

# COVID-19 Beginner Programme

## Week 2 – Core and posture

### 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
- 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
- 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
- Hip circles
- Stand tall with your feet shoulder width apart. Put your hands on your hips
  - Keeping your feet still move your hips in a circular movement
  - Continue doing 30 seconds in one direction before changing and doing the same in the opposite direction
- 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

- Bridge
- Lie on your back with your hands at your sides, knees bent, and feet flat on the floor under your knees.
  - Squeeze your 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
- Pilates toe taps
- Lie down with your knees bent and your arms by your sides
  - Bring your legs up into table top (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 table top position

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| Seated<br>elbow to<br>opposite<br>knee    | <ul style="list-style-type: none"><li>- Return the right leg to table top position and repeat with the left leg</li><li>- Sit upright in a chair</li><li>- Lift your left knee upward towards your chest, bring your right elbow to your knee so they touch</li><li>- Slowly return to the starting position and repeat with the right leg to left elbow</li></ul>  |
| Lying single<br>leg straight<br>leg raise | <ul style="list-style-type: none"><li>- Lie on your back with your right leg straight and left leg bent</li><li>- Keeping your right leg straight lift it so it is in line with your left thigh</li><li>- Slowly lower back to starting position and repeat on opposite side</li></ul>  |
| Banded<br>row                             | <ul style="list-style-type: none"><li>- Hook the band around a door handle or bannister</li><li>- Hold both ends of the band with your arms out in front of your with your elbows tucked into your side</li><li>- Pull the band towards you so your wrist are now by your sides</li><li>- Slowly straighten your arms returning to your starting position. Repeat</li></ul>   |
| <b><u>Mobility</u></b><br>Cat/camel       | <ul style="list-style-type: none"><li>- Start on your hands and knees. Tighten your abdominal muscles and arch your back upward towards the ceiling. The slowly relax your back</li><li>- Allow your stomach to fall towards the floor, bring your shoulders together.</li><li>- Return to starting position and repeat</li></ul>   |
| Back<br>extension<br>stretch              | <ul style="list-style-type: none"><li>- Stand with your feet shoulder width apart. Place you hand on your lower back for support</li><li>- 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</li></ul>  |
| Doorway<br>pec stretch                    | <ul style="list-style-type: none"><li>- Stand in an open doorway</li><li>- Bring your shoulder and elbow to 90 degrees and place against the side of the door frame</li><li>- Slowly lean your body forward, keeping your shoulder stable and not allowing your shoulder to rotate forward</li><li>- Hold for 20 to 30 seconds and relax</li><li>- Repeat 3 times and then do the same on your opposite side</li></ul>  |
| Child pose                                | <ul style="list-style-type: none"><li>- Kneel on the floor with your toes together and your knees hip-width apart. Rest your palms on top of your thighs</li><li>- 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.</li><li>- Straighten your arms out in front of you with your palms facing down</li><li>- Hold for 30 seconds and slowly sit back up</li></ul> |
| Lying knee<br>rolls                       | <ul style="list-style-type: none"><li>- Lying flat with your knees bend and feet flat on floor/bed</li><li>- Roll knees over to the left and bring them back to the middle</li></ul>  |

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## Session 2

### Warm up

#### High knees

- Then roll your knees to the right and then back to the middle

- 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

#### Hip circles

- Stand tall with your feet shoulder width apart. Put your hands on your hips
- Keeping your feet still move your hips in a circular movement
- Continue doing 30 seconds in one direction before changing and doing the same in the opposite direction

#### 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

#### 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 37
- Repeat three times

### Workout

#### Bridge

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

#### Clam

- Lie on your side with your knees bent. Tighten your pelvic floor muscles and gently pull your lower stomach in
- Lift your top knee as far as you can, without letting your pelvis rotate forward or back. Keep your feet together during the exercise
- Lower knee back down
- Roll over and repeat on the same side

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Sitting feet lift and hold

- Sit comfortably in a chair and raise one leg off of the floor
- Hold for 20-30 seconds and lower your leg back down
- Repeat on the opposite side, aiming to complete this 5 times each side

Seated elbow to opposite knee

- Sit upright in a chair
- Lift your left knee upward towards your chest, bring your right elbow to your knee so they touch
- Slowly return to the starting position and repeat with the right leg to left elbow

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

## **Mobility**

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 5 seconds and repeat on the other 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

Work top latissimus dorsi stretch

- Stand about 2 feet from a work top, facing toward it
- Place your palms onto a work top surface
- Bend forwards from your hips, bringing your head between your arms
- Hold for 30 seconds, straighten back up and repeat 3 times

Seated hamstring stretch

- While sitting on a chair, straighten one 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

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