

COVID-19 Advanced Program

Week 2- Core and posture

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 right knee so they touch
- Slowly return to the starting position and repeat with the right leg to left elbow

Reverse lunge

- Start by standing up straight
- Take a step back with your left foot
- Bend your right knee to 90-degrees and lower your left knee so it is also bent at a right angle
- Then push back up and return to the starting position
- Repeat stepping back with your opposite leg

Mountain climbers

- Begin in a press up position, supporting your weight on your hands and toes, with your arms and legs straight
- Suck in your stomach to engage your core
- Keep your hips and feet in a straight line
- Bring one knee to your chest and return it to the starting position, with your leg straight
- Repeat this in the other side
- Continue this alternating between each side

Hip rotations (opening the gate)

- Stand with your feet hip width apart with your hands at your waist
- Lift your knee up to waist level and then move it out to the side
- Return to the starting position and repeat with the opposite leg

Shoulder circles

- Let your arms hang by your sides and roll your shoulders backwards
- After doing 10 rolls backwards, change direction and roll them forwards

Shoulder blade squeezes

- Raise your arms to shoulder height, elbow bent and palms facing forward
- Move your arms back, squeezing your shoulder blades together
- Hold for 10 seconds. Return to starting position
- Repeat 3 times

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 your bottom together and suck your tummy in

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- Push your hips up from the bed creating a straight line from your knees to shoulders
 - Slowly go back down to starting position
- Dead bug
- Lie flat on your back with your arms held out in front of you pointing to the ceiling
 - Bring your legs up with your knees bent to 90-degrees
 - Suck in your tummy so your back is flat against the floor. It is important to keep your back in contact with the floor during the whole exercise
 - Slowly lower your right arm and your left leg towards to floor at the same time
 - Your aim is to get your arm and leg so that they are just above the floor. If this is too challenging and you are finding your back is lifting off the floor before you reach this position, take your arm and leg as low you the floor as you can while maintaining contact between your back and the floor
 - Slowly return to your starting position
 - Repeat using you left arm and right leg
 - Keep alternating between each side
- Leg raises
- Lie on your back with your legs straight and feet together
 - Keep your legs straight and lift them up off floor raising them towards the ceiling
 - Slowly lower your legs back down till they're just above the floor
 - Hold for a few seconds
 - Raise your legs back up
 - Repeat
- Bicycle crunch
- Lay on the floor with your lower back pressed flat into the floor and your head and shoulders slightly raised
 - Place your hands on the sides of your head. Makes sure that you do not knit your fingers together or pull your head up with your hands
 - Lift one leg just off the ground and straighten it
 - Lift the other leg and bend your knee towards your chest
 - As you bring your knee towards your chest, twist your core so that your arm comes towards the raised knee.
 - You do not need to touch your elbow to your knee, instead make sure you focus on the turn through your core
 - Lower your leg and arm at the same time while bringing up you opposite arm and leg to copy the movement you did previously
 - Keep alternating sides
- Side lying hip abduction
- Lie down of your side, resting your head on your arm
 - Keep both your legs straight, one on top of the other
 - Lift your top leg up towards the ceiling, keeping it straight. You can

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- us your top arm to help stabilise yourself
- Lower your leg back down and repeat
- Once completing 10 repetitions on one side, turn over so that you can complete the exercise with the other leg

Plank

- Begin by laying on the floor with your elbows under your shoulders, hands flat on the floor and core engaged
- Keeping your forearms on the floor, with your feet hip width apart slowly raise yourself upwards until your body is in a straight line from your toes to your head
- Make sure your back is flat and your head and neck are in a neutral position
- Hold the position for 10 seconds. Relax and repeat. Aim to do 3 x 10 second holds

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

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

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

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

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Warrior
pose

- Begin standing tall and stepping your right foot forward so you are in a lunge position with your right knee bent
- Keep your left leg straight behind you and turn your foot so it is at approximately 45-degrees
- Raise your arms above your head and lift your chin so you are looking at your hands
- Hold the pose for 30 seconds
- Repeat stepping forwards with the left side

Cobra on
forearms

- Begin by laying on your stomach
- Come onto your forearms, with your elbows under your shoulders and your palms facing down
- Stretch your legs straight back and allow your back to arch
- Hold for 30 seconds

