

COVID-19 Beginner Programme

Week 5 – Breath of confidence

Session 1

Warm up

- Mini curtsey lunge
- 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

- Sidestep 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

- 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

- 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

Workout

- 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 abductions
- 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
 - With arms staying straight pull your arms apart and squeeze your

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- shoulder blades together.
 - Return to start position
- Resisted pull downs
- Hook a resistance band over the top of a door
 - Hold onto the band with your palm facing inwards
 - Bring your arm down towards your hip and then bring it back up
 - Remember to control the movement back up
 - Repeat on the opposite side
- Sit to stand with weight
- While holding a weight start 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 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**
- 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
- 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
- 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

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position

- Raise your right arm and left leg, again holding for a few seconds before return to start position

Laying
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

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Session 2

Warm Up

Fast pace 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
- Keep a speed that is slightly faster than what your normal walking speed would be

Sidestep 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

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

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 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

Workout

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

Resisted punches

- Stand with your feet shoulder width apart
- Wrap a resistance band around the back of you and hold each end in your hands

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- Hold your hands close to your chest
- Push your right arm out in front of you
- As you are bringing it back your right arm push your left arm out in front of you
- Continue this at a comfortable pace for 30 seconds

Side steps
with
shoulder
abduction
with weight

- Standing tall holding a weight in each hand
- 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

Step
forward
with
shoulder
flexion

- Standing tall holding a weight in each hand
- Take a step forwards with your right leg
- At the same time as taking a step, lift you left arm out in front of you, and away from your body
- Step back returning to start position
- Repeat as above 5 times and then swap sides and do the same

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

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

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 is not 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

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

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- 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 it 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
- 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