



# Aegis



## Welcome

Login to Aegis to manage your Active SG activities.

[Login with Singpass](#)



# Welcome to Aegis!

## Welcome

Login to Aegis to manage your Active SG activities.

NRIC/FIN

Password

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

**Login**



欢迎来到Aegis !

欢迎光临!

请登录您的**Aegis**户口

NRIC/FIN

密码

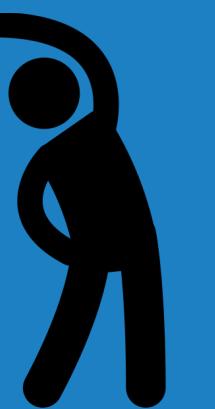
没户口吗？ [注册吧！](#)

登录



Good Afternoon, Michelle Tan!

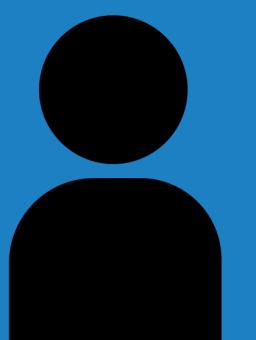
You have completed 0 exercises today.



Exercises



Rewards



Account



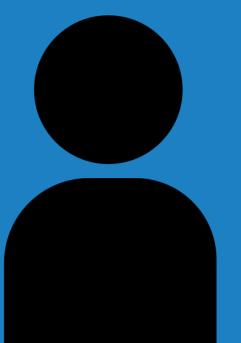
米雪,下午好！  
你今天做了 0 个运动



运动



奖励



户口



**Strength**



**Balance**



**Flexibility**

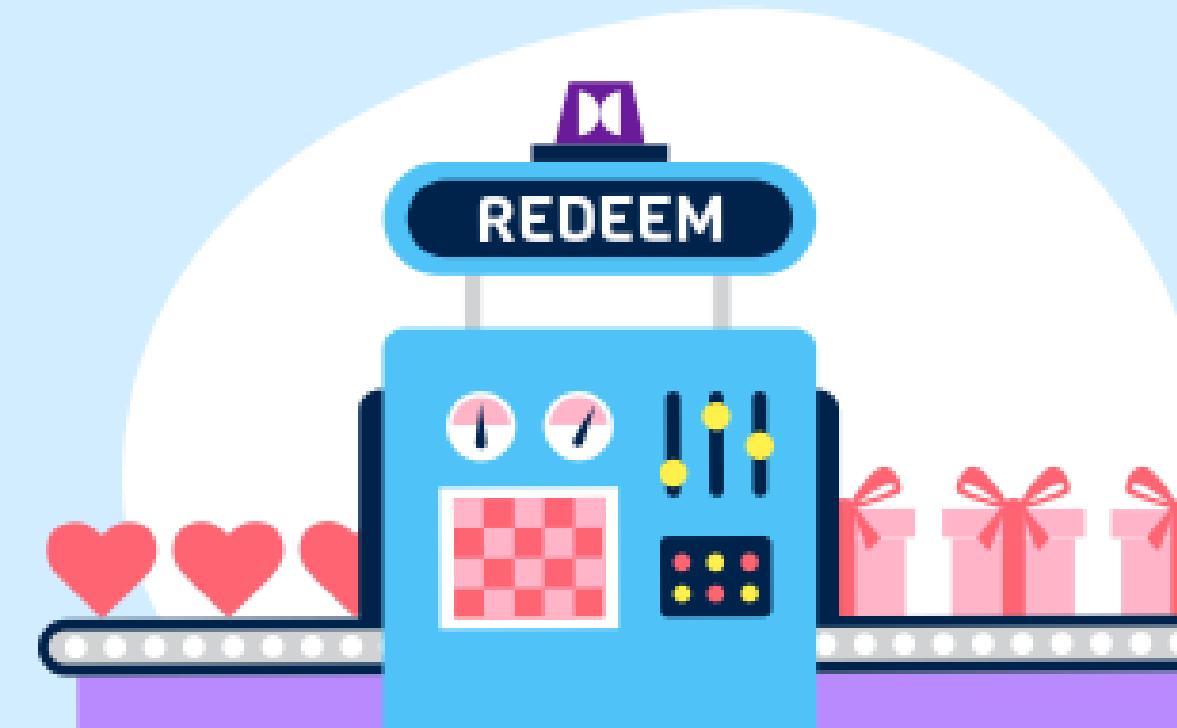


What routine shall we do?



Aegis

Rewards



**Redeem Points**



**Claimable Vouchers**



**Check out Participating Merchants**



WOW! Look at the rewards!



