

# COVID-19 Beginner Programme

## Week 1 - Back to exercise

### Session 1

#### Warm Up

- Marching
- 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
- Seated side bends
- Seating comfortably in a chair with your arms relaxed by your side
  - Reach your right arm up and overhead and lean to your left side
  - Hold for 30 seconds, switch sides and repeat
- Shoulder abductions
- In standing, start with your arms relaxed by your side
  - Keeping your arm straight lift it out to the side away from your body
  - Slowly lower your arm back down
  - Repeat on both sides
- Shoulder horizontal abductions
- Reach forward so your hands are directly in front of you at shoulder height
  - Keep your palms down
  - With arms staying straight pull your arms apart and squeeze your shoulder blades together.
  - Return to start position
- Seated forward bend
- From a chair sit with your legs shoulder width apart and feet flat on the floor
  - Have your hands relaxed between your knees
  - Slowly lean forward, bringing your body towards your thighs
  - Relax your neck and lower your hands towards your feet
  - When you feel a stretch, hold the position for 30 seconds and then slowly return to starting position.
  - Repeat three times

#### Workout

- Sit to stand
- Sit on the edge of a chair with your feet hip width apart.
  - Have your arms crossed over your chest
  - Stand up slowly from this position. Keep looking forwards and do not look down
  - Stand upright and then slowly sit down
  - Repeat
- Knee extensions
- Sit in a chair with your back straight
  - Lift one leg to straight out from your body
  - Hold for 5 seconds
  - Lower to starting position. Repeat on opposite leg

# COVID-19 Beginner Programme

- Hip abduction
- Stand up straight with your feet shoulder width apart
  - Keeping your toes pointing forward, lift one leg straight out to the side as far as possible and then return to starting position
  - Repeat on opposite side

- Hip extension
- Stand up straight with hands on a counter or chair for support
  - Keeping both legs straight, move your right leg back until your foot is a few inches off the floor
  - Return to start position and repeat on the opposite side

- Shoulder flexion
- Start by standing with your feet hip width apart and your arms relaxed by your sides
  - Raise your arms in front of you until your hands are shoulder height, keeping your palms facing each other
  - Pause and slowly lower your arms back to your starting position and repeat

## **Mobility**

- 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. Returning to starting position.
  - Repeat 3 times

- 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

- Lying knee hugs
- Lying with your knees bent, lift your knees towards your chest
  - Place your hands around both knees and pull them towards your chest
  - Hold the stretch for approximately 20 seconds. Relax for a few seconds and repeat the stretch 3 to 5 more times

- Lying knee rolls
- Lying flat with your knees bent and feet flat on floor/bed
  - Roll knees over to the left and bring them back to the middle
  - Then roll your knees to the right and then back to the middle

- 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 Beginner Programme

## Session 2

### Warm Up

- Marching
- 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
- 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
- Standing breast stroke
- 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
- Seated trunk rotation
- Sit in a chair with you 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 5 seconds and repeat on the other side
- Side step with side bend
- Standing tall, take a step to the right
  - At the same time bend to your right bringing your left arm over your head
  - Repeat on the opposite side completing 10 repetitions of each side

### Workout

- Sit to stand
- Sit on the edge of a chair with your feet hip width apart
  - Have you arms crossed over your chest
  - Stand up slowly from this position. Keep looking forwards and do not look down
  - Stand upright and then slowly sit down
  - Repeat
- 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
- 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

# COVID-19 Beginner Programme

- Banded row
- Hook the band around a door handle or bannister
  - Hold both ends of the band with your arms out in front of your with your elbows tucked into your side
  - Pull the band towards you so your wrist are now by your sides
  - Slowly straighten your arms returning to your starting position. Repeat

- Bridge
- Lie on your back with your hands at your sides, knees bent, and feet flat on the floor under your knees.
  - Squeeze you 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

## **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

- 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

- Child pose
- 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 in to 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

- 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

- Seated hamstring stretch
- While sitting on a chair, straighten on leg out in front of you
  - Ensure that your toes are pointing up towards the ceiling. You should feel a stretch down the back of your leg
  - To increase the stretch lean further forward

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