

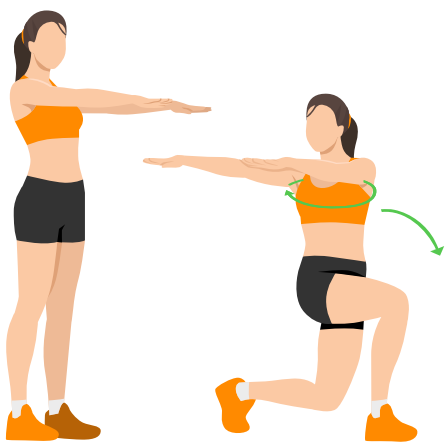
WORKOUTS TO STAY ACTIVE AT YOUR NEIGHBOURHOOD FITNESS CORNER



Safety first! Do consult a health professional if you are unsure about a new exercise and take the [Get Active Questionnaire \(GAQ\)](#) before exercising. Always build intensity gradually and stop if you feel unwell. Also ensure that you are dressed appropriately (i.e. covered shoes).

For a holistic workout session, start with warm-up exercises, continue with at least 3 strength, 1 aerobic, 1 balance and 1 flexibility exercise, and end with cool-down exercises.

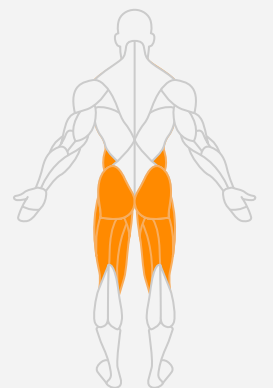
DO ALL WARM-UP EXERCISES BEFORE WORKOUTS



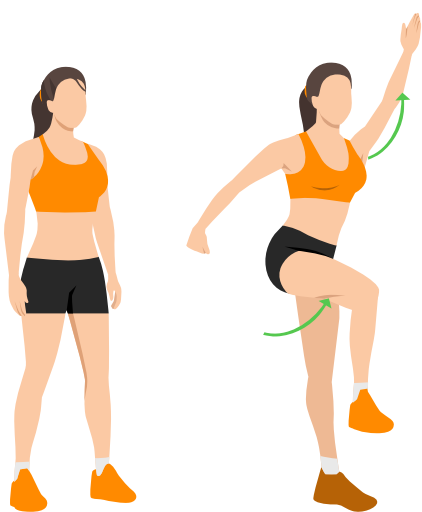
10x Lunges with trunk rotation

No equipment required

1. Keep your arms at chest level and trunk upright.
2. Step forward with your right leg and lower yourself with a slight bend in your back leg. Both knees should be bent at 90 degrees.
3. Slowly rotate your trunk to the right then left. Pause for 1 second at each side before returning to standing position to complete 1 rep.
4. Repeat with your left leg forward. Complete 5 reps for each leg.



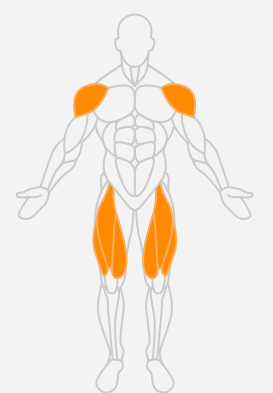
You are working the muscles in your thighs, buttocks, and sides of your trunk.



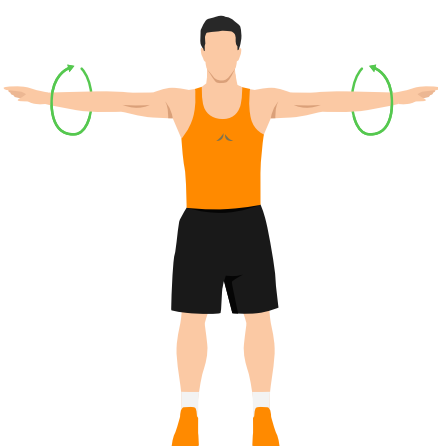
20x March and reach

No equipment required

1. Stand straight with your feet shoulder-width apart.
2. Lift your left arm and your right knee up to complete 1 rep. Ensure that your left foot is firmly planted on the ground.
3. Repeat on the opposite side. Complete 10 reps on each side.



