

Become Stronger And Leaner [LEARN MORE](#)

# SINGAPORE'S NEIGHBOURHOOD STRENGTH AND CONDITIONING TRAINING FACILITY SINCE 2014

They restrict you, limit you. Not us.

What we call dedication, they view it as obsession.

What we view normal, they call crazy.

Get stronger, get leaner and set PRS.

From the beginners to the weekend warriors to the seasoned lifters, Join the family.

Powerlifting, Olympic Weightlifting, Strength & Conditioning Gym Singapore.

**Personal Training or Classes.**

**Open Gym Monthly Memberships Available.**

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At The Strength Yard, we believe that strength training is beneficial for everyone.

Sticking to the basics of functional barbell training,

Our science based approach to training ensures that our clients enjoy a safe and sustainable progression through their lifting journey.

Become stronger and leaner.

Feel better and move better in day to day activities, improving your quality of life.

## STRENGTH TRAINING MADE EASY

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### CONTACT US!

Your Name\*

Your WhatsApp/Phone Number\* (incase email goes to spam)

Your Email\*

Your Message\*

**SUBMIT**

**369 Joo Chiat Road, Singapore 427614**

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**+6569097449**

**Monday to Sunday 6AM – 12MN (MEMBERS ONLY CARD ACCESS)**

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## **FAQS**

**+ WHAT IS STRENGTH TRAINING?**

**+ IS STRENGTH TRAINING SAFE?**

**+ WHAT ARE THE BENEFITS OF STRENGTH TRAINING?**

**+ IS IT TOO LATE TO START STRENGTH TRAINING?**

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## AS FEATURED IN

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[Best 10 Gym Memberships In Singapore – Best In Singapore](#)

[8 Strength & Conditioning Gyms You Should Try In Singapore – Cheryl Tay](#)

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[We'Re Hooked On The Strength Yard'S Met-Con Class – GuavaPass](#)

[Your Guide To The Best Olympic Weightlifting Gyms In Singapore – Augustman](#)

[7 Best Gyms in Singapore to Hype Up Your Workout Routine – The Fun Empire](#)

[Best Gyms for Strength Training in Singapore](#)

[Best Lifting Gyms In Singapore For Strength And Conditioning – City Nomads](#)





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## PARTNERS



