

KICKSTART YOUR FITNESS JOURNEY WITH OUR 6-WEEK WORKOUT PLAN

These basic exercises are easy to follow and can help boost your aerobic fitness, build strength and improve your balance and flexibility!



Safety first! Do consult a health professional if you are unsure about your body's readiness for physical activity. Warm-up exercises should also be done before starting out on any workouts.

KNOWING THE FITNESS COMPONENTS

Aerobic fitness, strength, balance and flexibility are the core components of overall fitness and health.

STRENGTH

Strength training can help protect your joints from injury and improve your balance to prevent falls. It is also important in helping you carry out your daily activities with ease.



AEROBIC FITNESS

Aerobic fitness is important for your heart and lung health, helping to reduce your risk of cardiovascular diseases.

BALANCE AND FLEXIBILITY

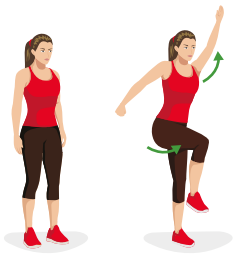
Flexibility improves your mobility by allowing your joints to move through their full range of motion. Good balance can help prevent falls. Both are important in preventing injuries and helping you perform daily activities more easily.



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.

WEEK 1 EXERCISES

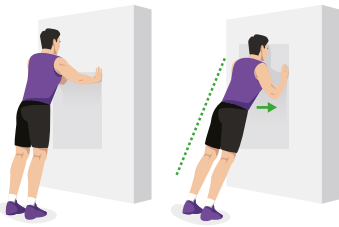
Aerobic Fitness



March and Raise

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. Lower your arm and leg, and repeat on the opposite side.
4. Continue this action for 2-3 minutes.

Strength



Wall Push-Ups

1. Stand at an arm's length away from a wall, facing it. Place your hands on the wall slightly wider than shoulder-width apart and at chest level.
2. Bend your elbows and lower your chest towards the wall until your elbows are bent at 90 degrees.
3. Return to starting position by pushing against the wall and straightening your elbows without locking them. Complete 8-12 reps.

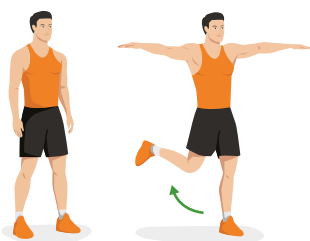
Strength



Wall Squat

1. Start in a standing position with your feet shoulder-width apart and back flat against a wall. Your feet should be about 2 foot-lengths from the wall.
2. Keeping your back against the wall, lower yourself into a seated position by bending your knees till they reach a 90-degree angle.
3. Hold this position for 30 seconds or longer.

Balance and Flexibility



Single Leg Balance

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. If needed, hold onto a bar for support.
3. Balance for 2-3 seconds before lowering your leg down to starting position. Repeat on the other leg. Complete 8-12 reps on each side.

WEEK 2 EXERCISES

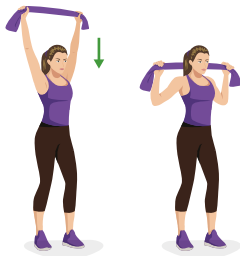
Aerobic Fitness



Jog on the Spot

1. Stand straight with your feet shoulder-width apart.
2. Lift your left knee while swinging your right arm forward. Quickly repeat this on the opposite side, landing on the balls of your feet.
3. Continue this action for 2-3 minutes.

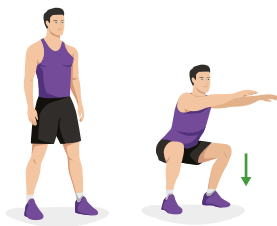
Strength



Shoulder Press

1. Stand straight with your feet shoulder-width apart. Hold two ends of the towel above your head, with your elbows slightly bent and fists shoulder-width apart.
2. With your palms facing forward, pull the towel down behind your head. Stop when the towel reaches your shoulder, while maintaining tension in the towel.
3. Raise your arms back up into the starting position above your head. Complete 8-12 reps.

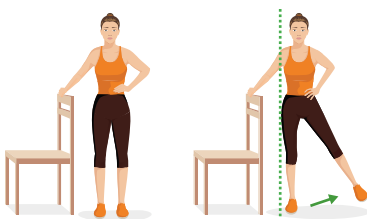
Strength



Squats

1. Stand straight with your feet slightly wider than shoulder-width apart.
2. Gradually lower yourself 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. Push through the ground with your heels to return to standing position to complete one rep. Complete 8-12 reps.