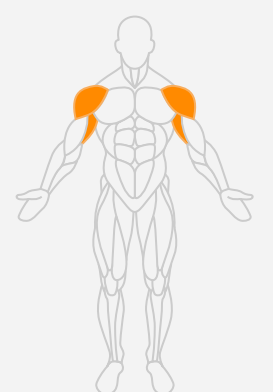
You are working your thigh and shoulder muscles.



20x Arm circles

No equipment required

1. Stand straight with your feet shoulder-width apart. Raise and extend your arms to form a T-shape with your body.
2. Rotate your arms forward in a circular motion.
3. Repeat with rotating your arms backward. Complete 10 arm circles forward and backwards each.

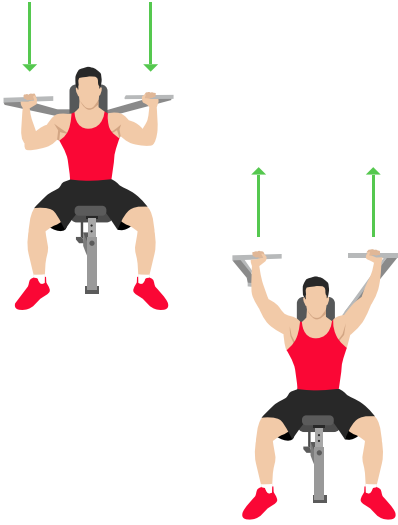


You are working your shoulder and arm muscles.

STRENGTH EXERCISES

↑ Muscle, bone and joint strength

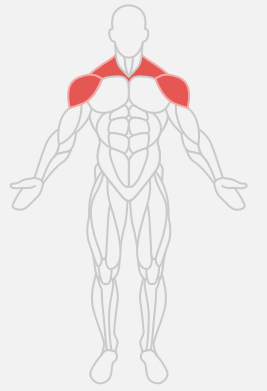
Choose at least 3 exercises to complete 2-3 sets of 15 reps



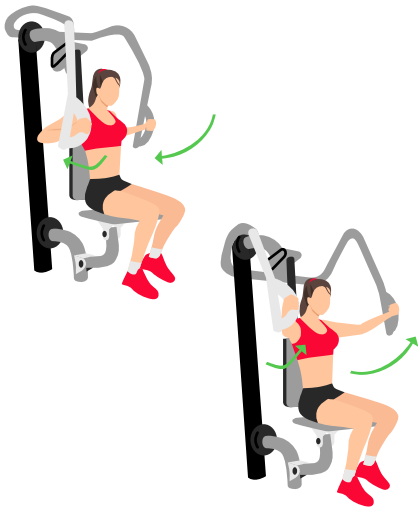
UPPER BODY

Shoulder press

1. Sit with your back against the backrest.
2. Grab handles with a neutral grip and elbows bent at 90 degrees.
3. Slowly push upwards, extending your arms. Pause for 1 second at the top without locking your elbows.
4. Lower the handles slowly to complete 1 rep.



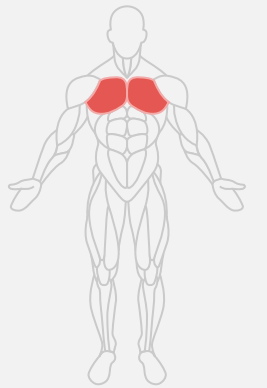
You are working your shoulder muscles.



