

COVID-19 Intermediate Programme

Week 2- Core and posture

Session 1

Warm up.

- Marching on spot with swinging arms
- Stand straight with your elbows bent at a 90-degree angle and your feet hip width apart
 - Bring the whole of your right arm forward at the same time as you bring your left knee up
 - Repeat on the opposite side and keep alternating for 30 seconds
- 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
- 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
- Hip circles
- Stand tall with your feet shoulder width apart. Put your hands on your hips
 - Keeping your feet still move your hips in a circular movement
 - Continue doing 30 seconds in one direction before changing and doing the same in the opposite direction
- 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

Workout

- Resisted bridge
- Tie a resistance band around your knees
 - Lie on your back with your hands at your side, knees bent, and feet flat on the floor under your knees
 - Squeeze your bottom together and suck your tummy in
 - Push your hips up from the bed creating a straight line from your knees to your shoulders
- 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

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- Toe taps
- Lie down with your knees bent and your arms by your sides
 - Bring your legs up into tabletop (knees bent, thighs perpendicular to the floor). Avoid arching your back keeping it pressed into the floor
 - Begin by lowering the right foot and tapping it on the floor while the left leg remains in the tabletop position
 - Return the right leg to tabletop position and repeat with the left leg
- Resisted trunk rotations
- Tie a resistance band at chest height to one side.
 - Hold the other end of the exercise band in both hands and hold your arms outstretched in front of you.
 - Slowly rotate your body away from the exercise band, keeping your head, shoulders, and arms in alignment.
Hold this position before returning to the centre
- 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

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

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- Bird dog
- 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

- 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

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Session 2

Warm up.

- Marching on spot with swinging arms
- Stand straight with your elbows bent at a 90-degree angle and your feet hip width apart
 - Bring the whole of your right arm forward at the same time as you bring your left knee up
 - Repeat on the opposite side and keep alternating for 30 seconds
- Mini jumping jacks
- Starting with your feet together
 - Bring both legs out to the side and your hands overhead at the same time
 - Return to a position with the feet together and the arms at the sides.
- 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
- 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
- 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

- Horizontal abduction
- Reach forward so your hands are directly in front of you at shoulder height
 - Keep your palms down
 - With arms staying straight pull your arms apart and squeeze your shoulder blades together.
 - Return to start position
- 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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- Toe dips
- Lie down with your knees bent and your arms by your sides
 - Bring your legs up into tabletop (knees bent, thighs perpendicular to the floor). Avoid arching your back keeping it pressed into the floor
 - Begin by lowering the right foot and tapping it on the floor while the left leg remains in the tabletop position
 - Return the right leg to tabletop position and repeat with the left leg

- Resisted sit to stand
- Start by tying a resistance band just above your knees with your knees together
 - Then 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, keeping your knees apart during the movement
 - Slowly lower yourself back down onto the chair

- 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

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

- Lying trunk 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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- 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
 - 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
- Thoracic extension
- Stand with your feet shoulder width apart. Place your hand on your lower back for support
 - Slowly lean back increasing the arch of your lower back until you feel a mild stretch in your abdominal muscles and slight pressure in your lower back