# Aegis

Account



Logout

English / 华文

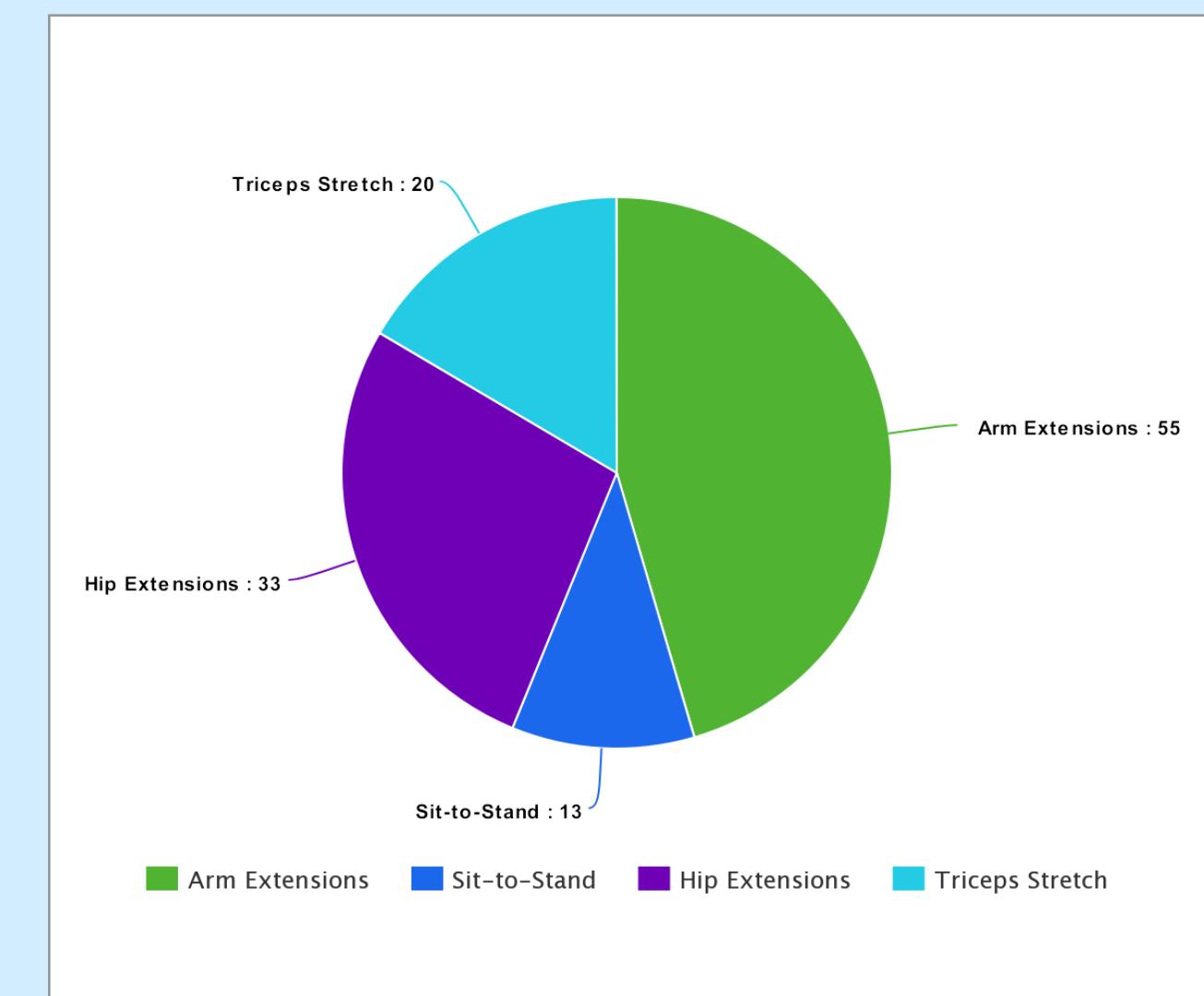
## Completed Exercises



## Michelle Tan

1250 Points

## Top Exercises

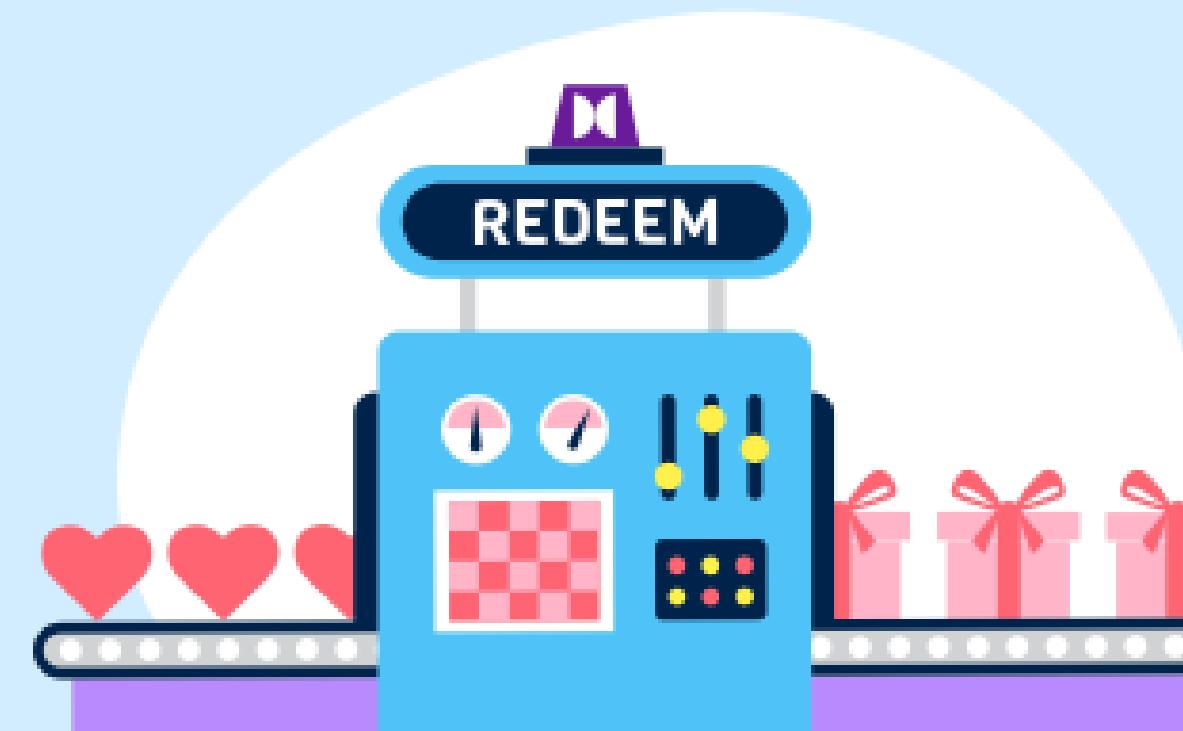




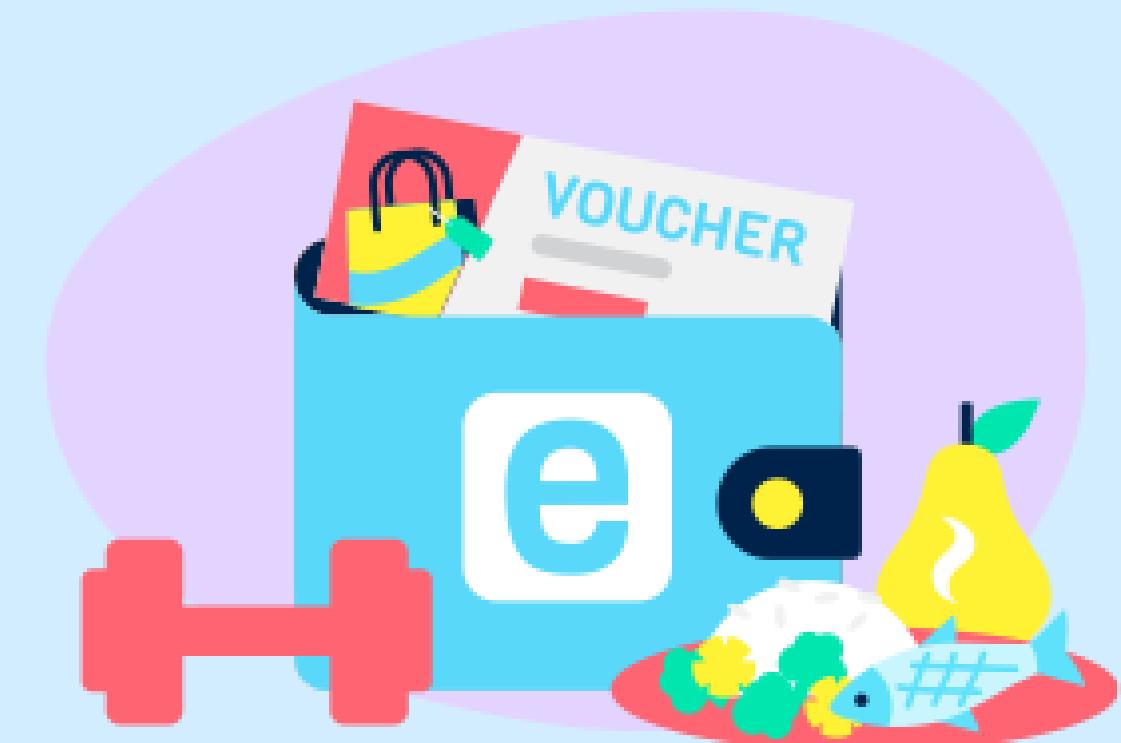
Aegis



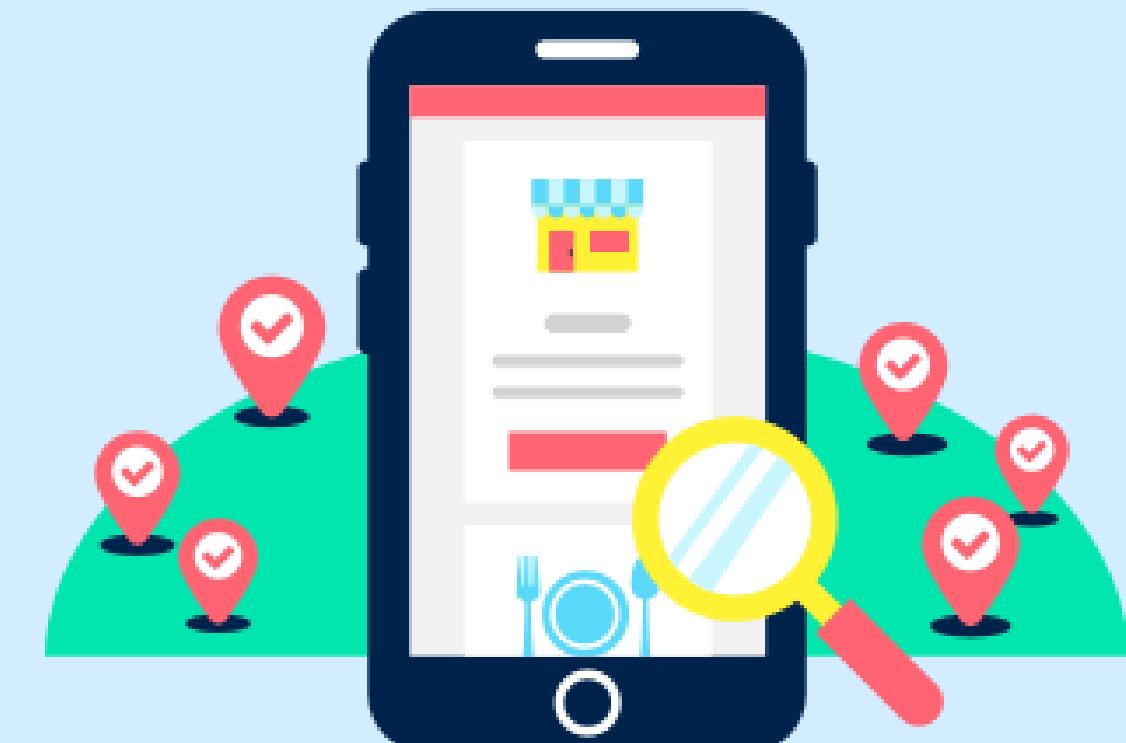
奖励