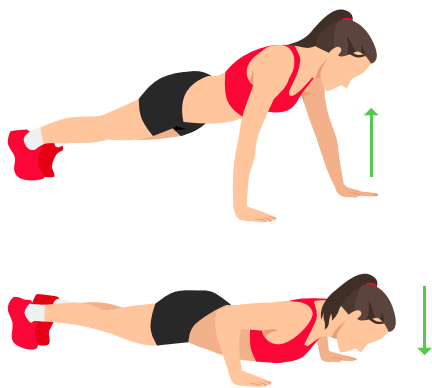
UPPER BODY

Chest press

1. Sit with your back against the backrest.
2. Grab handles with a neutral grip and slowly push forward. Pause for 1 second without locking your elbows.
3. Slowly bend your elbows, returning to the starting position to complete 1 rep.



You are working your chest muscles.

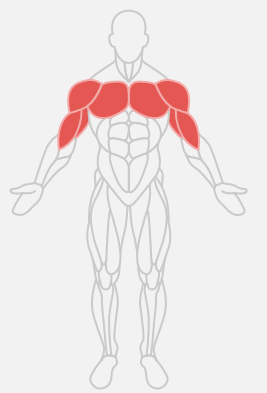


UPPER BODY

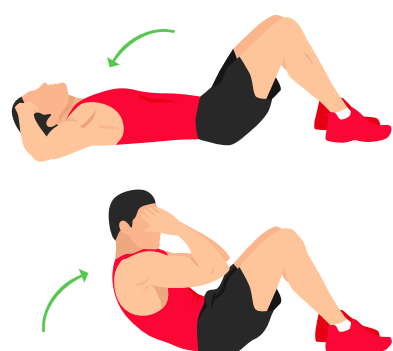
Push-ups

No equipment required

1. Get down on all fours without your knees touching the ground (Regression option: knees on the ground).
2. Straighten your arms and legs, with your arms slightly wider than shoulder-width.
3. Slowly lower your body until it almost touches the ground and gradually push yourself back up to complete 1 rep.



You are working your chest, arm, and shoulder muscles.

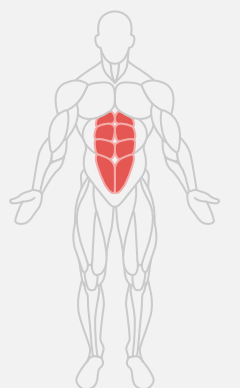


UPPER BODY

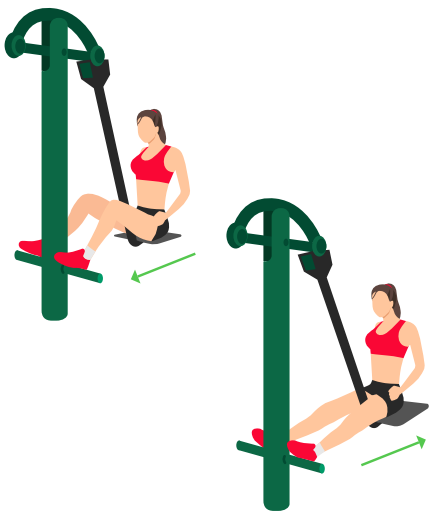
Sit-ups

No equipment required

1. Lie down on your back with knees bent and feet firmly planted on the ground. Cup your hands behind your ears.
2. Lift your upper body up until your elbows touch your knees.
3. Gradually lower your upper body back to the ground to complete 1 rep.

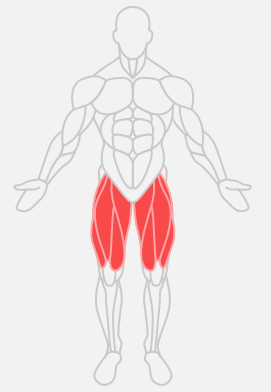


You are working your abdominal muscles.

