



Active Health STRENGTH 1.0: An Eight-Week Beginner Programme In Singapore

Description

The beginner-friendly course introduces seven core strength movements through one 60-minute session a week for eight weeks.

It is designed for adults aged 18 and above who are rebuilding strength or want enough instruction to train with better technique and consistency, rather than for experienced lifters chasing an advanced programme.

What Happens Across Eight Weeks

Each physical session combines health coaching, hands-on movement practice and short explanations of why the technique matters. The programme's seven-movement structure gives beginners a repeatable foundation instead of a changing workout every week.

The official listing describes a low-to-vigorous range because the experience can differ by age and fitness. Participants are expected to work at a comfortable pace and respond to their own symptoms and recovery.

- Eight weeks in total.
- One 60-minute physical session each week.
- Seven core strength movements plus coaching and theory.

Who It Suits

STRENGTH 1.0 is open to people aged 18 and above and is particularly relevant to adults getting back to exercise after a break. The focus on age-related loss of muscle also makes it useful for people thinking beyond appearance and towards daily function.

It is not a drop-in class. Participants should be able to attend the complete sequence; sessions take place at Active Health Labs and are not held on public holidays.

- Suitable for adult beginners and returners.
- Full-programme commitment is expected.
- No refund is allowed after booking.

Using ActiveSG Credits

Sport Singapore says SG60 ActiveSG credits can fully cover Active Health programme fees. The actual class selection and available lab depend on the booking inventory shown after sign-in.

For more practical wellness options, browse Little Big Red Dot's [Health & Wellness guides](#).

- Choose a location and series you can attend consistently.
- Keep public-holiday gaps in mind before booking.

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