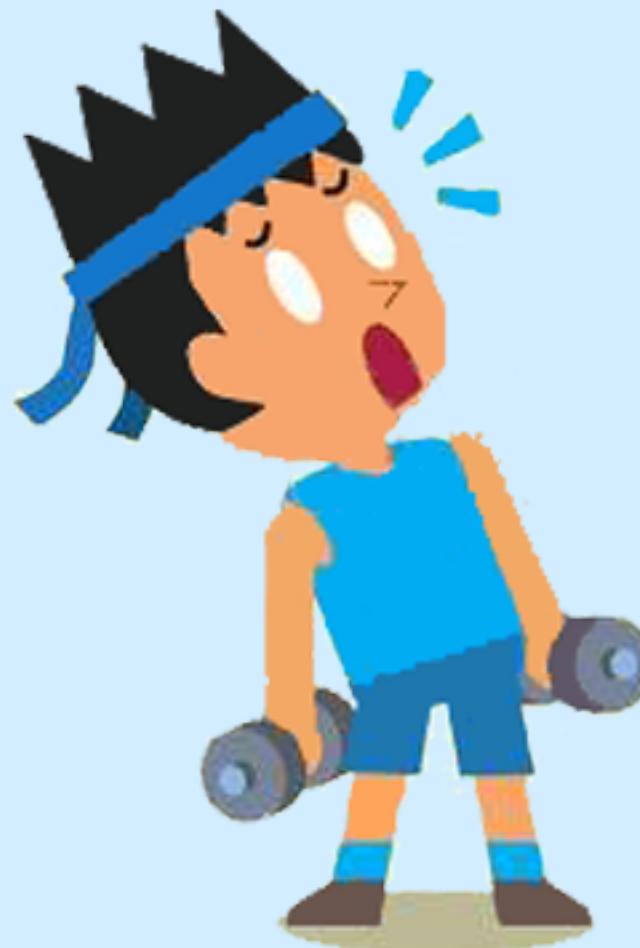
兑换积分



礼品券



参与商户



哇！这些奖励一级棒！



力量



平衡



灵活性



今天应该做哪个呢？



Aegis



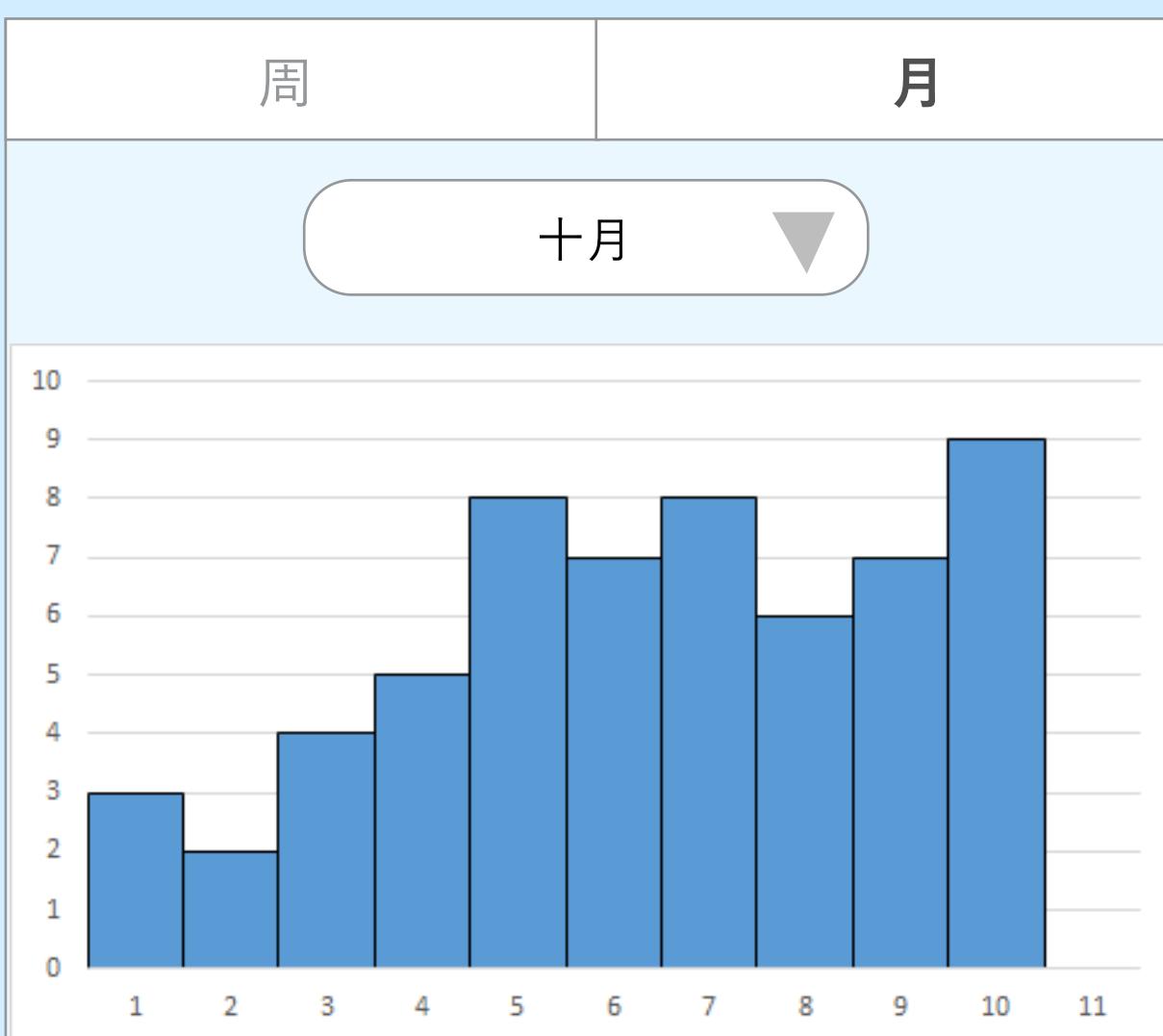
户口



登出

English / 华文

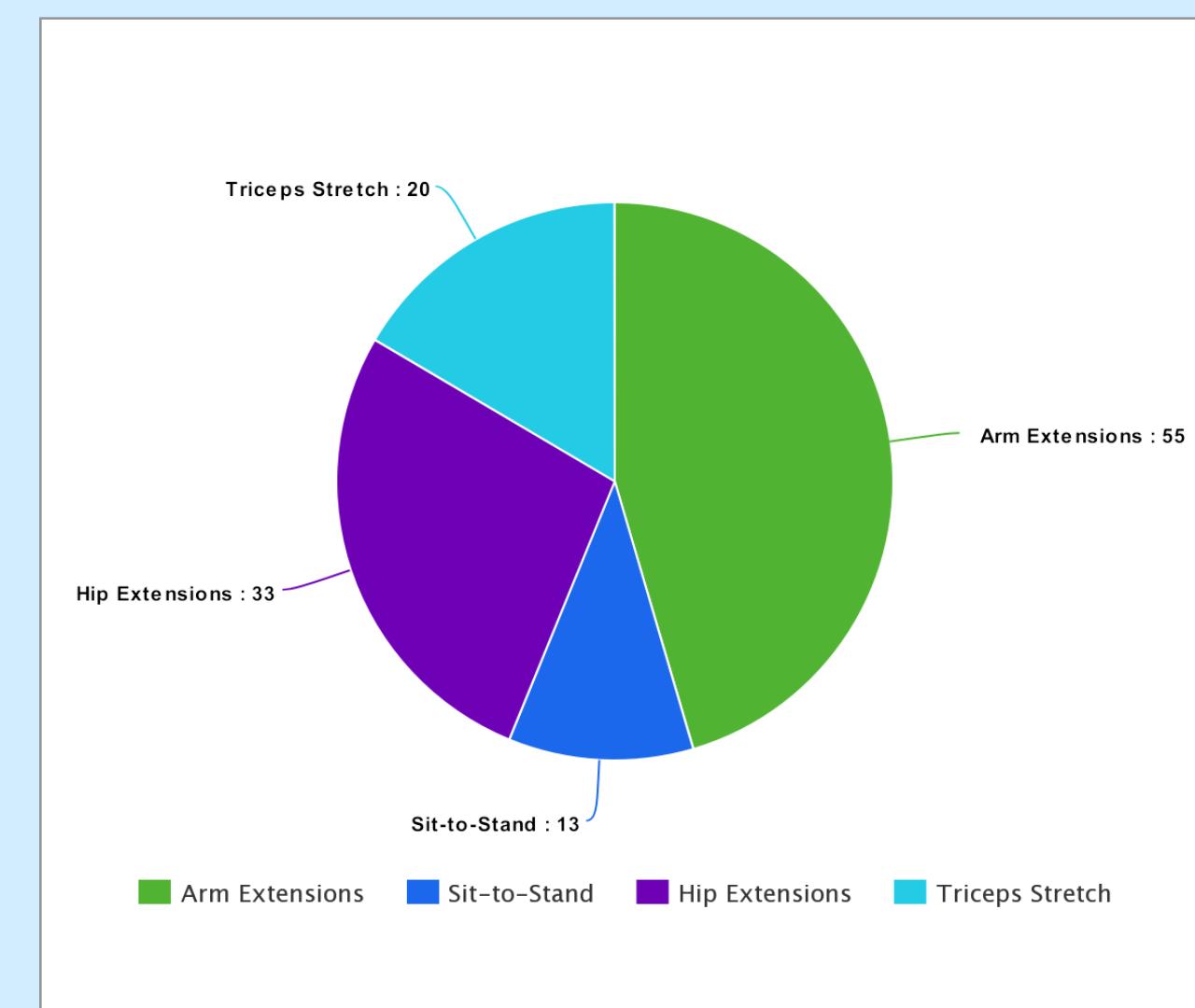
成的运动



米雪

1250 积分

最佳运动



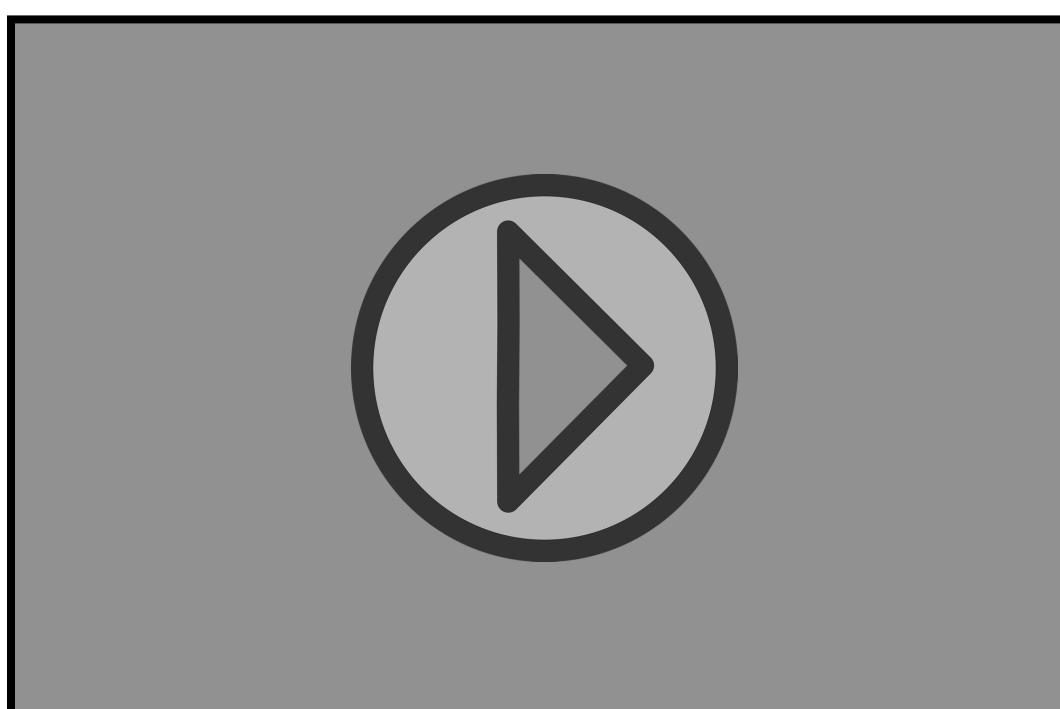


