

Let's talk about Muscle-strengthening activity at home

What is Muscle Strengthening activity?

Muscle-strengthening activities use resistance to build muscles. Perform until another repetition is difficult do without help. Gradually increase reps, sets or resistance to keep challenging your muscles.

Tips for success

- Warm up first: 5-10 min light cardio or dynamic stretches
- Focus on form: proper technique prevents injury and maximises results
- Start small: begin 1-2 sets 8-12 reps per exercise
- Train muscle groups: legs, back, chest, arms and core
- Allow 48 hours rest between sessions for muscle recovery
- Stay consistent: include as part of your daily activity at least 2 days per week
- Use your bodyweight or household items as weights: water bottles, back packs filled with books
- Use space around your house: walls, bench, beds or steps

Examples of Muscle-Strengthening activity at home



Squats - works legs & glutes



Lunges - works legs and core



Pushups - works chest, shoulders and arms



Glute bridges - works hips and lower back

