



STRENGTH TRAINING EXERCISES

Do 2-3 sets/times of 8 to 18 repetitions for each exercise

Increase the number of sets of repetitions to progress with your strength training exercises.

1) If you have not done squats before, use a chair & sit onto it.

SQUATS

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

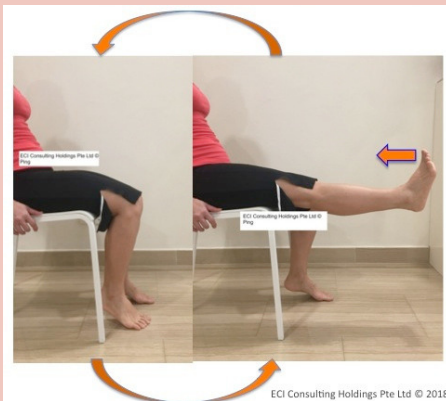


2) As you become stronger, remove the chair.



LEGS

Your leg muscles are one of your body's major muscles. Hence, spend some time strengthening them.

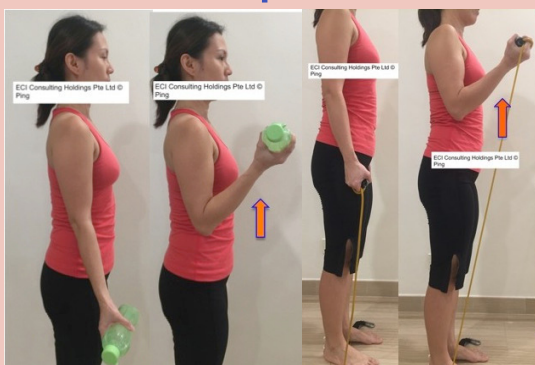


Do this marching exercise for 5-10 mins or more if you are able to tolerate. Relax your shoulders, breathe normally, bring your legs up to 90 degrees. Have small sips of water if you feel thirsty or tired.

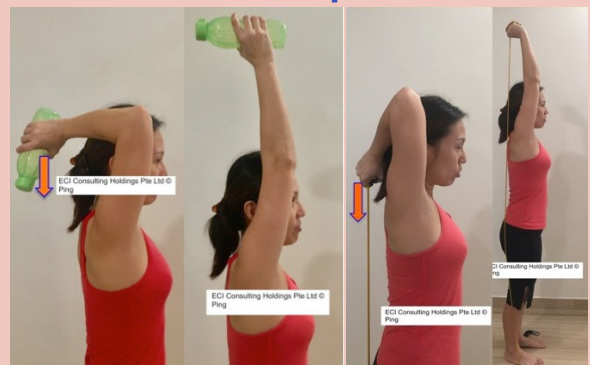
ARMS

The following arm muscles strengthening exercises can be done while sitting down too. Top up your water bottle with water. As you become stronger, progress to a bigger water bottle with more water.

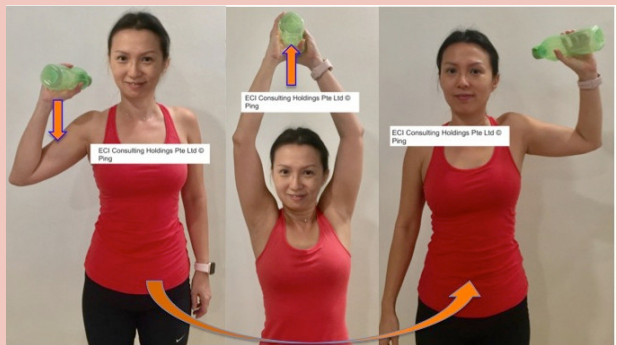
Bicep



Tricep



Deltoids



Remember, muscles need to rest. Allow a break of one day in between your strength training programme for your 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!