

# STRENGTHENING EXERCISES (SITTING)

**Do 2 sets/times of 8 to 12 repetitions for each exercise**

**Increase the number of sets of repetitions to progress with your strengthening exercises.**

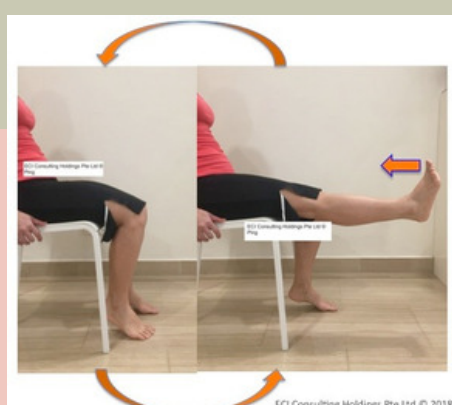
## SQUATS

*Strengthen & tone the muscles of the lower half of your body. Tuck in your navel while doing this.*



## LEGS

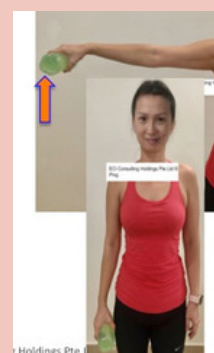
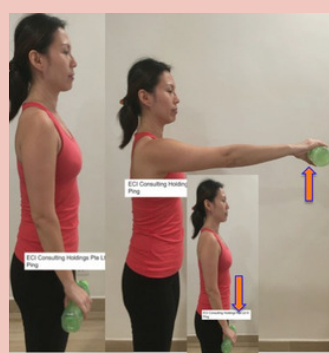
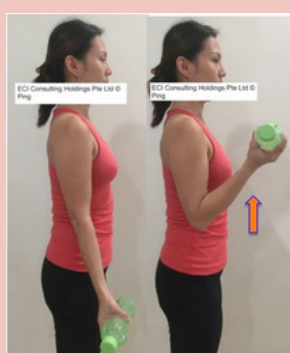
*Strong leg muscles are important for proper mobility, coordination, balancing and breaking a fall.*



*Do this sitting march for 5-10 mins or more if you are able to tolerate. Remember to relax your shoulders, breathe normally. Have small sips of water if you feel thirsty or tired.*

## ARMS

*The following arm muscles strengthening exercises can be done while sitting down. Top up your water bottle with water. To progress, use a bigger water bottle with more water.*



**Remember, muscles need to rest. Allow a break of one to two days in between each strengthening programme for the muscles to rest and recover**



*You've got the basics. Exercising alone can be boring, turn on the music and do it with your loved one. Now, get into action to tone up those muscles!*

**START EXERCISING!**