



Welcome to Aegis!

Welcome

Login to Aegis to manage your Active SG activities.

NRIC/FIN

Password

Don't have an account? [Register Now!](#)

Login



Good Afternoon, Michelle Tan!

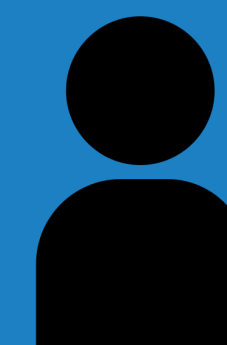
You have completed 0 exercises today.



Exercises



Rewards



Account



Strength



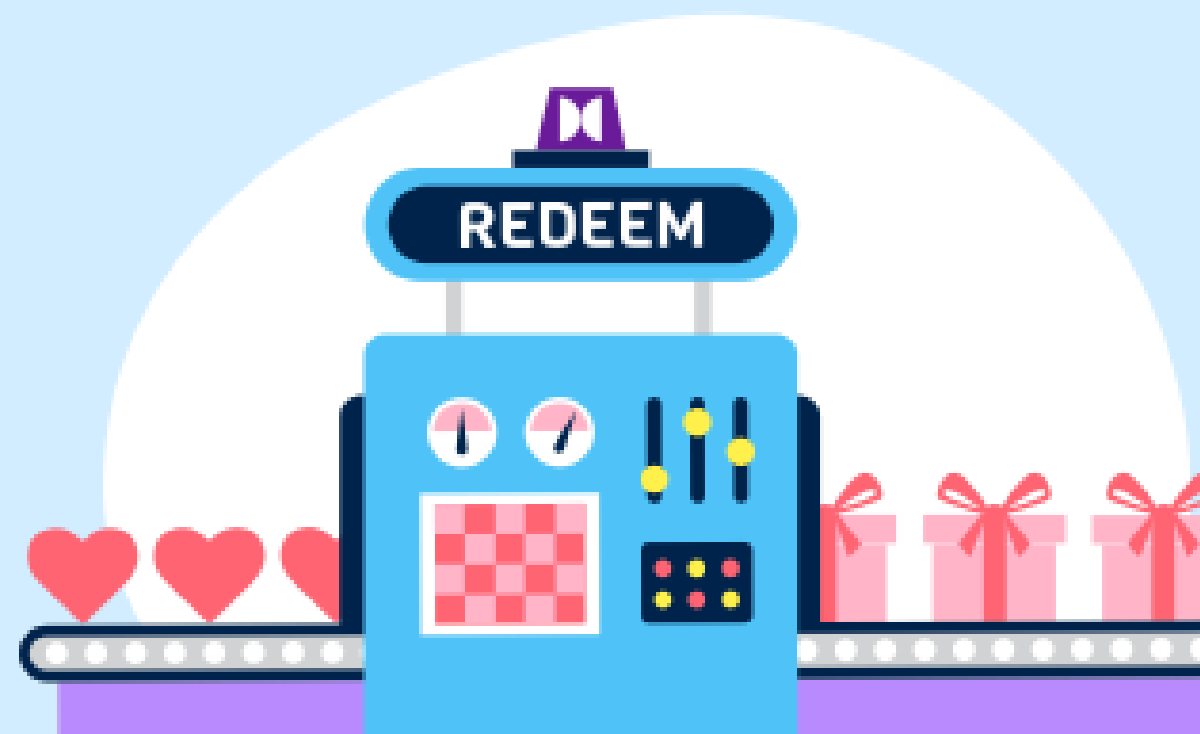
Balance



Flexibility



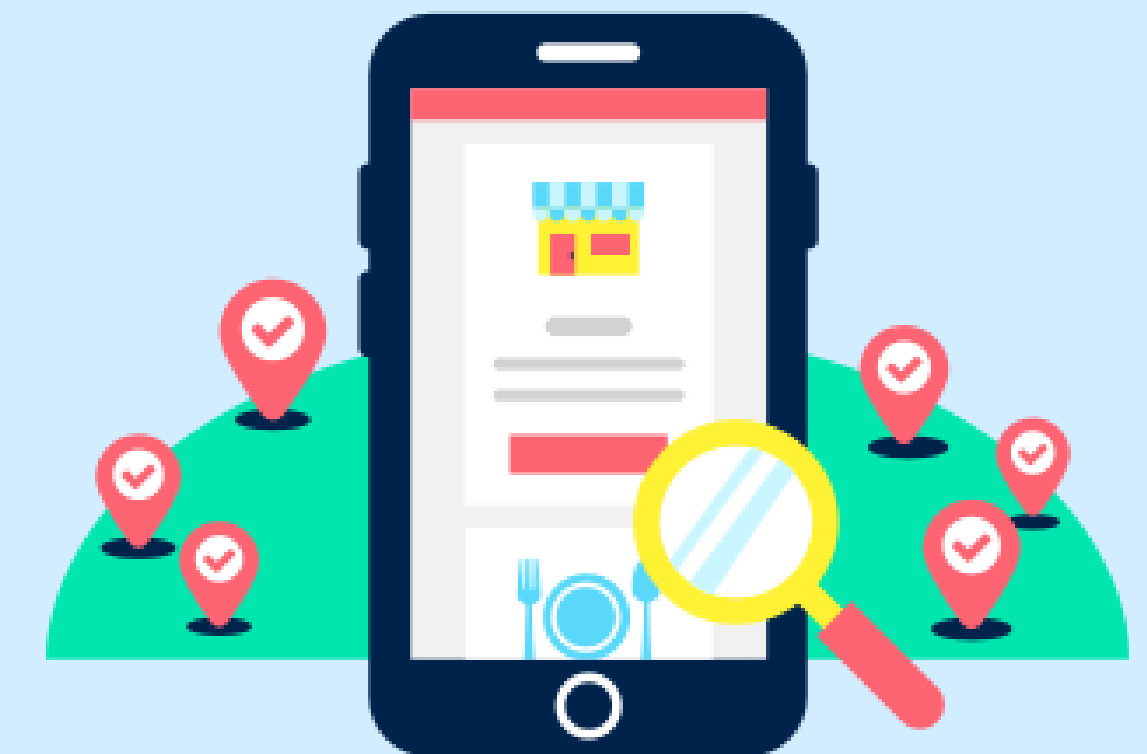
What routine shall we do?