Balance and Flexibility



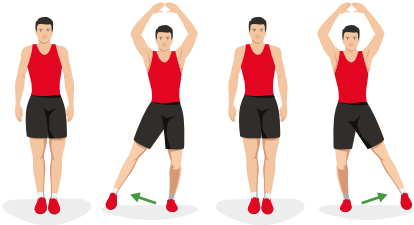
Side Leg Raises

1. Stand with your feet together and place your hands on your hips or hold onto a chair or wall for balance.
2. Lift your left leg out to the side, keeping it straight. Raise it to a comfortable height while maintaining your balance.
3. Slowly lower your left leg back into the starting position and complete 8-12 reps on this side before switching to the other side.

Note: Ensure that the chair is stable and does not have wheels.

WEEK 3 EXERCISES

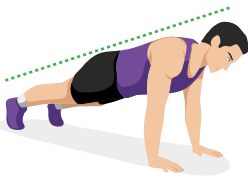
Aerobic Fitness



Modified Jumping Jacks

1. Stand straight with your feet together, shoulders relaxed and arms at your side.
2. Step to the right with your right leg and raise both arms above your head. Keep your knees slightly bent and your arms extended upwards.
3. Step with your right leg back to the middle and lower your arms back into starting position. Repeat with your left leg. Continue this action for 2-3 minutes.

Strength



High Plank

1. Get into a push-up position, with your palms directly under your shoulders and your feet hip-width apart.
2. Hold yourself up on your hands and toes, engaging your core to keep your body in a straight line.
3. Hold this position for 30 seconds or longer.

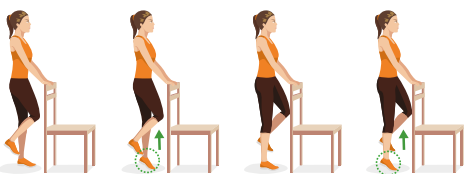
Strength



Isometric Squat Hold

1. Stand straight with your feet slightly wider than shoulder-width apart.
2. Gradually lower yourself 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. Hold this position for 30 seconds or longer, push through your heels to return to starting position.

Balance and Flexibility



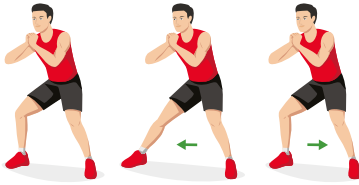
Note: Ensure that the chair is stable and does not have wheels.

Single Leg Calf Raises

1. Stand straight with your feet shoulder-width apart and your hands on the back of a chair for support. Lift your right foot slightly off the ground.
2. Slowly lift your left heel off the ground, coming to a tiptoe position on the balls of your feet.
3. Slowly lower your left leg back into the starting position, complete 8-12 reps on this side before switching to the other side.

WEEK 4 EXERCISES

Aerobic Fitness

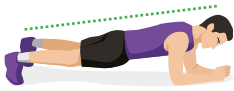


Shuffle a few steps laterally to one side, then repeat in the opposite direction.

Lateral Shuffle Squats

1. Stand with your feet slightly wider than shoulder-width apart and lower your body into a squat position. Keep your back straight and core engaged.
2. Take a step to the right with your right foot. Follow with your left foot until your feet are back to shoulder-width apart.
3. Continue shuffling to the right, then repeat on the opposite side till you're back where you started. Continue this action for 2-3 minutes.

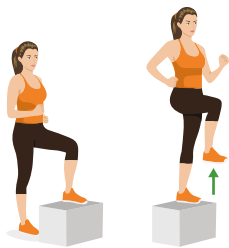
Strength



Plank

1. Lie on your front. Push yourself up to bear your weight on your forearms and toes, with your feet hip-width apart.
2. Engage your core to keep your body in a straight line.
3. Hold this position for 30 seconds or longer.

Balance and Flexibility



Step-Ups

1. Stand in front of a stable step.
2. Step up with your left foot and push through this foot to lift your body up onto the step. Drive your right knee up. Keep your back straight while firmly planting your left foot on the step.
3. Step down with your right foot into starting position. Repeat on the opposite side. Complete 8-12 reps on each side.

Balance and Flexibility

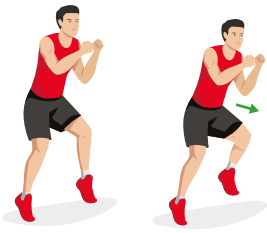


Standing Crunches

1. Stand straight with your feet shoulder-width apart and your hands behind your head. Keep your elbows pointing outward.
2. Bending at your waist, raise your left knee and bring your right elbow across your body towards your left knee.
3. Return to the starting position and repeat on the opposite side. Complete 8-12 reps on each side.

