

COVID-19 Beginner Programme

Week 8 – Function

Session 1

Warm up

- Gentle jog 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 so that you are doing a gentle jog on the spot
- 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 your head
 - Repeat on the opposite side completing 10 repetitions of each side
- Curtsey lunges
- 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
- 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 it back your right arm, push your left arm out in front of you
 - Continue this at a comfortable pace for 30 seconds
- 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 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

Workout

- Sit to stand with shoulder press
- Starting in a seated position with your feet hip width apart and your toes pointing forward
 - 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 up yourself up from the chair until you are standing upright
 - At the same time, push the weights over your head, fully straightening

COVID-19 Beginner Programme

- your arms and pausing at the top
 - Slowly return your arms to their starting position and lower yourself back down onto the chair
- 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 with weight
- 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
- 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
- Single leg bridge
- Lie on your back with your hands at your sides, knees bent, and feet flat on the floor under your knees
 - Lift one leg out straight and hold off the floor
 - Squeeze you bottom together and suck your tummy in
 - Push your hips up from the bed, off one leg, creating a straight line from your knees to shoulders
 - Slowly go back down to starting position
 - Repeat on the opposite side
- Mobility**
- Back extension stretch
- Stand with your feet shoulder width apart. Place you hand on your lower back for support
 - Slowly lean back increasing the arch of you lower back until you feel a mild stretch in your abdominal muscles and slight pressure in your lower back
- 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

COVID-19 Beginner Programme

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

Warrior
pose

- Begin standing tall and stepping your right foot forward so you are in a lunge position with your right knee bent
- Keep your left leg straight behind you and turn your foot so it is at approximately 45-degrees
- Raise your arms above your head and lift your chin so you are looking at your hands
- Hold the pose for 30 seconds
- Repeat stepping forwards with the left 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

Session 2

Warm Up

- Gentle jog 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 so that you are doing a gentle jog on the spot
- 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
- 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
- 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
- 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

Workout

- Sit to stand with shoulder press
- Starting in a seated position with your feet hip width apart and your toes pointing forward
 - 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 up yourself up from the chair until you are standing upright
 - At the same time, push the weights over your head, fully straightening your arms and pausing at the top
 - Slowly return your arms to their starting position and lower yourself back down onto the chair
- 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

COVID-19 Beginner Programme

- 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
- 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
- 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**
- Cobra going into child pose
- 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
 - Push your hips up and back so that you are on your hands and knees
 - Sit back onto your heels, keeping your arms straightened in front of you
 - Lower your head between your arms
 - Hold for 30 seconds and slowly sit back up
- Warrior pose
- Begin standing tall and stepping your right foot forward so you are in a lunge position with your right knee bent
 - Keep your left leg straight behind you and turn your foot so it is at approximately 45-degrees
 - Raise your arms above your head and lift your chin so you are looking at your hands
 - Hold the pose for 30 seconds
 - Repeat stepping forwards with the left side
- Side lunge
- Stand upright with both feet facing forward, double shoulder-width apart

COVID-19 Beginner Programme

- 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

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

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