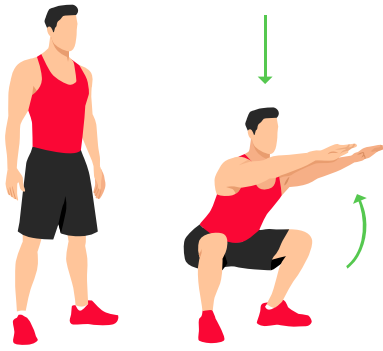


LOWER BODY
Leg press

1. Sit with your back against the backrest and feet placed firmly on the footplate.
2. Slowly extend your knees and pause for 1 second at the top while keeping knees slightly bent.
3. Slowly bend your knees, returning to the starting position to complete 1 rep.

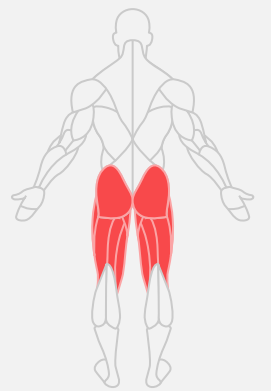


You are working your thigh muscles.



LOWER BODY
Squats
No equipment required

1. Stand straight with your feet slightly wider than shoulder-width.
2. Gradually lower into a sitting position with your back straight and knees bent at 90 degrees. Ensure your toes and heels are firmly planted on the ground.
3. Gradually return to standing position to complete 1 rep.

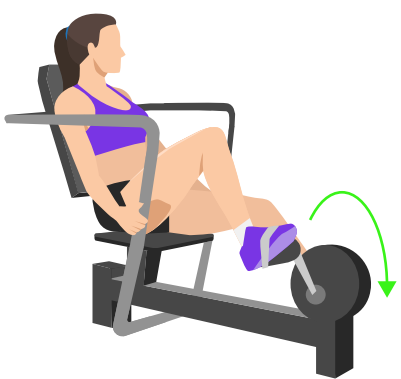


You are working your buttock and thigh muscles.

AEROBIC EXERCISES

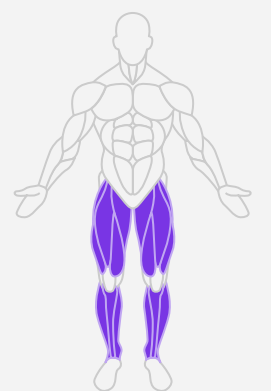
↑ Cardiovascular fitness

Choose at least 1 exercise to do for 15 minutes

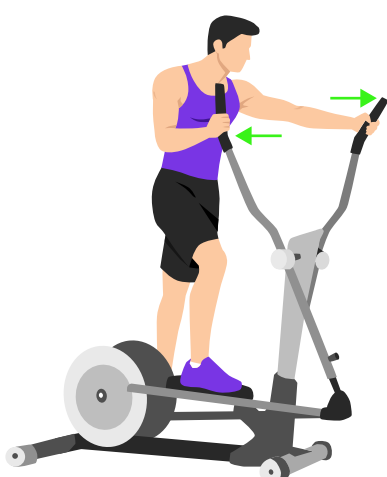


Stationary cycling

1. Sit with your back against the backrest and place your feet on the pedals.
2. Slowly start pedalling in a cycling motion.
3. Gradually increase your speed as you pedal.

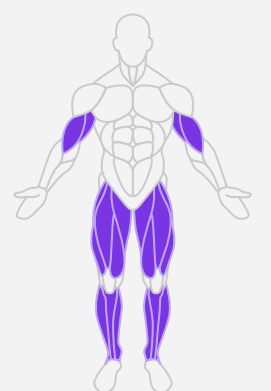


You are working your calf and thigh muscles.

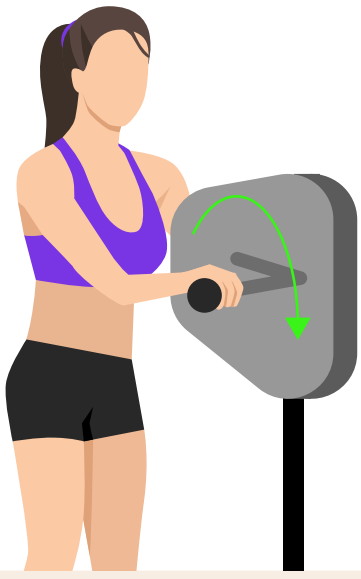


Elliptical

1. Stand on the footplate with both hands gripping the handles.
2. Move the handles back and forth slowly to stimulate leg movements.
3. Gradually increase your speed as you move.