# Strength Routine

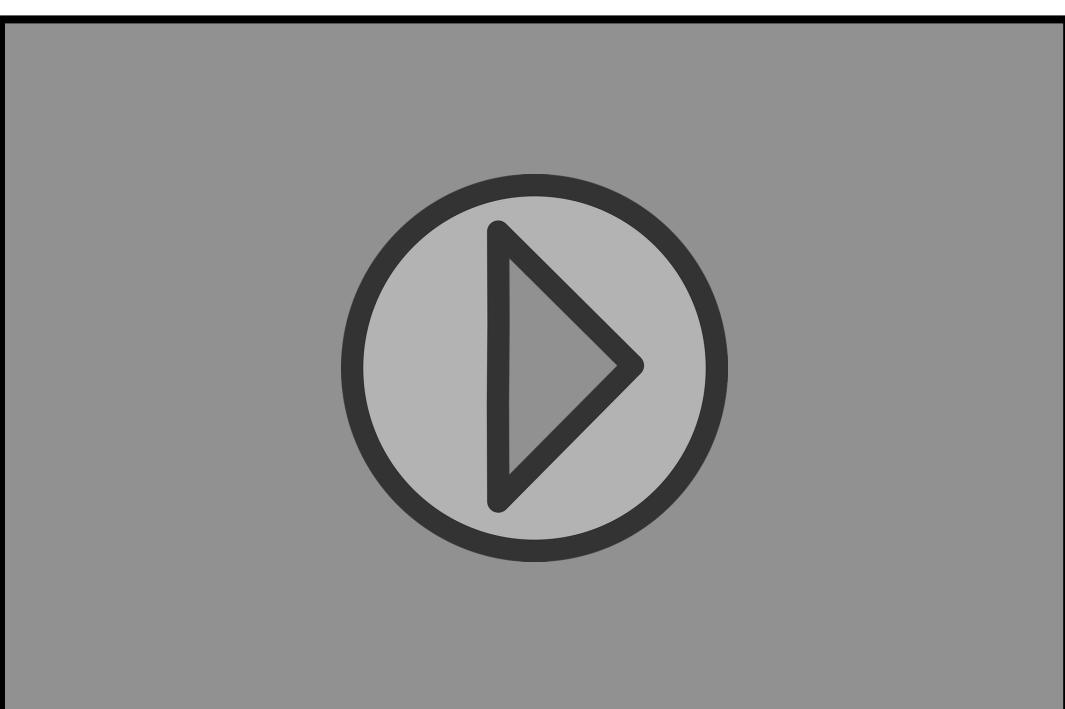
Start



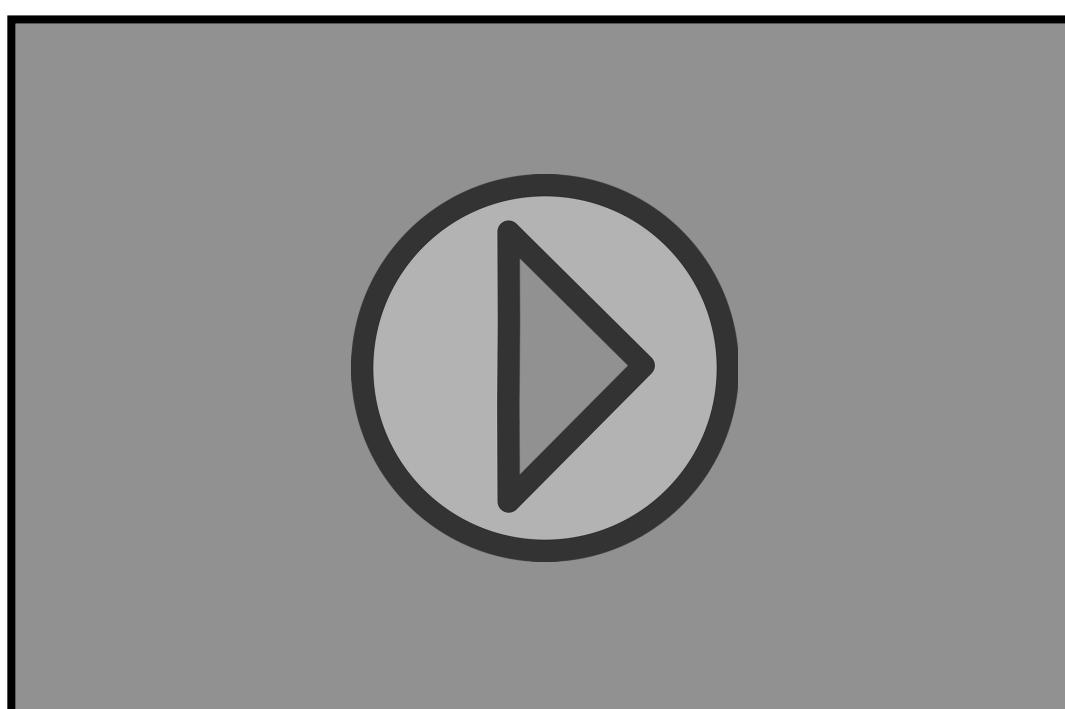
## Exercises



1) Arm Extensions



2) Sit to Stand



3) Standing Hip Extension

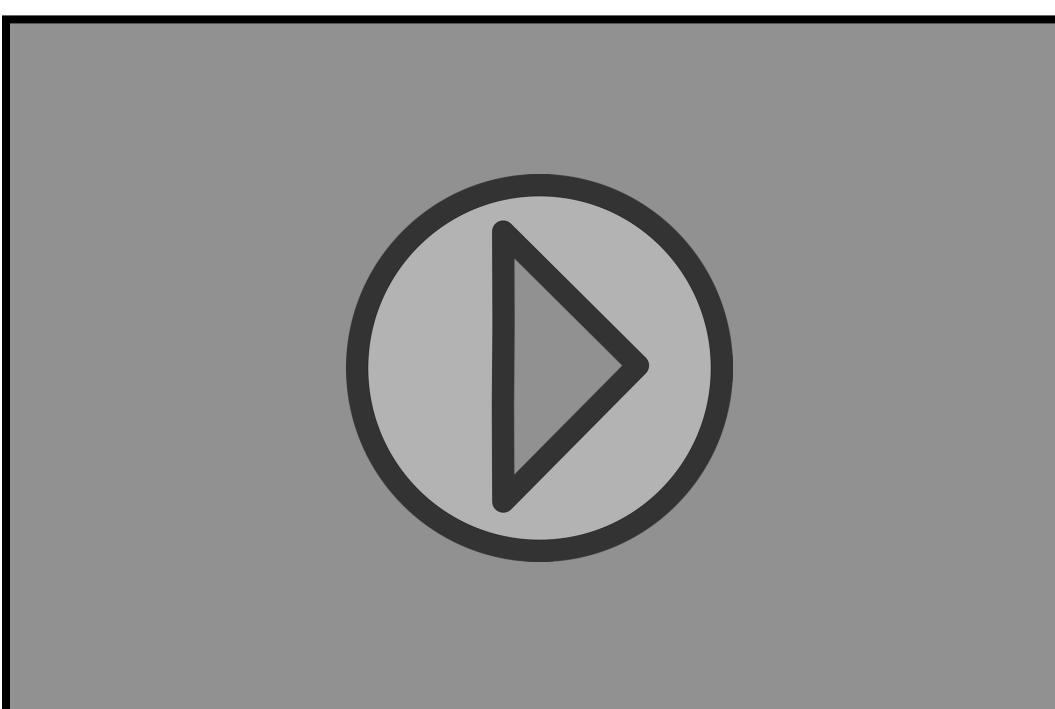


## 力量常规

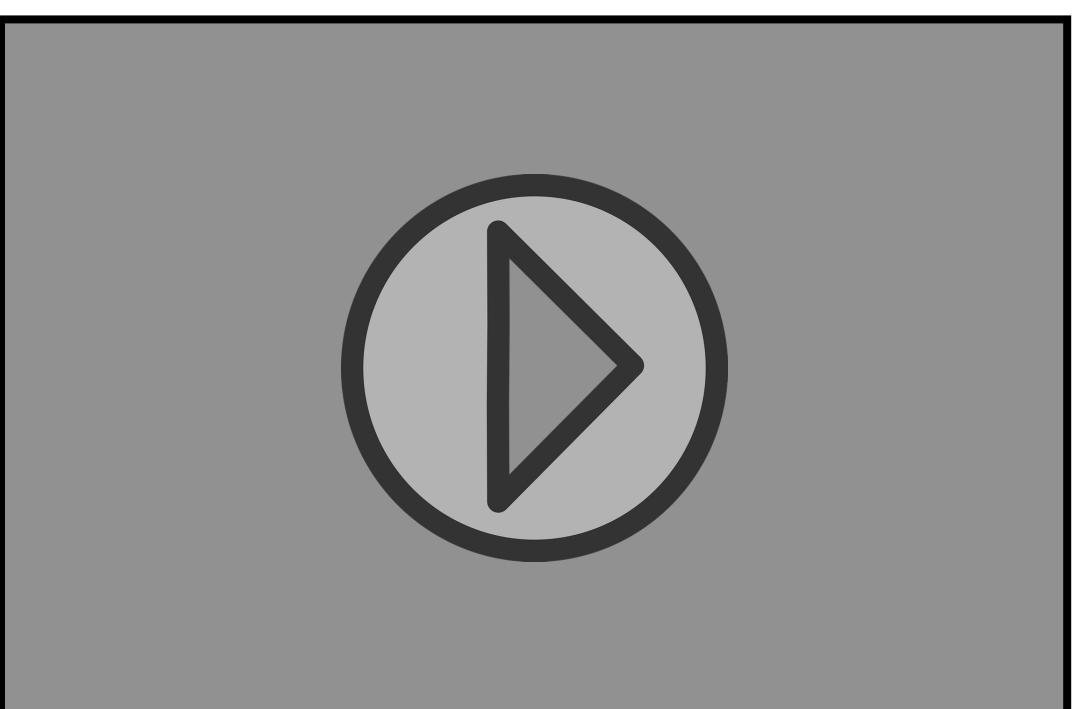
开始



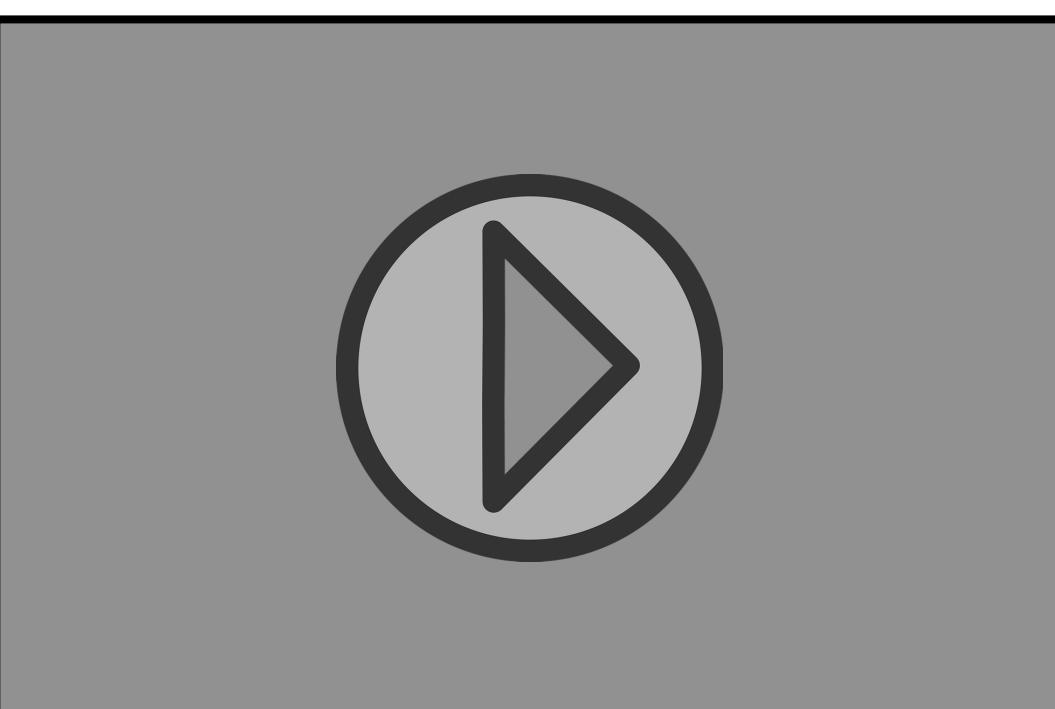
