

COVID-19 Advanced Programme

Week 4 – Pace

Session 1

Warm up

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 moving at your comfortable pace

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

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

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

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

Downward dog calf walks

- Begin on your hands and knees, bringing your knees off the floor so that you are now positioned in an upside down 'V' position
- Have your knees slightly bent whilst simultaneously pushing your heels towards the floor. You should feel a stretch into the back of your legs
- Aim to keep a straight line from your hands to your hips
- From this position bend and straighten your legs alternating between left and right leg
- Complete this for 30 seconds, relax and repeat

Workout

Lateral glute walk with resistance

- 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

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- band
- From this position, step to the side then return, keeping the band tight and your toes are pointing forwards
- 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
- 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
- Scissor 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
- Squat thrust
- Stand with your feet shoulder width apart and your arms by your sides
 - Lower into a squat position and place your hands on the floor
 - Jump your legs back so that you are in a press up position
 - Jump your legs back in, returning to the squat position
 - Return to standing position and repeat

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

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Bound angel pose

- Begin seated with your legs out straight in front of you with your back straight
- Rest your arms by your sides with your palms on the mat
- Bend your knees, bring your feet together so that the soles of your feet are touching
- Allow your knees to drop open to both sides. It is important to only allow your knees only drop open as far as they will go. Do not press your knees into this position
- Hold onto your toes with your hands ensuring that the soles of your feet maintain contact
- Sit up straight, extending through your back. Keep looking a head
- Hold this position for 1 minute, relax and repeat

Cobra into child pose

- 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 - Push up so that your arms are straightened increasing the arch of your back
- Hold for 30 seconds
- Push your hips up and back so that you are on your hands and knees
- Sit back onto your heels, keeping your arms straightened in front of you
- Lower your head between your arms - Hold for 30 seconds and slowly sit back up

Deep squat with thoracic rotation

- 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
- 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

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

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Hamstring stretch

- 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
- 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

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Session 2

Warm up

Jogging on spot

- Stand straight with your elbows bent at a 90-degree angle and your feet hip width apart
- Bring your right elbow forward at the same time as you bring your left knee up
- Repeat on the opposite side and keep alternating for 30 seconds
- Keep a speed so that you are jogging on the spot

Step up

- To start, put your right foot onto a bench/step
- Push through your right leg bring your left leg up onto the bench/step
- Step back down with your left leg, following with your right
- Complete 10 steps leading with right leg (as above) and then repeat leading with left leg

Step down

- Start by standing with one foot on a step, and one foot off the ground
- Slowly lower the foot that is not on the step towards the ground, bending the knee on the step
- Once that foot taps the ground, push back up through the foot on the step
- Repeat for 5 repetitions on one side
- Then repeat on the opposite side

Pogo hops

- Stand tall with your feet hip width apart
- Raise your heels so you are standing on the balls of your feet
- Quickly bounce up and down on the balls of your feet
- Do not let your heels touch the ground
- Complete 10 seconds of bounces, 3 times having a 10 second rest between

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

Curtsey lunges

- Stand with your feet hip width apart with your hands on your hips
- Take a big step back with your right leg, crossing it behind your left leg
- Bend your knees and lower your hips until your left knee is bent to 90 degrees
- Keep your body upright and your hips and shoulders square
- Return to the start position and repeat on the other side

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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
 - Push your hips up from the bed creating a straight line from your knees to shoulders
 - Slowly go back down to starting position
- Hamstring curl to bridge
- Begin lying flat on your back with something under your heels to allow your feet to slide back and forth
 - Start the exercise by digging your heels into the ground and sliding your feet towards your bottom
 - Bend your knees as far as you can
 - Ensure that you lift your hips off the ground while doing this
 - Hold
 - Lower yourself back down and straighten your knees
 - Repeat
- Resisted pull downs
- Hook a resistance band over the top of a door
 - Hold onto the band with your palm facing inwards
 - Bring your arm down towards your hip and then bring it back up
 - Remember to control the movement back up
 - Repeat on the opposite side
- Wall press up
- Start with your feet together standing around 2 feet away from a wall with your arms straight out in front of you on the wall
 - Bend your elbows and begin to lean your body toward the wall until your nose almost touches it
 - Push away from the wall, back into your starting position
 - Repeat
- Triceps dip
- Begin by sitting on a solid chair/bench
 - Slide your bottom off the edge of the chair with your legs out straight in front of you
 - Almost straighten your arms fully, keeping a slight bend at the elbows
 - Slowly bend your elbows so you are lowering your body towards the floor until they are at about 90 degrees or as low as you can manage
 - Once you reach the lowest point, push yourself back up through your arms, straightening your elbows and returning to your start position
 - Repeat
 - You can have your knees bent to make this exercise easier

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Single leg
sit to stand

- 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 10 repetitions
- Repeat on the other side

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

Cobra going
into child
pose

- 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
- Push up so that your arms are straightened increasing the arch of your back
- Hold for 30 seconds
- Push your hips up and back so that you are on your hands and knees
- Sit back onto your heels, keeping your arms straightened in front of you
- Lower your head between your arms
- Hold for 30 seconds and slowly sit back up

Forward
bend with
back
extension

- Standing with your feet hip width apart
- Slowly lean forward, bringing your body towards the floor
- 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

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

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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

Pigeon
pose

- Begin on all fours. Bring your right knee forward towards your right wrist
- Straighten Stand with your back straight
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- 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