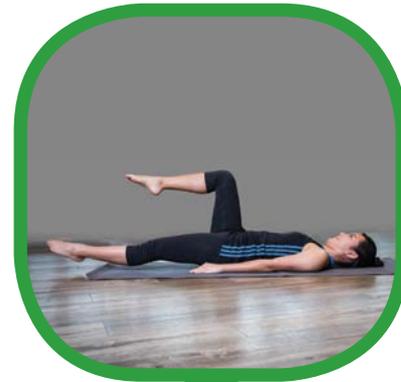
Key muscles at work:
Torso
Back of thigh



1



2



3

Start



Blue Symbolises Peace, Stability and Harmony

These three attributes are a great reminder that exercises should never be abrupt. Throughout the handbook, we emphasise controlled movements performed in a slow and orderly fashion. Your body should be in a stable position, postures should not be awkward, and there should not be pain.

“Exercise increases my quality of life and independence as I get older. I am able to walk longer distance and duration. I also have fewer cramps on my legs.”



Foo Chee Peng | Age 58 | Dialysis Centre: Kim Keat



Strength Exercises with Weights

These exercises are the more challenging variations of Stage 3 exercises to improve muscle strength. They are great examples of resistance training combined with creativity!

You do not need special equipment. Household items are perfect for these exercises. Here are some ideas:

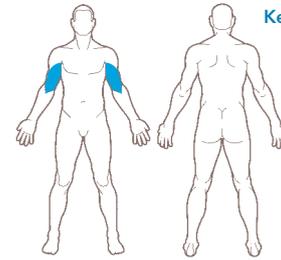
- ❑ Canned food
- ❑ Bags of rice/beans
- ❑ Water tumblers or mineral water bottles. Pour different amount of liquid and you have different weights.



CAUTION

- Do movements in a slow and controlled manner.
- Engage your torso by tensioning the mid-section muscles.
- Do not hold your breath. Breathe normally.
- Have one day of rest in between strength training sessions.

Key muscles at work:
Front of upper arm



1) Arm curl with weights



Start position:

- ▶ Stand upright, arms straightened, elbows close to body
- ▶ Hold weights, palms facing body



Action:

- ▶ Bend elbows, bring hands towards shoulders
- ▶ Do 1 set of 15 repetitions
- ▶ Return to start position



1



2

Start

2) Shoulder press with weights



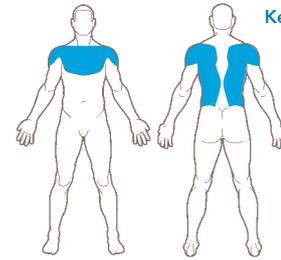
Start position:

- ▶ Stand upright, arms raised, elbows bent at 90 degrees to upper arms



Action:

- ▶ Push arms straight up into the air
- ▶ Do 1 set of 15 repetitions
- ▶ Return to start position



Key muscles at work:

Shoulder
Chest
Upper back



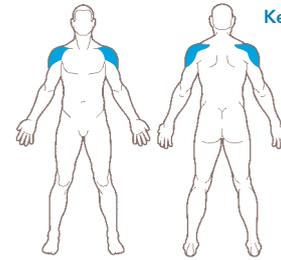
1



2

Start

Key muscles at work:
Shoulder



3) Side shoulder raise with weights



Start position:

- ▶ Stand upright, elbows close to body, weights in hands



Action:

- ▶ Raise arms out to the side till shoulder level
- ▶ Do 1 set of 15 repetitions
- ▶ Return to start position

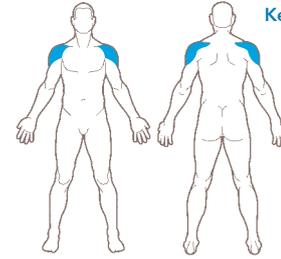


1



2

Start



4) Front shoulder raise with weights



Start position:

- ▶ Stand upright, elbows close to body, weights in hands



Action:

- ▶ Raise arms towards the front till shoulder level
- ▶ Do 1 set of 15 repetitions
- ▶ Return to start position



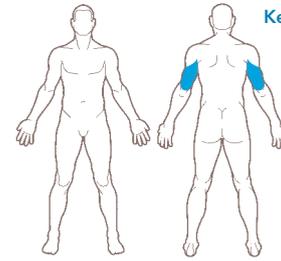
1



2

Start

Key muscles at work:
Back of upper arm



5) Arm extension with weights



Start position:

- ▷ Stand upright with one arm flexed behind head, the other hand supporting elbow



Action:

- ▷ Straighten elbow
- ▷ Do 1 set of 15 repetitions
- ▷ Return to start position
- ▷ Repeat on the other arm



1



2



3

Start

6) Upright row with weights



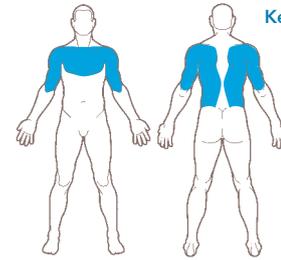
Start position:

- ▶ Stand upright, legs shoulder-width apart
- ▶ Hold weights in both hands side by side



Action:

- ▶ Bend elbows, lift weights to chest level
- ▶ Do 1 set of 15 repetitions
- ▶ Return to start position



Key muscles at work:

Shoulder
Chest
Upper back
Front and back of upper arm



1



2

Start

7) Squat with weights



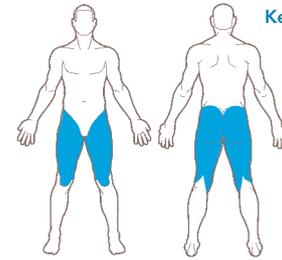
Start position:

- ▶ Stand upright, legs shoulder-width apart



Action:

- ▶ Squat down, with arms at the side
- ▶ Do 1 set of 15 repetitions
- ▶ Return to start position



Key muscles at work:

- Front of thigh
- Back of thigh
- Buttock



1



2

Start

8) Lunge with weights



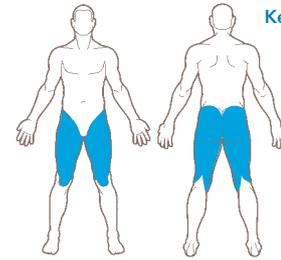
Start position:

- ▷ Stand upright, legs shoulder-width apart
- ▷ Step one leg out to the front



Action:

- ▷ Bend front knee
- ▷ Do 1 set of 15 repetitions
- ▷ Return to start position
- ▷ Repeat on the other leg



Key muscles at work:

Front of thigh
Back of thigh
Buttock



1



2



3

Start