

# COVID-19 Advanced Programme

## Week 3 - Slow and steady

### Session 1

#### Warm up

- Marching on the spot  
brining elbow to knee
- Standing tall
  - Lift your left nee upwards 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 the left elbow
- 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 10 repetitions on each side
- 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 10 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 rotations
- Sit in a chair with your 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
- Squat thrusts – jump out, walk back in
- Begin with your feet shoulder width apart
  - Bend down and place your hands on the floor
  - Jump your feet backwards so that you are in a press up position
  - Step your feet back towards your arms so that you are back in your starting position
  - Repeat the process again jumping back and stepping forwards
  - Complete 10 reps

#### Workout

- Squat
- Stand with your feet shoulder-width apart with your arms crossed over your chest
  - Bend your knees so that your thighs are parallel to the floor, or as

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- low as you find comfortable
  - Hold for a few seconds
  - Return to standing position
  - Repeat
- 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
- Push up on knees
- Start on your hands and knees with your hands shoulder width apart
  - Take your knees back so that you are in a straight line from your head to your knees
  - Suck in your stomach and squeeze your glutes together - Bend your elbows, keeping them tucked into your sides, lowering yourself towards the floor
  - Get to as close to the floor as you feel comfortable
  - Push yourself up until your arms are straight, returning to the start position
- 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, push up onto your toes until your body is in a straight line from your knees to your head
  - Hold the position for 15 seconds. Relax and repeat
  - Aim to do 3 x 15 second holds
- 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 on the other side
  - Continue this alternating between each side
- Resisted bridge
- Tie a resistance band around your knees
  - Lie on your back with your hands at your side, knees bent, and feet

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flat on the floor under your knees

- Squeeze your bottom together and suck your tummy in
- Push your hips up from the bed creating a straight line from your knees to your shoulders
- Lower yourself back down and repeat

## Mobility

Cat/camel

- Start on your hands and knees. Tighten your abdominal muscles and arch your back upward towards the ceiling. Then slowly relax your back
- Allow your stomach to fall towards the floor, bring your shoulders together
- Return to starting position and repeat

Downward dog

- Start with both your hands and knees bent to 90-degrees resting on the floor
- Push through the toes and lift your knees 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

Work to latissimus dorsi stretch

- Stand about 2 feet from a work top, facing towards it
- Place your palms onto the 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

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

Thread the needle

- Start on your hands and knees
- Slide your right arm underneath your left arm with your palm facing up
- Let your shoulder lower towards the floor
- Hold for 10 seconds and return to starting position
- Repeat on the opposite side
- Complete 3 reps on each side

Side lunge

- Stand upright with both feet facing forward double shoulder-width apart

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- Place your hands on your hips or thighs, in order to keep your back straight
- Slowly exhale, taking your body weight across to one side
- Avoid leaning forward or taking the knee of the bent leg over your toes. As you increase the stretch, the foot of the bent leg should point slightly outwards
- To increase the stretch, relax upward, slowly sliding your feet out a few inches further to the side

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## Session 2

### Warm up

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

Standing elbow to knee

- Standing tall
- Lift your knee upward towards your chest, bring your right elbow to your 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

Jumping jacks

- Start with your feet together
- Bring both legs to the side and your hands overhead at the same time
- Return to a position with your feet together and arms by your side
- Repeat this movement pattern

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 your 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 10 seconds and repeat on the other side
- Complete 3 repetitions on each side

### Workout

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

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- 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
- Push ups
- Get down on all fours, placing your hands slightly wider than your shoulders
  - Straighten your arms and legs
  - Lower your body until your chest nearly touches the floor
  - Pause, then push yourself back up
  - If a push up is too challenging, you can complete with your knees down on
- Inchworm  
(plank walk out)
- Stand tall, with your feet hip width apart. Check your posture keeping your ears aligned with your shoulders, hips, knees, and ankles. Suck your tummy in to engage your core
  - Take a breath in and then as your exhale, look down at the ground and start reaching your hands towards the floor allowing your back to bend forward
  - Allow your knees to bend slightly, as needed, to enable your hands to reach the ground
  - Place your hands on the floor in front of your feet and walk them forwards, one hand at a time
  - Allow your heels to lift off the floor as your body begins to straighten
  - When your hands are directly under your shoulders check your body position. You should be in a push up position
  - Keeping your legs relatively straight, begin walking your feet forwards towards your hands
  - You should feel a stretch through the back of your legs
  - Stop when your feet are close to your hands as you can comfortably bring them. Remember, you can bend your knees slightly
  - Return to standing by slowly rolling yourself back up
  - Complete 5 repetitions
- 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 on the other side
  - Continue this alternating between each side
- Deadlift with weight
- Holding a weight in both hands allowing it to hang in your arms. You can use a weighted bag to do this

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- Place your feet shoulder width apart with toes point forward - Tighten your core and keep your chest up
- Bend your knees slightly and drive your hips back but not lower than your knees
- Again, keep your chest up – this is your starting position
- Squeeze your bottom together and push your hips forwards - Return to starting position

Single leg  
sit to stand  
with weight

- Begin in a position with your feet together
- Place your arms across your chest - Lift one foot off the floor
- Push up yourself up from the chair, on one leg, until you are standing upright
- Slowly lower yourself back down onto the chair
- Complete 5 repetitions
- Repeat on the other side

## **Mobility**

Child pose  
with lateral  
shift

- 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
- Slowly move your arms towards your right, while keeping your hands on the floor, increasing the stretch on your left side
- Hold for 30 seconds and return to the centre before repeating going towards your left

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

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

Bird dog

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

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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

Kneeling  
lunge  
stretch

- Kneel on the floor with one knee, keeping your back straight - Keeping your body in this position, push your hips forward so that you begin to lean forward
- You should feel a stretch going down the front of your back leg
- Hold for 20-30 seconds
- Repeat on opposite side

Calf stretch

- Stand near a wall with one foot in front of the other - Bend your front knee slightly
- Keep your back leg straight, with your heel on the floor and lean towards the wall
- You should feel a stretch down the back of your calf
- Hold for 20-30 seconds and repeat on the opposite side