WEEK 5 EXERCISES

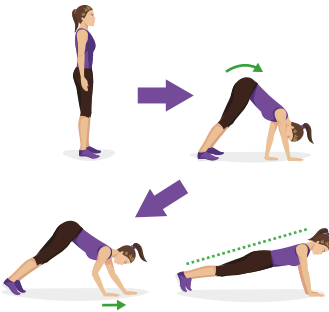
Aerobic Fitness



Quick Feet

1. Stand with your feet slightly wider than shoulder-width apart, bending your knees slightly.
2. Push through the balls of your feet and run in place quickly. Stay low throughout the movement by bringing your weight forward.
3. Continue this action for 2-3 minutes.

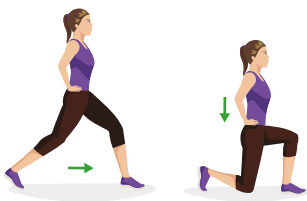
Strength



Inchworm

1. Stand straight with your feet shoulder-width apart and arms at your side.
2. With your knees bent slightly, bend forward until your palms can touch the floor in front of you.
3. Slowly walk your hands away from your feet, extending your body into a high plank position.
4. Slowly walk your hands back to your feet, returning to the starting position. Complete 8-12 reps.

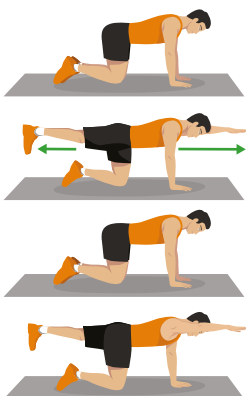
Strength



Static Lunges

1. Start with your left foot forward, lengthening your stance.
2. Bend both knees to 90 degrees, ensuring your left knee does not go past your toes.
3. Extend your legs and push upwards back into starting position. Complete 8-12 reps on this side and repeat with your right foot forward.

Balance and Flexibility

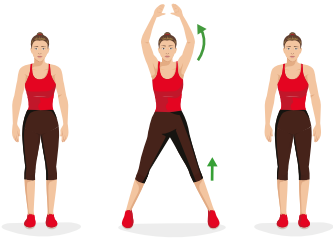


Bird Dog

1. Start on your hands and knees, with your hands under your shoulders and your knees under your hips.
2. Lift and extend your right leg and your left arm at the same time, till both are parallel to the ground.
3. Hold this position for 1-2 seconds before returning to the starting position. Repeat on the opposite side. Complete 8-12 reps on each side.

WEEK 6 EXERCISES

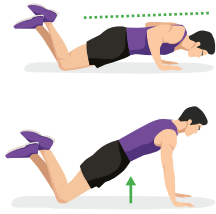
Aerobic Fitness



Jumping Jacks

1. Start by standing with your feet together and arms at your side.
2. Bend your knees slightly then jump up, spreading your legs to wider than hip-width and bringing both hands together above your head.
3. Jump again, returning to the starting position. Continue this action for 2-3 minutes.

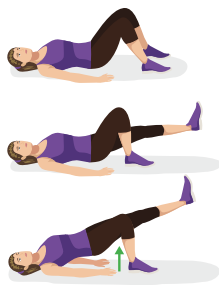
Strength



Modified Push-Ups

1. Go into a kneeling position with your hands directly beneath your shoulders and knees behind your hips.
2. Bend your elbows to the side of your torso to lower your chest towards the floor. Keep your core stable throughout. This is your starting position.
3. Push against the floor and straighten your elbows without locking them. Bend your elbows to return to starting position. Complete 8-12 reps.

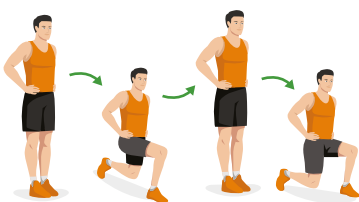
Strength



Single Leg Glute Bridges

1. Start by lying on your back with your knees bent, aligned with ankles, and feet flat on the ground. Extend your left leg, keeping your right foot on the ground.
2. Push through the heel of your right foot and lift your hips off the ground. Keep your left leg in a straight line with your body.
3. Lower yourself slowly back to the starting position. Repeat on the opposite side. Complete 8-12 reps on each side.

Balance and Flexibility



Alternating Lunges

1. Start with your feet together and hands on your waist.
2. Take a big step forward with your right foot, lengthening your stance.
3. Bend both knees to 90 degrees, ensuring your right knee does not go past your toes.
4. Straighten both legs and push backwards with your right foot to get back into starting position. Repeat with your left foot forward. Complete 8-12 reps on each side.