

#### **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!"





# Strength Exercises

**S** trength 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.

## Key muscles at work: Front of upper arm

## 1) Arm curl



#### **Start position:**

 Sit upright with arms straightened, elbows close to body



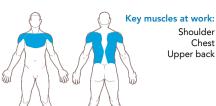
#### Action:

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





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





Start

1

## Key muscles at work: Shoulder

## 3) Side shoulder raise



#### **Start position:**

 Sit upright with arms straightened, elbows close to body



#### Action:

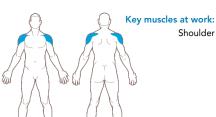
- Raise arms out to the side till shoulder level
- Do 1 set of 15 repetitions
- Return to start position





Start

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## 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





Start

1

# 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









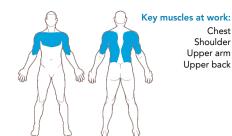
Start

1

2

3

Chest Shoulder Upper arm Upper back



## 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





Start

## 7) Curl-up



#### **Start position:**

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



#### Action:

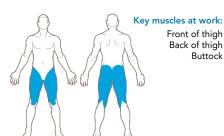
- Curl head and shoulders till shoulders are off the ground
- Do 1 set of 15 repetitions
- Return to start position





Start

Buttock



## 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





Start