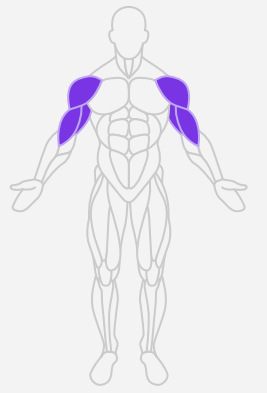


You are working your calf, thigh, and arm muscles.



Hand cycling

1. Stand in front of the machine and grab the handles.
2. Slowly move your hands forward in a circular motion. As you rotate the handles, ensure your body remains in an upright position.
3. Gradually increase your speed as you move.

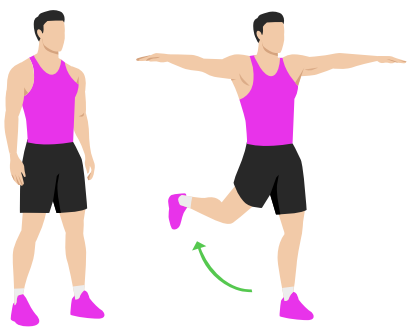


You are working your shoulder and arm muscles.

BALANCE EXERCISES

⬆ Body control when stationary or moving

Choose at least 1 exercise to complete 2-3 sets of 15 reps per side

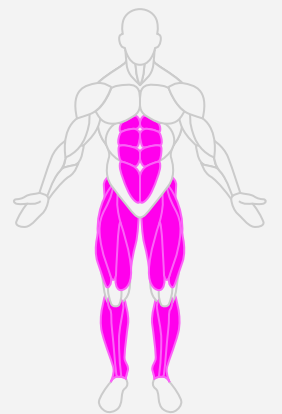


LOWER BODY

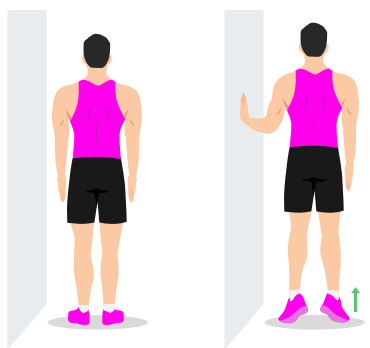
Single leg balance

No equipment required

1. Stand straight with your feet flat on the ground, shoulder-width apart. Raise and extend your arms to form a T-shape with your body.
2. Lift your right foot off the floor with your left knee slightly bent (Regression option: hold onto a bar for additional support).
3. Balance for 2-3 seconds before lowering your leg down to complete 1 rep. Repeat on the other leg.



You are working your abdominal and lower leg muscles.

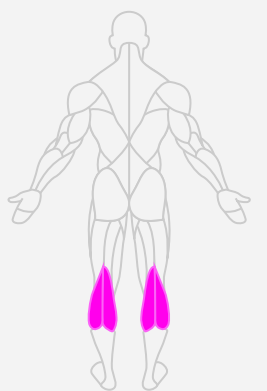


LOWER BODY

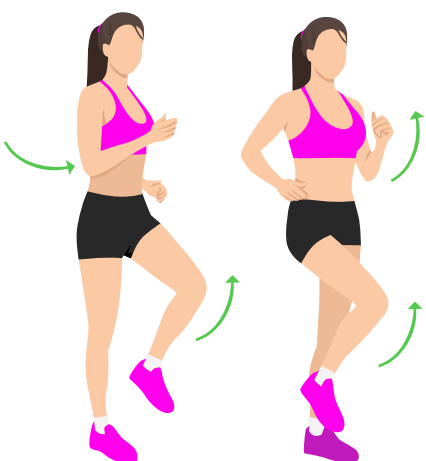
Calf raises

No equipment required

1. Stand with your feet shoulder-width apart.
2. Keep your body straight and arms relaxed at your sides (Regression option: hold onto a bar or wall for support).
3. Slowly lift your heels off the ground and pause for 1 second before returning to the original position to complete 1 rep.



