Developing muscle strength is the primary goal of physical fitness. It is also the second of five major components we must commit to improving in order to achieve an optimal level of fitness.

Bicep curls are one of the most easily recognizable strength training exercises to date.

Strength training is beneficial for chronic stroke survivors as well as for building and maintaining bone density in senior citizens. It is effective in improving the performance of professional and youth athletes alike, and can be performed with no equipment at all.

Your body weight can serve as the very first piece of strength training equipment, and is the most convenient tool to use. Exercises that increase muscular strength and can be done with just your body weight include, pushups, squats, lunges and crunches to name a few.

For a personalized exercise regimen from our professional staff, please contact the center at 646-953-2266.