

COVID-19 Beginner Programme

Week 7 – Strength

Session 1

Warm up

- Mini jumping jacks
- Starting with your feet together
 - Bring both legs to the side and your hands overhead at the same time
 - Return to a position with the feet together and arms by your side
- Jogging on the spot
- 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
- 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
- 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
- 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

- 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
 - 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
- 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 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

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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

Upright row

- Stand up straight with a weight in both hands and allow it to hang in front of you with your arms straight. Your palms should be facing towards your body
- Lift the weight straight up towards your chin keeping the weight close to your body
- Your arms should not go any higher than your shoulders
- Return the weight back down to the starting position
- Repeat for the number of repetitions you can manage

Bicep curl with

- 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

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

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

- 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
- Push up so that your arms are straightened increasing the arch of your back
- Hold for 30 seconds

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- 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
- 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

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Session 2

Warm Up

- 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
- 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
- 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
- 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
- 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

- 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
- Step downs
- Start by standing with one foot on a step, and one foot off the ground
 - Slowly lower the foot that is not on the step towards the ground, bending the knee on the step
 - Once that foot taps the ground, push back up through the foot on the step
 - Repeat for 5 repetitions on one side
 - Then repeat on the opposite side

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- Reverse lunges
- 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
- 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
- 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
- Mobility**
- 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
- 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
- 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

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- Repeat going in the opposite direction
- Complete 3 repetitions on each side

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

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