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Session 2

Warm up

Marching
on spot
with
swinging
arms

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

Mountain
Climbers

- Begin in a press up position, supporting your weight on your hands and toes, with your arms and legs straight
- Suck in your stomach to engage your core
- Keep your hips and feet in a straight line
- Bring one knee to your chest and return it to the starting position, with your leg straight
- Repeat this in the other side
- Continue this alternating between each side

Reverse
lunge

- Start by standing up straight
- Take a step back with your left foot
- Bend your right knee to 90-degrees and lower your left knee so it is also bent at a right angle
- Then push back up and return to the starting position
- Repeat stepping back with your opposite leg

Crossover
step with
side bend

- Begin with your feet shoulder width apart
- Bring your left leg behind your right
- At the same time bend to your right bringing your left arm over your head
- Repeat on the opposite side completing 5 repetitions on each side

Hip circles

- Stand tall with your feet shoulder width apart. Put your hands on your hips
- Keeping your feet still move your hips in a circular movement
- Continue doing 30 seconds in one direction before changing and doing the same in the opposite direction

Hip
rotations
(opening
the gate)

- Stand with your feet hip width apart with your hands at your waist
- Lift your knee up to waist level and then move it out to the side
- Return to the starting position and repeat with the opposite leg

Workout

High knees

- Stand with your feet hip width apart
- Lift your left knee to your chest
- Switch to lift your right knee to your chest
- Continue with movement alternating between left and right

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moving slight jog

Lunge with
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

Dead bug

- Lie flat on your back with your arms held out in front of you pointing to the ceiling
- Bring your legs up with your knees bent to 90-degrees
- Suck in your tummy so your back is flat against the floor. It is important to keep your back in contact with the floor during the whole exercise
- Slowly lower your right arm and your left leg towards to floor at the same time
- Your aim is to get your arm and leg so that they are just above the floor. If this is too challenging and you are finding your back is lifting off the floor before you reach this position, take your arm and leg as low you the floor as you can while maintaining contact between your back and the floor
- Slowly return to your starting position
- Repeat using you left arm and right leg
- Keep alternating between each side

Leg raises

- Lie on your back with your legs straight and feet together
- Keep your legs straight and lift them up off floor raising them towards the ceiling
- Slowly lower your legs back down till they're just above the floor
- Hold for a few seconds
- Raise your legs back up
- Repeat

Bicycle
crunch

- Lay on the floor with your lower back pressed flat into the floor and your head and shoulders slightly raised
- Place your hands on the sides of your head. Makes sure that you do not knit your fingers together or pull your head up with your hands
- Lift one leg just off the ground and straighten it
- Lift the other leg and bend your knee towards your chest

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- As you bring your knee towards your chest, twist your core so that your arm comes towards the raised knee.
- You do not need to touch your elbow to your knee, instead make sure you focus on the turn through your core
- Lower your leg and arm at the same time while bringing up you opposite arm and leg to copy the movement you did previously
- Keep alternating sides

Scissors
kicks

- Begin on your back with your arms by your side and your legs straight
- Raise your legs so that they are both off the floor (around 45-degrees off the floor)
- Lower your right leg a few inches towards the floor and bring it under your left foot
- Bring it back up to the starting position, while at the same time lowering your left so that it is under your right foot
- Repeat this movement alternating between both legs

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

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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- Raise your right arm and left leg, again holding for a few seconds before return to start position

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

Deep squat
with
thoracic

- Standing with your feet hip-width apart, bend the knees so that you are in a deep squat position
- Then take your right hand and hold onto your left foot

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- rotation
- Drop your right shoulder as far to the ground as you are able
 - At the same time twist your left arm up towards the ceiling
 - Hold the position for 5 seconds
 - Return to the centre and repeat with the opposite side
 - Repeat this 3 times on each side
- Lying knee hugs
- Lying with your knees bent, lift your knees towards your chest
 - Place your hands around both knees and pull them towards your chest
 - Hold the stretch for approximately 20 seconds. Relax for a few seconds and repeat the stretch 3 to 5 more times
- Lying knee rolls
- Lying flat with your knees bent and feet flat on the floor/bed
 - Roll knees over to the left and bring them back to the middle
 - Then roll your knees over to the right and then back to the middle