

# COVID-19 Beginner Programme

## Week 3 – Slow and steady

### Session 1

#### **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
- 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
- Standing breaststroke
- 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

#### **Workout**

- Sit to stand
- Starting in a seated position with your feet hip width apart and your toes pointing forward
  - Place your arms across your chest
  - Push up yourself up from the chair until you are standing upright
  - Slowly lower yourself back down onto the chair
- Knee extension
- Sit in a chair with you back straight
  - Lift one leg to straight out from your body
  - Hold for 5 seconds
  - Lower to starting position. Repeat on opposite leg
- 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

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- 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

- 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

## **Mobility**

- 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

- 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

- 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

- Resisted standing trunk rotations
- 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

- Seated glute stretch
- Sit on a chair with your legs crossed
  - Hold onto your top leg and pull it towards your chest, you should feel a stretch into your bottom
  - Hold for 30 seconds and repeat on opposite side

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## Session 2

### Warm up

- 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
- 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
- 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
- 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.
  - Repeat three times
- 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

### Workout

- Wall press up
- Start with your feet together standing around 2 feet away from a wall with your arms straight out in front of you on the wall
  - Bend your elbows and begin to lean your body toward the wall until your nose almost touches it
  - Push away from the wall, back into your starting position. Repeat
- Banded row
- Hook the band around a door handle or bannister
  - Hold both ends of the band with your arms out in front of you with your elbows tucked into your side
  - Pull the band towards you so your wrists are now by your sides
  - Slowly straighten your arms returning to your starting position. Repeat
- Resisted horizontal shoulder abduction
- While holding a resistance band, reach forward so your hands are directly in front of you at shoulder height. Make sure that the band has some slack
  - Keep your palms down

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- With arms staying straight pull your arms apart and squeeze your shoulder blades together.
- Return to start position

- Sit to stand
- Starting in a seated position with your feet hip width apart and your toes pointing forward
  - Place your arms across your chest
  - Push up yourself up from the chair until you are standing upright
  - Slowly lower yourself back down onto the chair

- 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

## **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

- 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

- 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

- 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

- Lateral neck flexion stretch
- Sit comfortably in a chair.
  - Slowly bend your head to one side, bringing your ear towards your shoulder. Once you've have moved your head as far as possible to your ear hold for 5 seconds before returning to neutral position.
  - Repeat on opposite side