You are working your calf muscles.

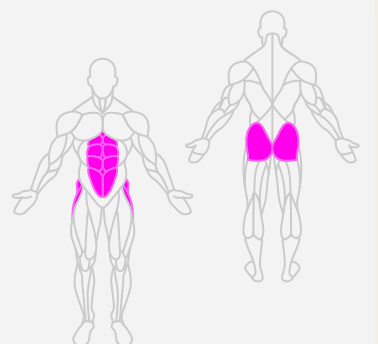


LOWER BODY

March on the spot

No equipment required

1. Stand with your feet shoulder-width apart and arms bent at 90 degrees.
2. As you lift your right knee up, bring your left elbow forward.
3. Repeat on the opposite side to complete 1 rep.

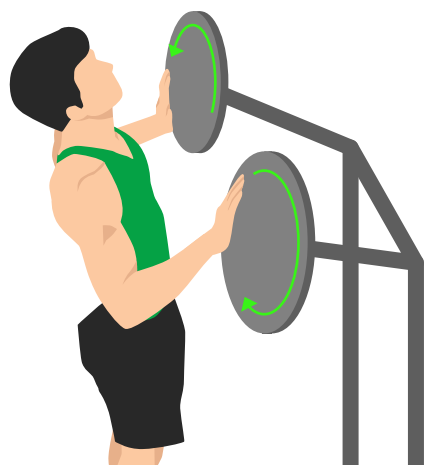


You are working your core, hip, and buttock muscles.

FLEXIBILITY EXERCISES

↑ Range of motion of joints

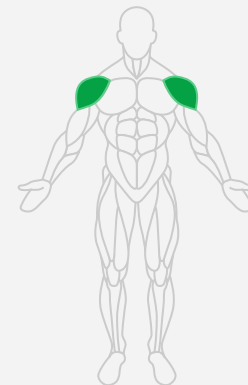
Choose at least 1 exercise to complete 2-3 sets of 15 reps



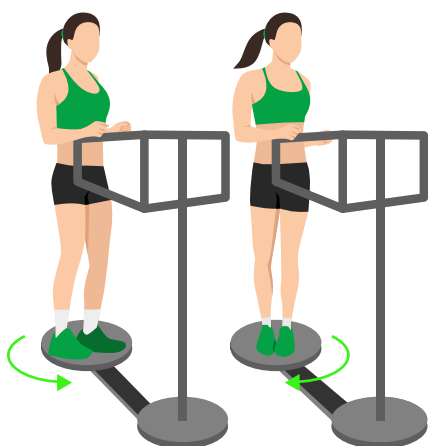
UPPER BODY

Shoulder rotators

1. Stand facing the 2 wheels.
2. Place your hands on the rotating wheels, and rotate them clockwise, followed by anti-clockwise. Keep the rest of your body upright, moving only the shoulders.
3. Perform 1 rotation clockwise and anticlockwise each to complete 1 rep.



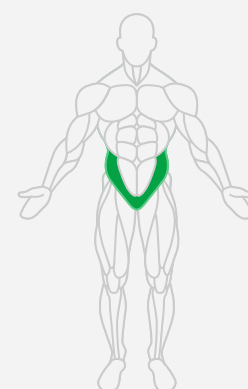
You are working your shoulder muscles.