### 运动



1) 手臂延伸



2) 重复坐站



3) 站立臀部延伸



Strength Routine

# Exercise 1: Arm Extensions

Auto-Play Demo Video



SKIP



力量常规

# 运动 1: 手臂延伸

自动开始

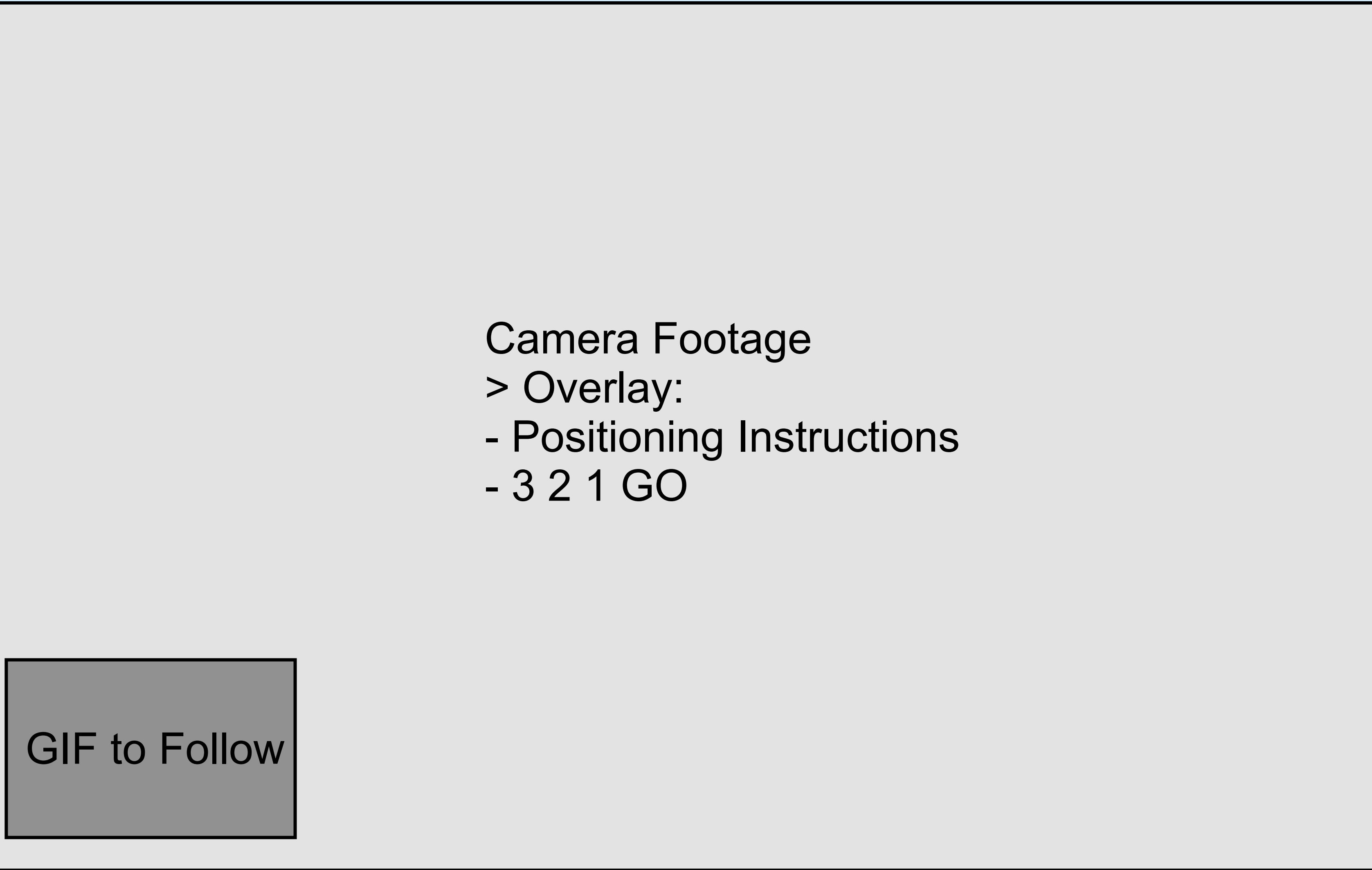


跳跃



Strength Routine

# Exercise 1: Arm Extensions



**Time Left**  
00:30

**Reps Done**  
30





力量常规

