

# COVID-19 Advanced Program

## Week 1 – Back to exercise

### Session 1

#### Warm up

Marching on spot bringing elbow to knee

- Standing tall
- Lift your left knee upward towards your chest, bring your right elbow to your left knee so they touch
- Slowly return to the starting position and repeat with the right leg to left elbow

Heels to glutes

- Stand with your feet hip width apart
- Slowly bring your right heel towards your bottom
- Bring your right foot back down and repeat with your left side
- Continue the movement alternating between left and right

Double sidestep with floor touch

- Standing tall, take two steps to the right
- Once you have stepped twice touch the floor with your right hand
- Repeat going in the opposite direction touching the floor with your left hand
- Complete this 5 times in each direction

Standing breaststroke

- Stand with your feet hip width apart and your hands in line with your tummy button
- Push your arms up above your head
- Bring your arms outwards and downwards, bringing them back into your tummy button
- Repeat the movement

Seated trunk rotation

- Sit in a chair with you back straight
- Twist your upper body to one side, trying to keep your hips still
- You can add more of a stretch by holding the back of the chair
- Hold for 5 seconds and repeat on the other side

#### Workout

Wall squats

- Begin with your feet shoulder width apart and your back against the wall
- Bring your feet about 2 feet away from the wall
- Suck in your tummy
- Slowly slide your back down the wall so that your knees are bent to 90-degrees
- Hold for 5 seconds
- Slowly slide back up the wall to your start position
- Repeat 5 times

Bird dog

- Begin on all fours
- Raise your right arm and left leg, keeping your hips and shoulders parallel to the floor

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- Hold this position for a few seconds and then return to starting position
  - Raise your right arm and left leg, again holding for a few seconds before return to start position
- Lunge with a twist
- Begin standing tall
  - Take a step forward with your right leg, so that you are in a lunge position
  - The heel of your left leg should be off the floor
  - Slowly bend your knees, lowering yourself towards the floor until your back knee almost touches the floor
  - Hold this position
  - Twist your body to your left and hold for 5 seconds
  - Return to facing forwards
  - Push yourself back up, keeping your legs in the split position
  - Complete all 5 reps on your right side and then switch over to the left
- Lateral glute walk with resistance band
- Stand tall, with an exercise or loop band around your legs (slightly above or under the knee joint)
  - Take a hip-width stance so that the band tightens and squat down so your knees are slightly bent
  - From this position, step to the side then return, keeping the band tight and your toes are pointing forwards
- Sit to stand with weight
- Starting in a seated position with your feet hip width apart and your toes pointing forward
  - Holding a weight at chest height with both hands
  - Push up yourself up from the chair until you are standing upright
  - Slowly lower yourself back down onto the chair
- Mobility**
- Cat/camel
- Start on your hands and knees. Tighten your abdominal muscles and arch your back upward towards the ceiling. The slowly relax your back
  - Allow your stomach to fall towards the floor, bring your shoulders together
  - Return to starting position and repeat
- Doorway pec stretch
- Stand in an open doorway
  - Bring your shoulder and elbow to 90 degrees and place against the side of the door frame
  - Slowly lean your body forward, keeping your shoulder stable and not allowing your shoulder to rotate forward
  - Hold for 20 to 30 seconds and relax
  - Repeat 3 times and then do the same on your opposite side
- Forward bend with
- Standing with your feet hip width apart
  - Slowly lean forward, bringing your body towards the floor

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- back extension
- Relax your neck and lower your hands towards your feet
  - When you reach as far as comfortable slowly straight back up reaching up and back, increasing the arch of your lower back
  - Repeat three times
- Downward dog
- Start with both your hands and knees bent to 90\* resting on the floor - Push through the toes and lift your knee away from the floor, until your legs are straight
  - Aim to push your tail bone towards the ceiling
  - Hold this position for 15 seconds, do not forget to continue breathing normally as best as possible
  - Then return to the starting position
- Pigeon pose
- Begin on all fours. Bring your right knee forward towards your right wrist
  - Straighten Stand with your back straight
  - Place your right leg in front of you, bending your left knee slightly
  - Gently lean forward while placing your hands on your bent left leg
  - Keep your back straight
  - Hold for 20-30 seconds and repeat on the opposite side your left leg out behind you
  - Bring your right knee down so it is flat against the floor with your shin running perpendicular to your body
  - Turn your body towards the bent leg and lean your body gently forward
  - You should feel a stretch going into your glutes
  - Hold for 20-30 seconds - Repeat on opposite side