Redeem Points



Claimable Vouchers



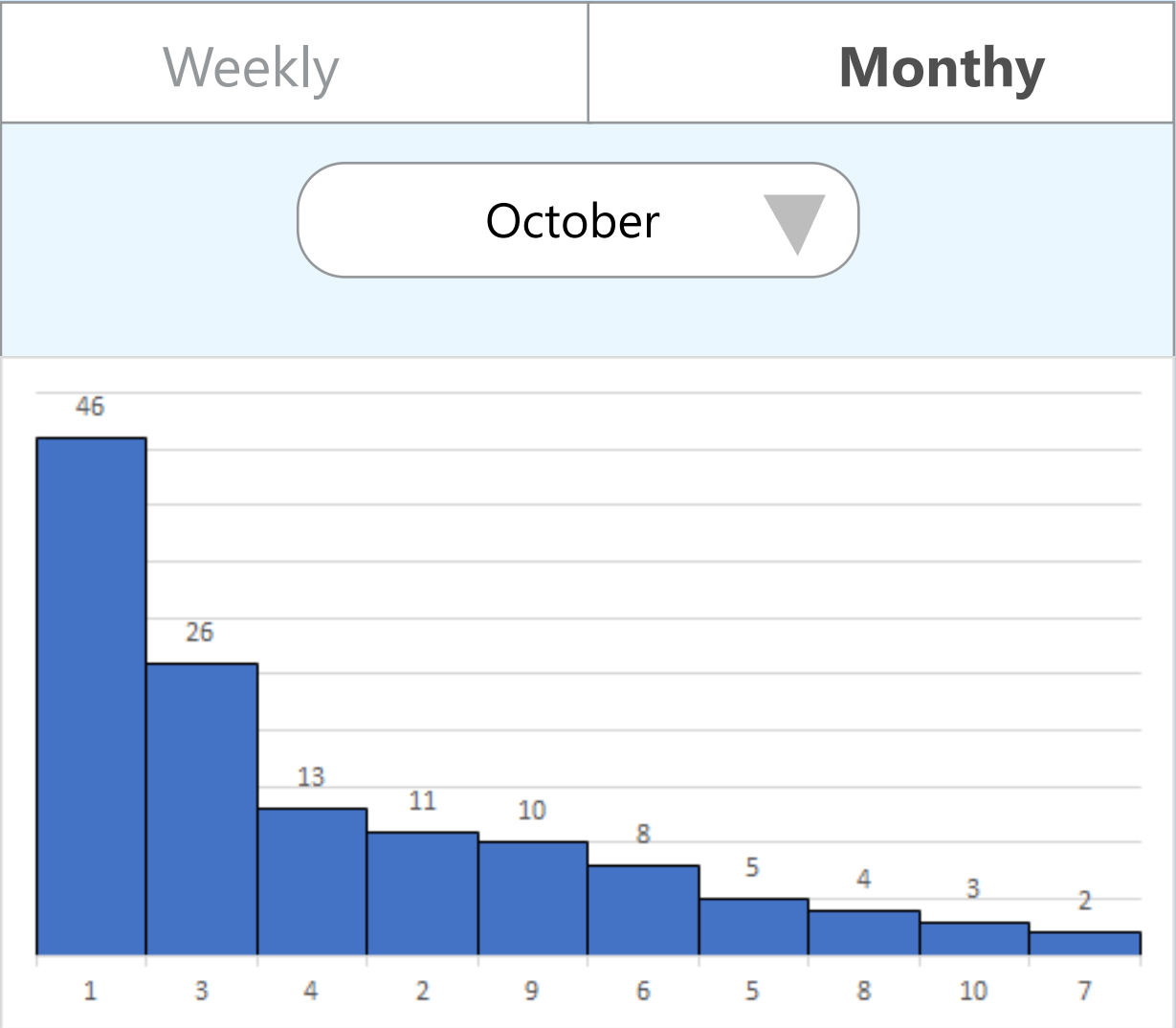
Check out Participating Merchants



WOW! Look at the rewards!



