



YELLOW Symbolises Energy and Orderliness

By now, your muscles would have been sufficiently powered up. You begin to see an improvement in energy levels. Exercising, if it is to give maximum benefits, should be done consistently and systematically, in an orderly fashion. Continue on, step by step, to learn more exercises.

“Getting up from a sitting position is much easier now. I am ready to gain more strength!”



Omar Bin Sulaiman | Age 68 | Dialysis Centre: Hougang 2



Strength Exercises

Strength exercises put muscles to work against some kind of resistance. Acts such as pulling open a heavy door, and pushing to remove a heavy object are examples.

Performed regularly, these exercises strengthen your muscles and bone, improve your posture and help to prevent diseases like osteoporosis. To achieve good overall strength, do a combination of exercises that target various parts of the body.



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.

1) Arm curl



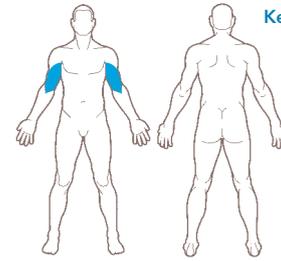
Start position:

- ▷ Sit upright with arms straightened, elbows close to body



Action:

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



Key muscles at work:
Front of upper arm



1



2

Start

2) Shoulder press



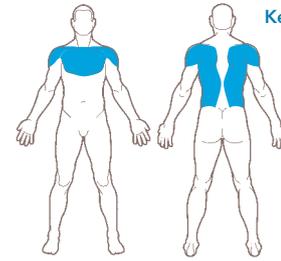
Start position:

- ▶ Sit upright with 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



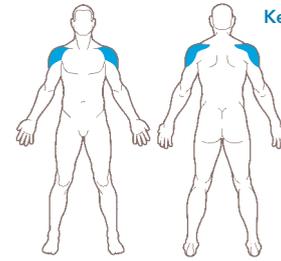
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2

Start

Key muscles at work:
Shoulder



3) Side shoulder raise



Start position:

- ▷ Sit upright with arms straightened, elbows close to body



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



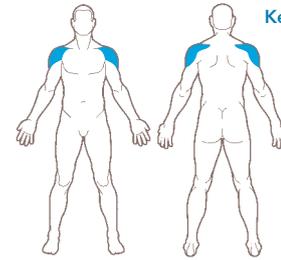
Start position:

- ▶ Sit upright with arms straightened, elbows close to body



Action:

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



Key muscles at work:
Shoulder



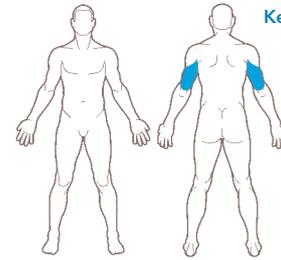
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2

Start

Key muscles at work:
Back of upper arm



5) Arm extension



Start position:

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



Action:

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



1



2



3



4

Start

6) Wall push-up



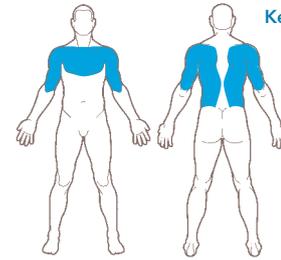
Start position:

- ▷ Stand upright facing wall
- ▷ Place both hands on wall at shoulder level, with extended elbows



Action:

- ▷ Bend elbows and lean forward
- ▷ Do 1 set of 15 repetitions
- ▷ Return to start position by pushing away from the wall till body is upright



Key muscles at work:

Chest
Shoulder
Upper arm
Upper back



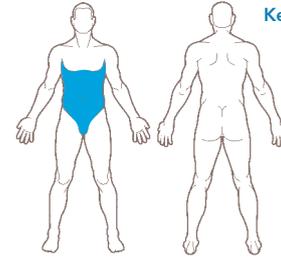
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2

Start

Key muscles at work:
Torso (front)



7) Curl-up



Start position:

- ▶ Lie supine on the floor with knees bent
- ▶ Cross arms in front of chest



Action:

- ▶ Curl head and shoulders till shoulders are off the ground
- ▶ Do 1 set of 15 repetitions
- ▶ Return to start position

56



1



2

Start

8) Chair squat



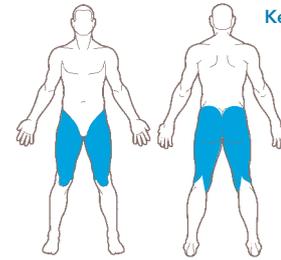
Start position:

- ▶ Stand in front of a sturdy chair, legs shoulder-width apart



Action:

- ▶ Squat down till body is slightly above chair surface
- ▶ Do 1 set of 15 repetitions
- ▶ Return to start position



Key muscles at work:

- Front of thigh
- Back of thigh
- Buttock



1



2

Start