

# COVID-19 Beginner Programme

## Week 6 – Balance

### Session 1

#### 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

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

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

Resisted standing trunk rotation

- 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

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

#### Workout

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

Staggered sit to stand with weight

- While holding a weight start in a seated position with your feet hip width but with one leg further forward than the other
- Place your arms across your chest

# COVID-19 Beginner Programme

- Push up yourself up from the chair until you are standing upright
- Slowly lower yourself back down onto the chair.
- Complete 10 repetitions as swap so the other leg is further forward

Tandem  
balance on  
cushion

- Stand on a cushion with one foot in front of the other so that you are standing heel to toe
- Hold this position for 20 seconds
- Relaxed and swap feet around

Heel to toe  
walking –  
forwards  
and  
backwards

- Stand tall
- Walk forwards heel to toe imagining you are walking on a tight rope
- Once you have walked 10 steps forwards walk heel to toe going backwards
- Do this near a wall or kitchen work top in case you need something to help you balance

Single leg  
balance

- Stand tall near something you can use to help you balance if you need to
- Lift one leg off the floor and hold
- Aim to hold for 20-30 seconds
- Relax and repeat on opposite leg

## **Mobility**

Calf stretch

- Stand near a wall with one foot in front of the other
- Bend your front knee slightly
- Keep your back leg straight, with your heel on the floor and lean towards the wall
- You should feel a stretch down the back of your calf
- Hold for 20-30 seconds and repeat on the opposite side

Hamstring  
stretch

- Stand with your back straight
- Place your right leg in front of you, bending your left knee slightly
- Gently lean forward while placing your hands on your bent left leg
- Keep your back straight
- Hold for 20-30 seconds and repeat on the opposite side

Side lunge

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

# COVID-19 Beginner Programme

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

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

# COVID-19 Beginner Programme

## Session 2

### Warm Up

- Across body marching
- Start marching on the spot
  - When your knee is raised bring it across your body towards your opposite hip
  - Lower it back down
  - Repeat with the opposite leg
  - Continue at a comfortable pace for you
- 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
- 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
- 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
- Resisted standing trunk rotation
- 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

### Workout

- Single leg balance
- Stand tall near something you can use to help you balance if you need too
  - Lift one leg off the floor and hold
  - Aim to hold for 20-30 seconds
  - Relax and repeat on opposite leg
- Clock face balance
- Stand on one of your legs
  - With the other leg imagine a 12 hour clock surrounds you. Touch each hour on this imaginary clock with your toes
  - The further out you reach the more challenging this will become for

# COVID-19 Beginner Programme

- your balance
  - Repeat on the opposite side
- Tandem balance on cushion
- Stand on a cushion with one foot in front of the other so that you are standing heel to toe
  - Hold this position for 20 seconds
  - Relaxed and swap feet around
- Single leg sit to stand
- Start by sitting on a chair
  - Lifting one leg off the floor stand up on one leg
  - Once standing upright slowly lower yourself down so that you're sitting on the chair
  - Repeat this 5 times before swapping to the other leg
  - If a chair is too low to do from one leg begin from a higher surface such as the arm of your sofa or edge of your bed
- Heel to toe walking – forwards and backwards
- Stand tall
  - Walk forwards heel to toe imagining you are walking on a tight rope
  - Once you have walked 10 steps forwards walk heel to toe going backwards
  - Do this near a wall or kitchen work top in case you need something to help you balance

## **Mobility**

- Calf stretches
- Stand near a wall with one foot in front of the other
  - Bend your front knee slightly
  - Keep your back leg straight, with your heel on the floor and lean towards the wall
  - You should feel a stretch down the back of your calf
  - Hold for 20-30 seconds and repeat on the 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
- Hamstring stretch
- Stand with your back straight
  - Place your right leg in front of you, bending your left knee slightly
  - Gently lean forward while placing your hands on your bent left leg
  - Keep your back straight
  - Hold for 20-30 seconds and repeat on the opposite side
- Side bend
- Bringing your left arm over your head
  - Bend towards your right
  - Repeat on the opposite side
  -

# COVID-19 Beginner Programme

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