

# COVID-19 Advanced Programme

## Week 5 - Breath of confidence

### Session 1

#### **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 10 repetitions on each side

- Across body marching
- Start by 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 around 50% of your maximum pace

- 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, returning them back into your tummy button
  - Repeat the movement

- Shoulder shrugs
- Let your arms hand by your sides
  - Bring your shoulders up towards your ears
  - Lower back down to start position
  - Repeat 10 times
  - Rest and repeat as above twice more

- Seated trunk rotation
- 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 on each side

#### **Workout**

- Resisted horizontal abductions
- While holding a resistance band, reach forward so your hands are directly in front of you at shoulder height. Make sure that the band has some slack
  - Keep your palms down

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- With arms staying straight pull your arms apart and squeeze your shoulder blades together
  - Return to start position
- Sidesteps with shoulder abduction with weight
- Standing tall holding a weight in each hand
  - Take a step to the right
  - At the same time as taking a step, lift you right arm out to the side and away from your body
  - Bring your left foot to your right foot repeat as above 5 times and then swap sides and do the same
- Step forward with shoulder flexion with weight
- Standing tall holding a weight in each hand
  - Take a step forwards with your right leg
  - At the same time as taking a step, lift you left arm out in front of you, and away from your body
  - Step back returning to start position
  - Repeat as above 5 times and then swap sides and do the same
- 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 15 seconds. Relax and repeat. Aim to do 3 x 10 second holds
- 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
- Triceps extension
- Begin with your feet shoulder width apart - Hold a weight with both hands

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- with weight
- Lift the weight up until both your arms are fully straightened with your palms facing up towards the ceiling
  - Your elbows should be pointing forwards
  - Bend your elbows, so that the weight slowly lowers behind your head
  - Slowly straighten your arms, returning to the start position
  - 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

- 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

- 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 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

- Wall angels
- Begin by standing up against a wall
  - Keep your lower back, mid back and the back of your head against the wall
  - Suck in your stomach to engage your core - Bend your elbows to 90-degrees
  - Then while keeping your arms against the wall slowly raise them up towards your head

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- When you reach as far up as you can manage, while still maintaining contact with the wall, hold for 5-10 seconds
- Return to start position

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

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## Session 2

### **Warm up**

Running on spot – 10 second run, 5 second sprint

- Stand straight with your elbows bent at a 90-degree angle and your feet hip width apart
- Begin running on the spot at a comfortable speed for 10 seconds
- Increase your speed so that you are sprinting on the spot for 5 seconds
- Repeat this for a total of 4 times before having a 30 second rest before repeating it again

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

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

Resisted punches

- Stand with your feet shoulder width apart
- Wrap a resistance band around the back of you and hold each end in your hands
- Hold your hands close to your chest
- Push your right arm out in front of you
- As you are bringing back your right arm push your left arm out in front of you
- Continue this at a comfortable pace for 30 seconds

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

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 5 times

### **Workout**

Resisted shoulder perturbations

- Begin by tying a resistance band to a closed door
- While holding the band kneel on the floor with your back towards the door
- Straighten your arm out to the side
- Gently pulse your arm forwards

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- After you have pulsed your arm a few times slowly begin to raise your arm up towards the ceiling while keeping your arm straight
  - Continue the pulsing movement until your arm is above you head
  - Slowly return to your starting position, pulsing your arm as your go down
- Bicep curls
- Begin standing tall with your feet about hip width apart
  - Hold a weight in each hand and let your arms relax at the sides of your body with your palms facing forwards
  - Keeping your upper arms stable and your shoulders relaxed bend at the elbow and lift the weights so the weights come towards your shoulders. Your elbows should stay tucked in close to your ribs
  - Lower the weights to the starting position
- Resisted horizontal abduction
- While holding a resistance band, reach forward so your hands are directly in front of you at shoulder height. Make sure that the band has some slack
  - Keep your palms down
  - With arms staying straight pull your arms apart and squeeze your shoulder blades together
  - Return to start position
- Banded row
- Hook the band around a door handle or bannister
  - Hold both ends of the band with your arms out in front of you with your elbows tucked into your side
  - Pull the band towards you so your wrists are now by your sides
  - Slowly straighten your arms returning to your starting position. Repeat
- 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
  - 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
- 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

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## Mobility

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

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

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

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

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- Hold the position for 5 seconds
- Return to the centre and repeat with the opposite side
- Repeat this 3 times on each side

## 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