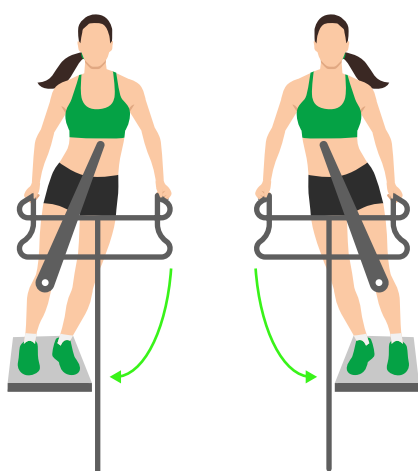
UPPER BODY

Torso twist

1. Stand on the footplate firmly.
2. Place both hands on the handles while keeping your knees slightly bent.
3. Twist your torso towards your left, and then right, to complete 1 rep.



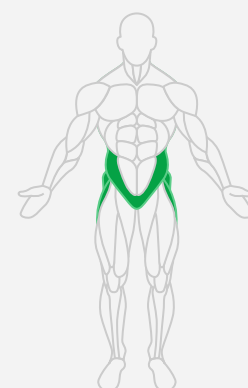
You are working the muscles at your sides.



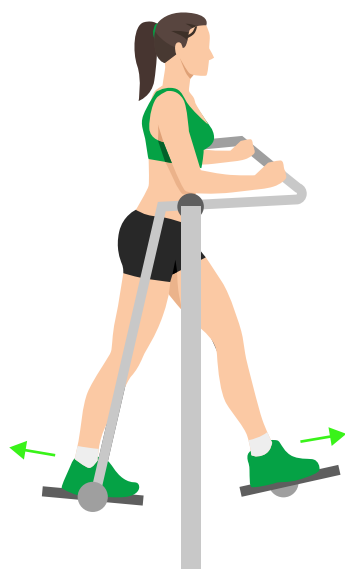
LOWER BODY

Hip swing

1. Stand on the footplate with both your hands on the handrail.
2. Keeping your posture upright, gently swing your legs sideways and move your hips in the opposite direction to your feet.
3. Repeat on both sides for 1 rep.



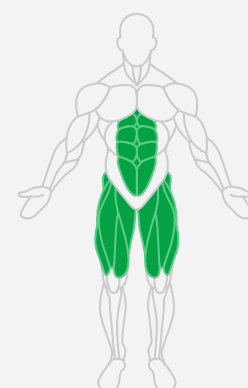
You are working your abdominal and hip muscles.



LOWER BODY

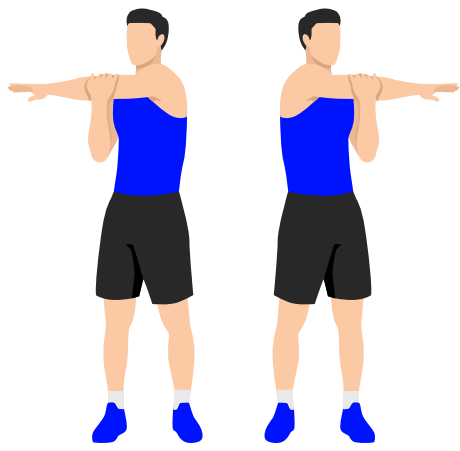
Leg swing

1. Hold onto the handrail tightly before placing your legs on the footplates.
2. Keeping your posture upright, gently swing your legs forward and backward to simulate a walking action.
3. Complete 1 stride with each leg for 1 rep.



You are working your core, hip, and thigh muscles.

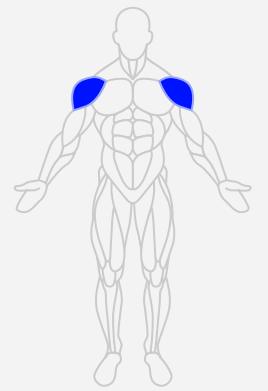
DO ALL COOL-DOWN EXERCISES AFTER WORKOUTS



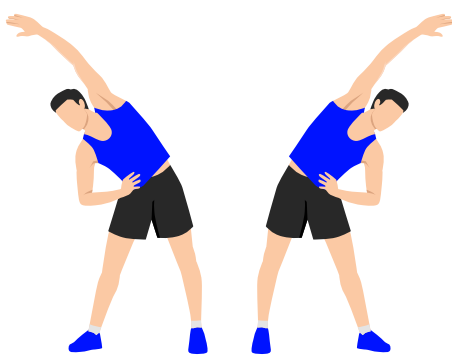
20-sec Shoulder stretch

No equipment required

1. Stand straight with your feet shoulder-width apart.
2. Stretch your right arm across your chest.
3. Hold the stretch for 10 seconds before repeating on the other side.



