

8. Single Leg V-Up



9. Hamstring Curl



10. Back Raise



Clinics B1A and B1B

TTSH Medical Centre, Level B1

Contact:

6357 7000 (Central Hotline),



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Department of ORTHOPAEDIC SURGERY

Strength Training



What is Strength Training?

Strength training is a type of physical exercise which helps you build strength, increase muscle mass and burn calories.

General guidelines for strength development:

- 1. Involve all body parts, both the upper and lower body
- 2. Exercise the larger muscles before smaller ones
- 3. Start with light loads and gradually progress to heavier loads
- 4. Use movements that resemble the activity you are training for

Benefits of Strength Training

- Maintains or increases the range of your joint movement
- Strengthens your bones, muscles, tendons and ligaments to help your injuries recover faster
- Improves your ability to do daily activities

Circuit Training

- Perform all ten exercises continuously
- For each exercise, complete as many repetitions as you can in 30 seconds
- Rest for one minute between exercises



1. Calf Raise



2. Bicep Curl



5. Shoulder Press



6. Hip Extension (using a resistance band)



3. Hip Flexion (using a resistance band)



4. Leg Press



7. Tricep Dip

Note: These exercises should only be performed under the supervision of a TTSH exercise specialist. It should not be reproduced by any means for any purposes.