



8. Single Leg V-Up



9. Hamstring Curl



10. Back Raise

Clinics B1A and B1B
TTSH Medical Centre, Level B1

Contact:
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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.