



@upsistrength

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[www.sigconditioning.com/upsistrength](http://www.sigconditioning.com/upsistrength)

Program latihan kekuatan dan suaian fizikal untuk atlet di UPSI Tanjong Malim, Perak oleh Pusat Sukan dan Fakulti Sains Sukan & Kejurulatihan (FSSKj) UPSI.



**MULAKAN  
LATIHAN  
SEKARANG**

Kurangkan risiko kecederaan & tingkatkan prestasi melalui amalan latihan sistematik dan berasaskan bukti saintifik.

**KECERGASAN, PRESTASI & KESIHATAN**

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Strength training and physical conditioning program for athletes at UPSI Tanjong Malim, Perak by UPSI Sports Centre and Faculty of Sports Science & Coaching (FSSKj).



***STARTS  
TRAINING  
NOW***

Reduced risk of injury and improved performance via practices of systematic training based on scientific evidence.

***FITNESS, PERFORMANCE & HEALTH***

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