

COVID-19 Advanced Programme

Week 7 – Strength

Session 1

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

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

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

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

Workout

Squat hold

- Begin with your feet shoulder width apart
- Slowly bend your knees bringing yourself down into a squat position

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- Do not allow your knees to come together and that they remain over your toes
 - Squat until your knees are at 90-degrees
 - You can use a table and reach out in front you to help maintain your balance
 - Hold this position for 10 seconds
 - Stand up into your starting position and relax
 - Repeat this twice more
- 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
- Side plank
- Lie on your side with your knees bent, propping your upper body up on your elbow
 - Raise your hips off the floor
 - Hold for 10 seconds
 - Rest
 - Repeat 3 to 5 times
 - Switch to your other side and repeat
- 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
- Reverse lunge with weight
- Start by standing up straight holding a weight in each hand
 - 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
- Lateral glute walk with resistance band
- 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
 - From this position, step to the side then return, keeping the band

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tight and your toes are pointing forwards

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

Pigeon pose

- Begin on all fours. Bring your right knee forward towards your right wrist
- 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
- 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

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

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

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- 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

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

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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Session 2

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

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

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

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

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 is not 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

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Workout

- Squat hold
- Begin with your feet shoulder width apart
 - Slowly bend your knees bringing yourself down into a squat position
 - Do not allow your knees to come together and that they remain over your toes
 - Squat until your knees are at 90-degrees
 - You can use a table and reach out in front you to help maintain your balance
 - Hold this position for 10 seconds
 - Stand up into your starting position and relax
 - Repeat this twice more
- Reverse lunge with weight
- Start by standing up straight holding a weight in each hand
 - 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
- 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 10 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 10 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 20 seconds. Relax and repeat. Aim to do 3 x 20 second holds
- Push ups
- Get down on all fours, placing your hands slightly wider than your shoulders
 - Straighten your arms and legs

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- 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

Mobility

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

Deep squat
with
thoracic
extension

- 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

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

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

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

Wall angels

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- 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
- 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