

Department of  
**PHYSIOTHERAPY**

## MuscleUP Programme Exercise Booklet





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# Welcome Message

Welcome to the **MuscleUP Programme!** This exercise programme is made just for you—to help you stay strong, move better, and feel more confident in your daily life.

Please remember to:

- Follow your therapist's advice
- Do the exercises safely at home
- Keep going, even on slower days — every little bit helps!

You are taking a great step to care for your body. Let's work together to stay active, strong, and independent!

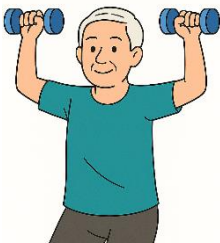
# Importance of Exercise

It is important to continue exercising to slow down muscle loss, improve balance, reduce falls, and improve overall quality of life.

This exercise program fits well with Singapore's Physical Activity Guidelines, which encourage:



Aerobic exercises to support overall health and mobility



Resistance exercises to prevent loss of muscle strength and mass



Functional & balance exercise to reduce fall risk and frailty

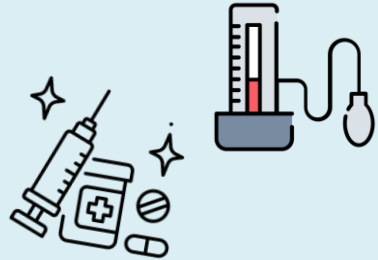
# Safety Precautions

*Follow these simple safety tips before exercising*

1

## Take Your Medication

Take any prescribed medication before exercising as advised by your doctor.



## After Illness

2

If you have just recovered from an illness, check with your physiotherapist before resuming exercising.

3

## Safe Environment

Make sure the environment is free of hazards.

Hold on stable surface for support if have difficulty with balance.



# Safety Precautions

Take note of your symptoms during exercise

## Normal

- Mild muscle soreness
- Slight shortness of breath
- Light sweating
- Mild tiredness
- Slight warmth

## Abnormal

- Chest pain
- Severe shortness of breath
- Dizziness /fainting
- Blurry vision
- Sharp pain
- Nausea
- Cold sweat

## If you feel unwell:

- Sit or lie down and rest
- If symptoms persist, stop exercising
- To seek medical attention immediately if you do not feel better after rest

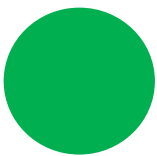
# Exercise Intensity

Use a self-assessment tool to rate how hard your body is working during exercise.

You can use either the Talk Test or Rate of Perceived Exertion (RPE) Scale.

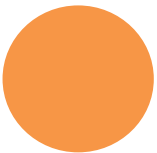
Ask your Physiotherapist how hard you should be exercising!

## Talk Test



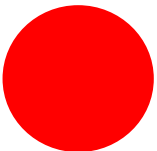
### Light

Can talk in full sentences and sing



### Moderate

Can talk in phrases or short sentences but cannot sing



### Vigorous

Have difficulty talking

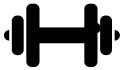
## RPE Scale

1	Nothing
2	Very Easy
3	Easy
4	Comfortable
5	Somewhat Difficult
6	Difficult
7	Hard
8	Very Hard
9	Extremely Hard
10	Maximal/Exhaustion

# Guidelines for Exercise Programme



You will learn different types of exercises that you can do at home after attending the exercise session.



Your physiotherapist will advise you on

- Exercises that you can continue do as home exercise
- Equipment that you should use for exercise
- Duration of each exercise ( e.g. number of sets, repetitions)



For your safety, only do the exercises your physiotherapist taught you.



Keep track your exercise by writing down the dates you do in the exercise calendar!

# Guidelines for Exercise Programme (Home Exercise)

Each of your home exercise session should include:

1

## Warm-Up

- To loosen joints and increase your heart rate gradually



2

## Different types of exercise

- Do the exercises taught by Physiotherapist
- Follow the pictures and instructions in booklet on how to perform the exercises correctly ( Refer to page 10-19)



3

## Cool-Down

- To slow down your breathing and relax body



# Aerobic Exercises

1 Kick and Punch

2 Jumping Jacks

# Balance Exercises

1 Multi-Direction Stepping

2 Single Leg Stance

3 Tandem Walking

# Resistance Exercises

1 Seated Shoulder Press

2 Seated Bicep Curl

3 Seated Elbow Extension

4 Sit to Stand

5 Monster Walk

6 Standing Hip Abduction

7 Standing Heel raise

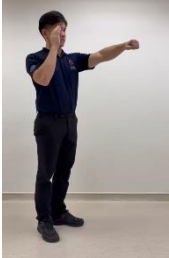
8 Supported Lunge

9 Deadlift



# Aerobic Exercise

## 1 Kick and Punch



Punch forward with your **left** arm.