# 运动 1: 手臂延伸

GIF to Follow

Camera Footage  
> Overlay:  
- Positioning Instructions  
- 3 2 1 GO

剩下时间

00:30

完成复数

30

你行的！

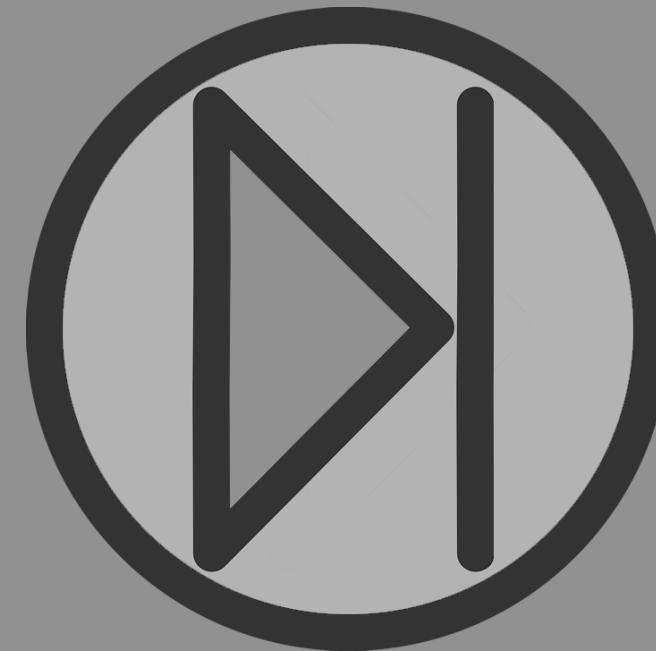




Strength Routine

## Exercise 3: Standing Hip Extension

Auto-Play Demo Video



SKIP



力量常规

## 运动 3: 站立臀部延伸

自动开始

