

# COVID-19 Beginner Programme

## Week 4 – Pace

### 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 steps with shoulder abductions

- Standing tall, 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 5 times and then swap sides and do the same

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 elbow to knee

- Standing tall
- 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

#### 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

Resistance band deadlift

- Holding on to each end of the resistance band and step on to the middle of the band
- Place your feet shoulder width apart with toes point forward
- Tighten your core and keep your chest up
- Bend your knees slightly and drive your hips back but not lower than your knees.
- Again, keep your chest up – this is your starting position
- Squeeze your bottom together and push your hips forwards
- Return to starting position

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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 tight and your toes are pointing forwards

Weighted shoulder press

- Stand with your feet shoulder width apart, holding two equal weights in both hands. This could be a tin of beans
- Hold the weight by your shoulders with your palms facing forwards, upper arms are pointing out to the sides and your elbows bent at a 90-degree angle
- Push the weights over your head, fully straightening your arms and pausing at the top
- Slowly return to start position

Plank on knees

- Begin by laying on the floor with your elbows under your shoulders, hands flat on the floor and core engaged
- Keeping your forearms and knees on the floor slowly raise yourself upwards until your body is in a straight line from your knees to your head
- Hold the position for 10 seconds. Relax and repeat. Aim to do 3 x 10 second holds

## **Mobility**

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

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

Quadriceps stretch

- Stand on one leg with both knees touching. You can hold a chair or a wall to keep you steady if needed
- Grab your opposite foot and pull it towards your bottom. Be sure to push your chest up and hips forward.
- Try not to focus on pushing your foot too close to your backside; your focus should be on feeling the stretch in your quad muscle and pushing your hips forward to get a good hip flexor stretch
- Hold the position for 20 to 30 seconds, then repeat on the opposite side

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- Side lunge
- Stand upright with both feet facing forward, double shoulder-width apart
  - Place your hands on your hips or thighs, 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
- 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

- 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
- 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
- Hip rotations (opening the gate)
- Stand with your feet hip width apart with your hands at your waist
  - Lift your knee up to waist level and then move it out to the side
  - Return to the starting position and repeat with the opposite leg
- Punches
- Stand with your feet shoulder width apart
  - 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

### Workout

- Resisted bridge
- Tie a resistance band around your knees
  - 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
- Reverse lunge
- Start by standing up straight
  - 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

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- 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
- Bicep curl
- 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
- Shoulder abduction
- 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
- Mobility**
- Cobra on forearms
- 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
  - Hold for 30 seconds
- 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 on 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
- 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
- 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

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Lying  
thoracic  
rotation

- Lie on your side on the floor with your knees bent to 90 degrees
- Place your arms out in front of you with your palms facing each other
- Slowly slide the top hand over the bottom arm toward your chest and across your shoulder
- Allow your trunk to rotate and slowly straighten your arm from the shoulder and elbow
- Reach out with your fingertips and turn your head to look towards this arm
- Make sure your hips are still in the start position
- Hold for 20-30 seconds and return to start position
- Turn over onto your opposite side and repeat