

HealthHub strength guide: 8 to 10 exercises, 8 to 12 reps, twice a week

Description

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HealthHub sets a clear weekly target for adults: at least 150 to 300 minutes of moderate-intensity aerobic activity, plus muscle-strengthening work on two or more days. HealthHubâ??s weight-management guide makes the strength side concrete: 8 to 10 different exercises, 8 to 12 repetitions for each set, and a rest period of at least two days between each session.

An initiative of MINISTRY OF HEALTH SINGAPORE

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.

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KNOWING THE FITNESS COMPONENTS

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



AEROBIC FITNESS

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

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.





BALANCE A FLEXIBILIT

Flexibility improves mobility by allowing yo to move through their f of motion. Good balan help prevent falls. Bo important in preventing and helping you perfo activities more ea

Health Promotion Board basic-exercises infographic: aim for 150 to 300 minutes of moderate aerobic activity and at least 2 days of muscle-strengthening weekly. Photo: Health Promotion Board / Healthier SG

What counts as strength work

Muscle-strengthening (also called resistance or strength training) should load the major groups: arms, shoulders, chest, back, hips, legs and abdominals. HealthHubâ??s get-active guide puts the same numbers in one line: 8 to 10 exercises involving all the major muscle groups, 8 to 12 repetitions for each, at moderate intensity, at least twice a week.

You can use free weights, machines, resistance bands or bodyweight moves such as push-ups, sit-ups and squats. The point is overload, not a special gym membership. HealthHubâ??s weight guide says to rest at least two days between each session. It also notes that regular strength work helps raise resting metabolic rate by building muscle mass.

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WEEK 1 EXERCISES

Aerobic Fitness

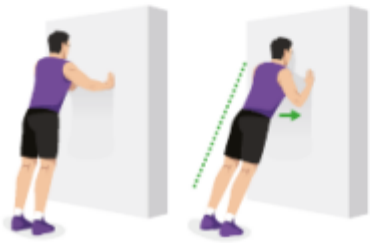


March and Raise

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.

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Strength



Wall Push-Ups

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

Strength



Wall Squat

1. Start in a standing position with your feet shoulder-width apar flat against a wall. Your feet should be about 2 foot-lengths fro
2. Keeping your back against the wall, lower yourself into a seate 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-widt 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 ben

Health Promotion Board Week 1 strength-exercise sheet. Photo: Health Promotion Board / Healthier SG

Pair it with the aerobic minutes

Moderate-intensity aerobic work is the other half of the week. During it your heart rate rises and you can talk in short sentences but not sing. HealthHub examples include brisk walking (1 km in 10 to 15 minutes), recreational badminton, leisure cycling on level ground, recreational table tennis and leisure swimming.

HealthHubâ??s get-active guide gives two ways to reach the aerobic target: 30 minutes on five days, or 60 minutes three times a week. Add two strength sessions with at least two rest days between them. The four fitness components HealthHub flags are aerobic fitness, strength, balance and flexibility; stretches cover the last two. More activity brings more benefit; some activity still beats none.

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WORKOUTS TO STAY ACTIVE AT YOUR NEIGHBOURHOOD FITNESS CORNER

Safety first! Do consult a health professional if you are unsure about a new exercise and take the Active Questionnaire (GAQ) before exercising. Always build intensity gradually and stop if you unwell. Also ensure that you are dressed appropriately (i.e. covered shoes).

For a holistic workout session, start with warm-up exercises, continue with at least 3 strength 1 aerobic, 1 balance and 1 flexibility exercise, and end with cool-down exercises.

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DO ALL WARM-UP EXERCISES BEFORE WORK



10x Lunges with trunk rotation

No equipment required

1. Keep your arms at chest level and trunk upright.
2. Step forward with your right leg and lower yourself with a slight bend in your back leg. Both knees should be bent at 90 degrees.
3. Slowly rotate your trunk to the right then left. Pause for 1 second at each side before returning to standing position to complete 1 rep.
4. Repeat with your left leg forward. Complete 5 reps for each leg.



20x March and reach

No equipment required

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. Repeat on the opposite side. Complete 10 reps on each side.



20x Arm circles

No equipment required

Health Promotion Board fitness-corner warm-up sheet for neighbourhood outdoor gyms. Photo: Health Promotion Board / Healthier SG

A practical Deepavali-week layout

If the long weekend leaves open mornings, block two strength sessions at least two calendar days apart and fill the gaps with brisk walks or a swim. Keep each strength session to 8 to 10 moves and 8 to 12 reps, starting with a warm-up like the one on HPBâ??s fitness-corner sheet. Neighbourhood fitness corners can carry bodyweight strength and balance moves when the gym is closed.

Last reviewed: HealthHub 150-minutes page, 5 January 2026; weight-management guide, 6 January 2026; get-active guide, 28 March 2023.

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