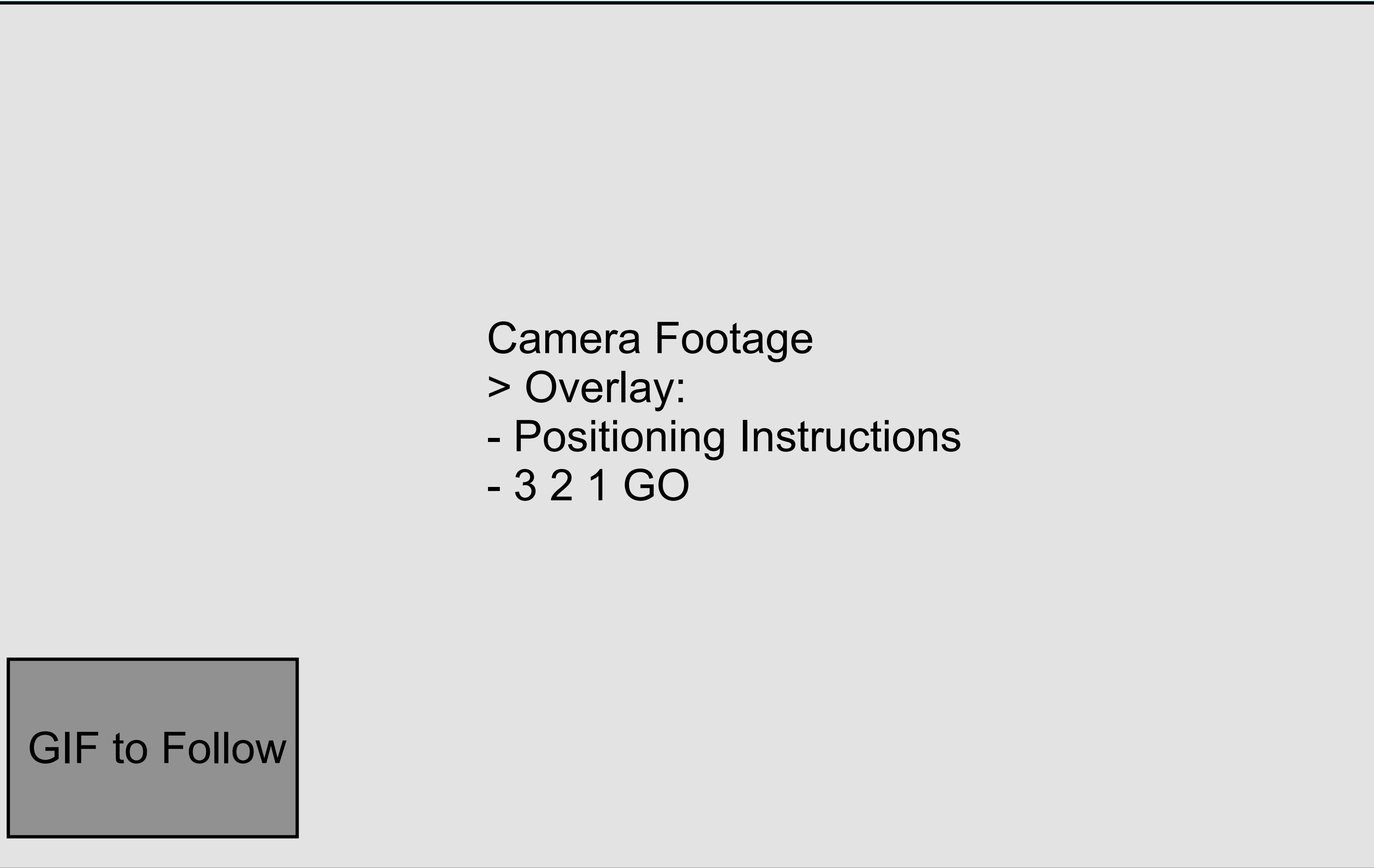


跳跃



Strength Routine

# Exercise 3: Standing Hip Extension



Time Left

00:30

Reps Done

22

Don't Give Up!





力量常规

## 运动 3: 站立臀部延伸

GIF to Follow

Camera Footage  
> Overlay:  
- Positioning Instructions  
- 3 2 1 GO

剩下时间

00:30

完成复数

22

别放弃



# Strength Routine Complete!

Arm Extensions