Kick forward with your **right** leg.



Punch forward with your **right** arm.



Kick forward with your **left** leg.

Repeat.

# Aerobic Exercise

## 1 Kick and Punch

- Hold for \_\_\_\_ sec
- Repeat \_\_\_\_ reps
- Repeat \_\_\_\_ sets

### Exercise Calendar

Date	Date	Date	Date	Date	Date	Date

# Aerobic Exercise

## 2 Jumping Jacks



Stand up straight with feet slightly apart.



Step both feet out to the side  
Raise both arms overhead.

Repeat.

- To do with arm support on chair or wall / supervision if required

# Aerobic Exercise

2

## Jumping Jacks

- Hold for \_\_\_\_ sec
- Repeat \_\_\_\_ reps
- Repeat \_\_\_\_ sets

### Exercise Calendar

Date	Date	Date	Date	Date	Date	Date

# Balance Exercise

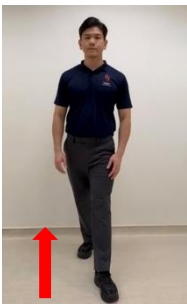
## 1 Multi-Direction Stepping



Step forward with your **right** foot.  
Step back, keeping feet slightly apart.



Step sideways with your **right** foot.  
Step back to feet slightly apart.



Step backward with your **right** foot.  
Step back to feet slightly apart.

Repeat on the other foot.

- To do with arm support on chair or wall / supervision if required

# Balance Exercise

## 1 Multi-Direction Stepping

- Hold for \_\_\_\_ sec
- Repeat \_\_\_\_ reps
- Repeat \_\_\_\_ sets

### Exercise Calendar

Date	Date	Date	Date	Date	Date	Date

# Balance Exercise

## 2 Single Leg Stance



Place \_\_\_\_ hand(s) on the chair for support with feet slightly apart.



Slowly lift your **right** leg off the ground and hold.

Repeat on the other leg.

# Balance Exercise

2

## Single Leg Stance

- Hold for \_\_\_\_ sec
- Repeat \_\_\_\_ reps
- Repeat \_\_\_\_ sets

### Exercise Calendar

Date	Date	Date	Date	Date	Date	Date

# Balance Exercise

## 3 Tandem Walking



Start with feet close together, pointing forward.



Place one foot in front of the other.

(Ensure the heel of the foot in front is touching the toes of foot behind.)



Continue walking forward with heel to toe.

- To do with arm support on chair or wall / supervision if required

# Balance Exercise

## 3 Tandem Walking

- Hold for \_\_\_\_ sec
- Repeat \_\_\_\_ reps
- Repeat \_\_\_\_ sets

### Exercise Calendar

Date	Date	Date	Date	Date	Date	Date

# Resistance Exercise

## 1 Seated Shoulder Press (Weights)



Hold a weight in one hand.  
Raise your arm out to the side to shoulder level.  
Bend your elbow.



Straighten your arm.  
Repeat.

# Resistance Exercise

## 1 Seated Shoulder Press (Weights)

- Hold for \_\_\_\_ sec
- Repeat \_\_\_\_ reps
- Repeat \_\_\_\_ sets

### Exercise Calendar

Date	Date	Date	Date	Date	Date	Date

# Resistance Exercise

## 2 Seated Bicep Curl ( Exercise Band)



Step on the exercise band with one foot.

Wrap the band around your hand (same side) with your thumb facing forward.



Slowly bend your elbows fully.

Repeat.

Increase the band tightness as required.

# Resistance Exercise

2

## Seated Bicep Curl (Exercise Band)

- Hold for \_\_\_\_ sec
- Repeat \_\_\_\_ reps
- Repeat \_\_\_\_ sets

### Exercise Calendar

Date	Date	Date	Date	Date	Date	Date

# Resistance Exercise

## 3 Seated Elbow Extension (Weights)



Hold a weight in one hand and position it behind your head.



