

COVID-19 Intermediate Programme

Week 1 – Back to exercise

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

- 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 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

- Seated trunk rotations
- 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

- Sit to stand
- Sit on the edge of a chair with your feet hip width apart.
 - Have you arms crossed over your chest
 - Stand up slowly from this position. Keep looking forwards and do not look down
 - Stand upright and then slowly sit down
 - Repeat

- 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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- 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 abductions
- 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

- Shoulder flexion
- Start by standing with your feet hip width apart and your arms relaxed by your sides
 - Raise your arms in front of you until your hands are shoulder height, keeping your palms facing each other
 - Pause and slowly lower your arms back to your starting position and repeat

Mobility

- 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

- Lying knee rolls
- Lying flat with your knees bend and feet flat on floor/bed
 - Roll knees over to the left and bring them back to the middle
 - Then roll your knees to the right and then back to the middle

- 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

- Seated hamstring stretch
- While sitting on a chair, straighten on 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

- 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

- 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

- Seated trunk rotations
- 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

- Hip abduction
- Stand up straight with your feet shoulder width apart
 - Keeping your toes pointing forward, lift one leg straight out to the side as far as possible and then return to starting position
 - Repeat on opposite side

- Hip extension
- Stand up straight with hands on a counter or chair for support
 - Keeping both legs straight, move your right leg back until your foot is a few inches off the floor
 - Return to start positon and repeat on the opposite side

- 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

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- 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

- 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

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

- 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

- 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 into 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

- Bird dog
- Begin on all fours
 - Raise your right arm and left leg, keeping your hips and shoulders parallel to the floor

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- 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

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