

# COVID-19 Advanced Programme

## Week 8 – Function

### Session 1

#### **Warm up**

- |                               |   |
|-------------------------------|---|
| Crossover step with side bend | <ul style="list-style-type: none"><li>- Begin with your feet shoulder width apart</li><li>- Bring your left leg behind your right</li><li>- At the same time bend to your right bringing your left arm over your head</li><li>- Repeat on the opposite side completing 10 repetitions on each side</li></ul>  |
| Standing breaststroke         | <ul style="list-style-type: none"><li>- Stand with your feet hip width apart and your hands in line with your tummy button</li><li>- Push your arms up above your head</li><li>- Bring your arms outwards and downwards, returning them back into your tummy button</li><li>- Repeat the movement</li></ul>   |
| Walking knee hugs             | <ul style="list-style-type: none"><li>- Walk forwards</li><li>- With each step forwards, raise your knee up to hip height or higher and hug it with both your arms pulling it towards your chest</li><li>- Alternate between your left and right leg</li></ul>  |
| Walking lunges                | <ul style="list-style-type: none"><li>- Take a step forward with your right leg</li><li>- Bend your right knee so that it is bent to 90-degrees</li><li>- Bend your left knee so that it almost touches the floor</li><li>- Stand back up stepping through with your left leg</li><li>- Alternate with your right and left leg</li></ul>  |
| Resisted punches              | <ul style="list-style-type: none"><li>- Stand with your feet shoulder width apart</li><li>- Wrap a resistance band around the back of you and hold each end in your hands</li><li>- Hold your hands close to your chest</li><li>- Push your right arm out in front of you</li><li>- As you are bringing back your right arm push your left arm out in front of you</li><li>- Continue this at a comfortable pace for 30 seconds</li></ul> |
| Seated trunk rotation         | <ul style="list-style-type: none"><li>- Sit in a chair with your back straight</li><li>- Twist your upper body to one side, trying to keep your hips still</li><li>- You can add more of a stretch by holding the back of the chair</li><li>- Hold for 10 seconds and repeat on the other side</li><li>- Complete 5 on each side</li></ul>  |

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## Workout

- 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 do 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 10 reps before alternating to opposite side
- Squat with shoulder press
- Begin with your feet shoulder width apart holding a weight to your chest
  - Slowly bend your knees bring them to 90-degrees. Do not allow your knees to go over your toes
  - Push your self up into a standing position
  - Before your knees are fully straight push the weight over your head, fully straightening your arms and pausing at the top
  - Slowly return your arms to their starting position
  - Repeat
- 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
- 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
- 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

# COVID-19 Advanced Programme

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 you 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 10 repetitions

## **Mobility**

Spider man  
stretch

- Assume a push up position
- Step forward with your left leg to the outside of your left hand
- Push your hips forwards into a stretch
- Hold for 5 seconds
- Bring your leg back to the starting position
- Repeat with your right leg
- Complete 3 reps on each side

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

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

# COVID-19 Advanced Programme

- 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
- Doorway pec stretch
- 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
- 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

# COVID-19 Advanced Programme

## Session 2

### Warm up

Double side 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

Walking knee hugs

- Walk forwards
- With each step forwards, raise your knee up to hip height or higher and hug it with both your arms pulling it towards your chest
- Alternate between your left and right leg

Walking lunges

- Take a step forward with your right leg
- Bend your right knee so that it is bent to 90-degrees
- Bend your left knee so that it almost touches the floor
- Stand back up stepping through with your left leg
- Alternate with your right and left 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

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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## Workout

- 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
- 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
- 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
- Bicycle crunch
- Lay on the floor with your lower back pressed flat into the floor and your head and shoulders slightly raised
  - Place your hands on the sides of your head. Make sure that you do not knit your fingers together or pull your head up with your hands
  - Lift one leg just off the ground and straighten it
  - Lift the other leg and bend your knee towards your chest
  - As you bring your knee towards your chest, twist your core so that your arm comes towards the raised knee
  - You do not need to touch your elbow to your knee, instead make sure you focus on the turn through your core
  - Lower your leg and arm at the same time while bringing up your opposite arm and leg to copy the movement you did previously
  - Keep alternating sides
- Reverse lunge with
- Start by standing up straight holding a weight in each hand
  - Take a step back with your left foot

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- weight
- 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

- 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

## Mobility

- Spider man stretch
- Assume a push up position
  - Step forward with your left leg to the outside of your left hand
  - Push your hips forwards into a stretch
  - Hold for 5 seconds
  - Bring your leg back to the starting position
  - Repeat with your right leg
  - Complete 3 reps on each side

- 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

- 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

- 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

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- You should feel a stretch going down the front of your back leg
- 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

## 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