Slowly straighten your arm.

Repeat.

# Resistance Exercise

3

## Seated Elbow Extension (Weight \_\_\_\_\_)

- Hold for \_\_\_\_\_ sec
- Repeat \_\_\_\_\_ reps
- Repeat \_\_\_\_\_ sets

### Exercise Calendar

Date	Date	Date	Date	Date	Date	Date

# Resistance Exercise

## 4 Sit to Stand (Weights)



Hold a weight with both hands (close to chest).



Stand up slowly.

Repeat.

# Resistance Exercise

## 4 Sit to Stand (Weight \_\_\_\_\_)

- Hold for \_\_\_\_ sec
- Repeat \_\_\_\_ reps
- Repeat \_\_\_\_ sets

### Exercise Calendar

Date	Date	Date	Date	Date	Date	Date

# Resistance Exercise

## 5 Monster Walk ( Exercise Band)



Tie the exercise band slightly above knee level with feet slightly apart.

Bend both knees slightly.



Take a wide step to the right.

Left foot follows.

Repeat.

- To do with arm support on chair or wall / supervision if required

# Resistance Exercise

## 5 Monster Walk ( Exercise Band)

- Hold for \_\_\_\_ sec
- Repeat \_\_\_\_ reps
- Repeat \_\_\_\_ sets

### Exercise Calendar

Date	Date	Date	Date	Date	Date	Date

# Resistance Exercise

## 6 Standing Hip Abduction (Exercise Band)



Tie the band above ankle level.



Lift your right leg out to the side.

Repeat.

# Resistance Exercise

6

## Standing Hip Abduction (Exercise Band)

- Hold for \_\_\_\_ sec
- Repeat \_\_\_\_ reps
- Repeat \_\_\_\_ sets

### Exercise Calendar

Date	Date	Date	Date	Date	Date	Date

# Resistance Exercise

## 7 Standing Heel Raises



Place \_\_\_\_\_ hand(s) on the chair for support.



Raise both your heels off the ground.

Repeat.



# Resistance Exercise

7

## Standing Heel Raises

- Hold for \_\_\_\_ sec
- Repeat \_\_\_\_ reps
- Repeat \_\_\_\_ sets

### Exercise Calendar

Date	Date	Date	Date	Date	Date	Date

# Resistance Exercise

## 8 Supported Lunge



Stand with feet slightly apart.  
Place your hand on the wall for support.



Step forward with your right foot and lower your body by bending both knees.

Keep your hand on the wall.

Repeat.

# Resistance Exercise

8

## Lunge (Supported Lunge)

- Hold for \_\_\_\_ sec
- Repeat \_\_\_\_ reps
- Repeat \_\_\_\_ sets

### Exercise Calendar

Date	Date	Date	Date	Date	Date	Date

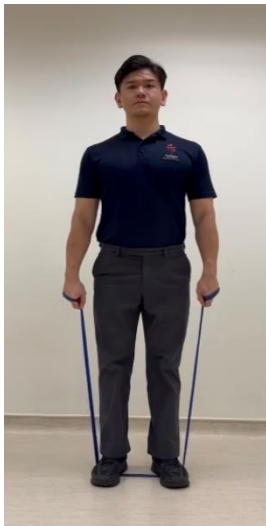
# Resistance Exercise

## 9 Deadlift (Exercise Band)



Keep your back straight and bend both knees slightly.

Stand on the exercise band and wrap one end around each hand until you feel some tension in the band.



Slowly straighten your back and knees.

Repeat.

# Resistance Exercise

9

## Deadlift (Exercise Band)

- Hold for \_\_\_\_ sec
- Repeat \_\_\_\_ reps
- Repeat \_\_\_\_ sets

### Exercise Calendar

Date	Date	Date	Date	Date	Date	Date



# Keep Moving Forward

Thank You for Being Part of the Program!

We hope you've enjoyed the journey and learned exercises that help you feel stronger and fitter!

Keep going — the key to build up your muscle, improve your strength and fitness is to continue the exercises with the right intensity and gradual progression!

Let's make exercising  
a habit for life!

Every exercise brings you  
one step closer to your goal!



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