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## Session 2

### Warm up

- Across body marching
- Start marching on the spot
  - When your knee is raised bring it across your body towards your opposite hip
  - Lower it back down
  - Repeat with the opposite leg
  - Continue at a comfortable pace for you
- Jumping jacks
- Starting with your feet together
  - Bring both legs to the side and your hands overhead at the same time
  - Return to a position with the feet together and arms by your side
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- Calf raises
- Begin with your feet shoulder width apart
  - Push yourself up onto your toes, keeping your knees straight
  - Lower yourself back down and repeat
- Standing breaststroke
- Stand with your feet hip width apart and your hands in line with your tummy button
  - Push your arms up above your head
  - Bring your arms outwards and downwards, bringing them back into your tummy button
  - Repeat the movement
- Seated trunk rotations
- Sit in a chair with you back straight
  - Twist your upper body to one side, trying to keep your hips still
  - You can add more of a stretch by holding the back of the chair
  - Hold for 5 seconds and repeat on the other side

### Workout

- Resisted bridge
- Tie a resistance band around your knees
  - Lie on your back with your hands at your sides, knees bent, and feet flat on the floor under your knees
  - Squeeze you bottom together and suck your tummy in
  - Push your hips up from the bed creating a straight line from your knees to shoulders
  - Slowly go back down to starting position
- Split squat
- Begin by standing upright
  - Take a step forwards as if you were doing a lunge, the heel of your back leg should be off the floor
  - Slowly bend your knees, lowering yourself towards the floor until your back knee almost touches the floor
  - Push yourself back up, keeping your legs in the split position
  - Complete all 10 reps on one leg and then switch over to the other

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- Toe taps
- Lie down with your knees bent and your arms by your sides
  - Bring your legs up into tabletop (knees bent, thighs perpendicular to the floor). Avoid arching your back keeping it pressed into the floor
  - Begin by lowering the right foot and tapping it on the floor while the left leg remains in the tabletop position
  - Return the right leg to tabletop position and repeat with the left leg
- Resisted sit to stand
- Start by tying a resistance band just above your knees with your knees together
  - Then in a seated position with your feet hip width apart and your toes pointing forward
  - Place your arms across your chest
  - Push up yourself up from the chair until you are standing upright, keeping your knees apart during the movement
  - Slowly lower yourself back down onto the chair
- Weighted shoulder press
- Stand with your feet shoulder width apart, holding two equal weights in both hands. This could be a tin of beans
  - Hold the weight by your shoulders with your palms facing forwards, upper arms are pointing out to the sides and your elbows bent at a 90-degree angle
  - Push the weights over your head, fully straightening your arms and pausing at the top
  - Slowly return to start position
- Mobility**
- Thread the needle
- Start on your hands and knees
  - Slide your right arm underneath your left arm with your palm facing up
  - Let your right shoulder lower towards the floor
  - Hold for 10 seconds and return to starting position
  - Repeat going in the opposite direction
  - Complete 3 repetitions on each side
- Cat/camel
- Start on your hands and knees. Tighten your abdominal muscles and arch your back upward towards the ceiling. The slowly relax your back
  - Allow your stomach to fall towards the floor, bring your shoulders together
  - Return to starting position and repeat
- Child pose
- Kneel on the floor with your toes together and your knees hip-width apart. Rest your palms on top of your thighs
  - On an exhale, lower your body between your thighs and place your forehead on the floor. If you cannot place your forehead comfortably on the floor, then rest into a block/book.
  - Straighten your arms out in front of you with your palms facing down
  - Hold for 30 seconds and slowly sit back up

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- Bird dog
- Begin on all fours
  - Raise your right arm and left leg, keeping your hips and shoulders parallel to the floor
  - Hold this position for a few seconds and then return to starting position
  - Raise your right arm and left leg, again holding for a few seconds before return to start position
- Work top  
latissimus  
dorsi  
stretch
- Stand about 2 feet from a work top, facing toward it
  - Place your palms onto a work top surface
  - Bend forwards from your hips, bringing your head between your arms
  - Hold for 30 seconds, straighten back up and repeat 3 times