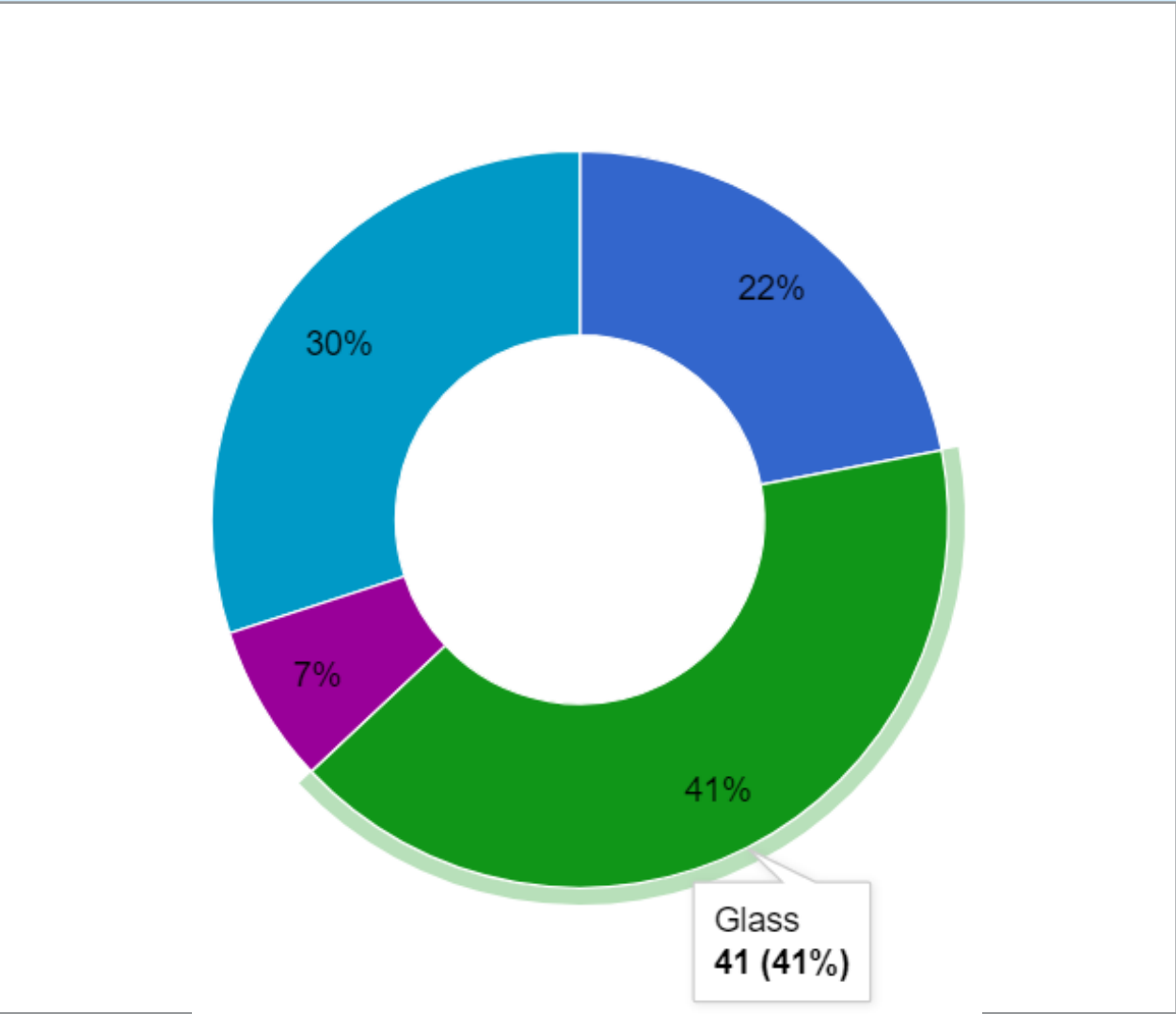
Completed Exercises



Michelle Tan

8888 Points

Top Exercises





Back

Strength Routine

Start



Exercises



1) Arm Extensions



2) Sit to Stand



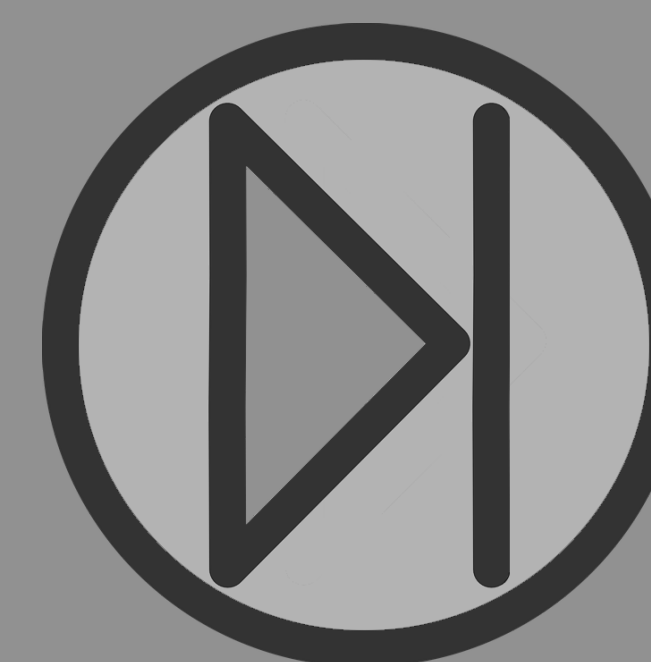
3) Standing Hip Extension



Strength Routine

Exercise 1: Arm Extensions

Auto-Play Demo Video



SKIP



Strength Routine

Exercise 1: Arm Extensions

Time Left

00:30

Reps Done

30

Camera Footage

> Overlay:

- Positioning Instructions
- 3 2 1 GO

GIF to Follow

Let's Go!





Strength Routine

Exercise 3: Standing Hip Extension

Auto-Play Demo Video



SKIP



Strength Routine

Exercise 3: Standing Hip Extension

Time Left

00:30

Reps Done

22

Camera Footage

> Overlay:

- Positioning Instructions
- 3 2 1 GO

GIF to Follow

Don't Give Up!



Strength Routine Complete!

1) Arm Extensions **30** Best: 30

2) Sit to Stand **15** Best: 20

3) Standing Hip Extension **22** Best: 22
* New Best! *



Total Points Earned: **67**

[Back to Routines Page](#)