SHABBAT: EXERCISE

Shabbat: Strengthening Exercise

You may not exercise on *Shabbat* to strengthen your body. You may exercise on *Shabbat* for enjoyment, for socializing, or other fun purposes if:

- No *melacha* is involved, and
- It does not appear to be for healing (*refu'a*) or health purposes.

EXAMPLE You may run on *Shabbat* if you like to run. You may not run on *Shabbat* if you don't like running but would do it to lose weight or to get in shape.

Shabbat: Roller Blading

You may roller blade on *Shabbat*.

Shabbat: Trapeze

You may swing and fly on a trapeze on *Shabbat*.

Shabbat and Swimming

You may not swim on *Shabbat*.

Shabbat and Weight-Lifting

You may change weights on barbells or on a completely mechanical (no electrical parts, no timers or indicators) weight machine on *Shabbat*.

Shabbat: Stretching

You may stretch on *Shabbat* (and *Jewish festivals*) to make yourself more comfortable but not if it appears that you are doing it as exercise for health.

© Copyright 2026 Richard B. Aiken | www.practicalhalacha.com