

# COVID-19 Advanced Programme

## Week 6 – Balance

### 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
- 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
- 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 downs
- 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
- 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
- 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

# COVID-19 Advanced Programme

## Workout

- 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
- Single leg deadlift
- Begin standing with your feet hip-width apart. Hold a weight in your hands in front of you with your arms relaxed
  - Lean forward in your hips, shifting your weight onto one leg while your other leg engages and straight to extend straight behind you
  - Lift your extended leg and lower your body so it forms a "T" shape. Your arms should be hanging straight down while holding the weight
  - Keep a slight bend in the leg you are standing on
  - Slowly bring the leg behind back down, returning to starting position
  - Complete 5 reps before alternating to opposite side
- 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
- Single leg bridge
- Lie on your back with your hands at your sides, knees bent, and feet flat on the floor under your knees
  - Lift one leg out straight and hold off the floor
  - Squeeze your bottom together and suck your tummy in
  - Push your hips up from the bed, off one leg, creating a straight line from your knees to shoulders
  - Slowly go back down to starting position
  - Repeat on the opposite side
- Single leg balance on cushion
- Stand tall on a cushion near something you can use to help you balance if you need too
  - Lift one leg off the floor and hold
  - Aim to hold for 20-30 seconds
  - Relax and repeat on opposite leg
  - Repeat 3 times on each side
- Clock face balance on cushion
- Stand on one of your legs on a cushion
  - With the other leg imagine a 12-hour clock surrounds you. Touch each hour on this imaginary clock with your toes
  - The further out you reach the more challenging this will become for

# COVID-19 Advanced Programme

your balance

- Repeat on the opposite side
- Complete 3 times on each side

## **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

Bird dog

- 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

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

Back extension stretch

- Stand with your feet shoulder width apart. Place you hand on your lower back for support
- Slowly lean back increasing the arch of you lower back until you feel a mild stretch in your abdominal muscles and slight pressure in your lower back

Hamstring stretch

- 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

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

# COVID-19 Advanced Programme

## Session 2

### 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
- 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
- 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
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- 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
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- 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
- Resisted trunk rotation
- Begin by looping a resistance band around something like your bannister or a door handle
  - Stand side on and hold the resistance band in both hands with your arms stretched in front of you
  - Take 2-3 steps away from the door, so that the band isn't slack
  - Rotate your body away from the door and return to your starting position
  - Complete 10 reps before turning to face the opposite direction and repeat on the opposite side

# COVID-19 Advanced Programme

## Workout

- 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
- 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
- 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
- Single leg bridge
- Lie on your back with your hands at your sides, knees bent, and feet flat on the floor under your knees
  - Lift one leg out straight and hold off the floor
  - Squeeze your bottom together and suck your tummy in
  - Push your hips up from the bed, off one leg, creating a straight line from your knees to shoulders
  - Slowly go back down to starting position
  - Repeat on the opposite side
- Clock face balance on cushion
- Stand on one of your legs on a cushion
  - With the other leg imagine a 12-hour clock surrounds you. Touch each hour on this imaginary clock with your toes
  - The further out you reach the more challenging this will become for your balance
  - Repeat on the opposite side
  - Complete 3 times on each side

# COVID-19 Advanced Programme

- Heel to toe walking – forwards and backwards
- Stand tall
  - Walk forwards heel to toe imagining you are walking on a tight rope
  - Once you have walked 10 steps forwards walk heel to toe going backwards
  - Do this near a wall or kitchen work top in case you need something to help you balance

## **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
- Bird dog
- 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
- 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
- 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
- Hamstring stretch
- 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
- Heel drop off of step
- Begin by standing on a step with both feet - Bring your feet to the edge of the step, so that your heels are of the edge - You can use the bannister and/or wall to help balance - Slowly lower your heels

## COVID-19 Advanced Programme

- towards the floor, keeping the balls of your feet on the step - You should feel a stretch down the back of your legs - Hold for 10 seconds and slowly bring yourself up to your start position
- Repeat 3 times