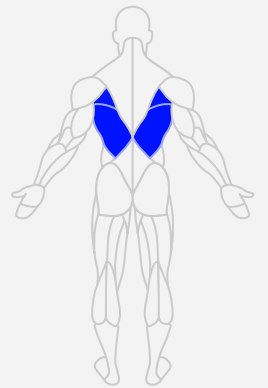
You should feel a stretch in your shoulder muscles.



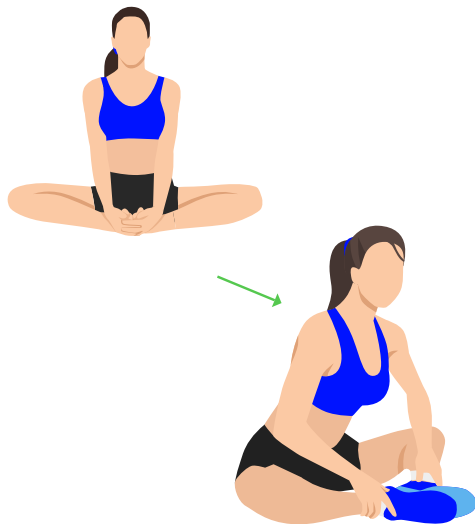
20-sec Side stretch

No equipment required

1. Stand straight with your feet shoulder-width apart.
2. Place your right hand on your hip and raise your left arm.
3. Bend at your hips and stretch towards your right. Hold this position for 10 seconds before repeating on the other side.



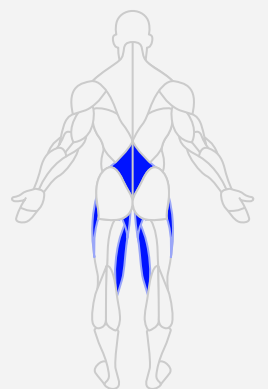
You should feel a stretch in the muscles at your sides.



20-sec Butterfly stretch

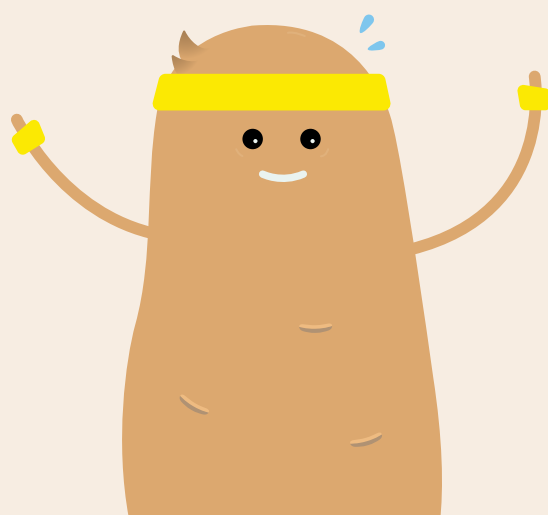
No equipment required

1. Sit on the floor with your back straight and bring both soles of your feet together.
2. Gradually lean forward until you feel a stretch in your inner thigh.
3. Hold this position for 20 seconds before returning to the original position.



You should feel a stretch in your inner thigh and hip muscles.

Aim to meet the recommended minimum of 150-300 minutes of moderate-intensity aerobic physical activity and at least 2 days of muscle-strengthening activity weekly.



Discover more ways to stay active at moveit.gov.sg or download the H365 app now!