**30**

Best: 30

Good Job!



Sit to Stand

**15**

Best: 20

Standing Hip Extension

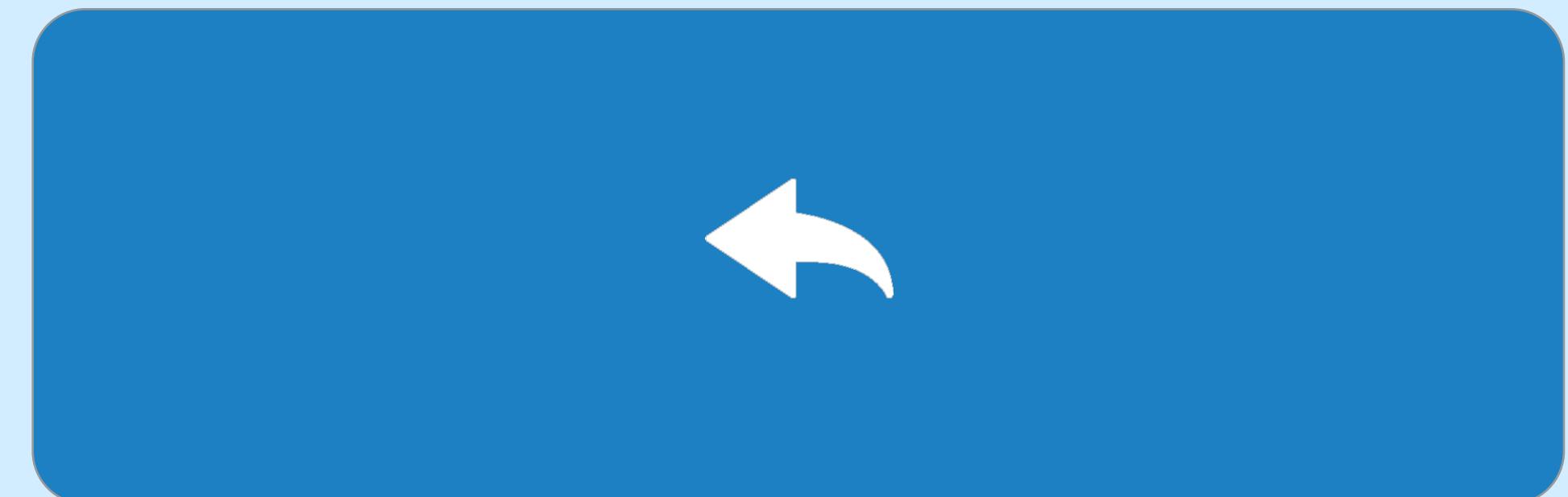
**22**

Best: 22

\* New Best! \*

Total Points Earned:

**67**



# 力量常规完成！

手臂延申

30

最高分数: 30

重复坐站

15

最高分数: 20

站立臀部延伸

22

最高分数: 22

\* 新高分! \*

获得的总积分:

67

