

# COVID-19 Intermediate Programme

## Week 3 - Slow and steady

### Session 1

#### **Warm up.**

- |   |   |
|---|---|
| Marching on spot bringing elbow to knee | - Standing tall<br>- Lift your left knee upward towards your chest, bring your right elbow to your left knee so they touch<br>- Slowly return to the starting position and repeat with the right leg to left elbow                      |
| Heels to glutes                         | - Stand with your feet hip width apart<br>- Slowly bring your right heel towards your bottom<br>- Bring your right foot back down and repeat with your left side<br>- Continue the movement alternating between left and right          |
| Seated trunk rotations                  | - Sit in a chair with you back straight<br>- Twist your upper body to one side, trying to keep your hips still<br>- You can add more of a stretch by holding the back of the chair<br>- Hold for 5 seconds and repeat on the other side |
| Shoulder circles                        | - Let your arms hand by your side and roll your shoulders backwards<br>- After doing 10 rolls backwards, change direction and roll them forwards  |
| Calf raises                             | - Begin with your feet shoulder width apart<br>- Push yourself up onto your toes, keeping your knees straight<br>- Lower yourself back down and repeat  |

#### **Workout**

- |                          |  |
|--------------------------|--|
| Sit to stand with weight | - Starting in a seated position with your feet hip width apart and your toes pointing forward<br>- Holding a weight at chest height with both hands<br>- Push up yourself up from the chair until you are standing upright<br>- Slowly lower yourself back down onto the chair   |
| Resisted knee extension  | - Sit in a chair with you back straight with one end of the resistance band tied around the chair leg<br>- Lift one leg to straight out from your body<br>- Hold for 5 seconds<br>- Lower to starting position. Repeat on opposite leg   |
| Resisted hip abduction   | - Stand up straight with your feet shoulder width apart<br>- With one end of the resistance band tied to a steady surface i.e. table base or banister and the other tied around your ankle<br>- Keeping your toes pointing forward, lift one leg straight out to the side as far as possible and then return to starting position<br>- Repeat on opposite side |

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- Resisted hip extension
- Stand up straight with hands on a counter or chair for support
  - With one end of the resistance band tied to a steady surface i.e. table base or banister and the other tied around your ankle
  - Keeping both legs straight, move your right leg back until your foot is a few inches off the floor
  - Return to start position and repeat on the opposite side

- 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

- 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

- Downward dog
- Start with both your hands and knees bent to 90° resting on the floor
  - Push through the toes and lift your knee away from the floor, until your legs are straight
  - Aim to push your tail bone towards the ceiling
  - Hold this position for 15 seconds, do not forget to continue breathing normally as best as possible
  - Then return to the starting position

- Cobra on forearms
- 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
  - Hold for 30 seconds

- 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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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

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## Session 2

### Warm up.

- Crossover step with side bend
- Begin with your feet shoulder width apart
  - Bring your left leg behind your right
  - At the same time bend to your right bringing your left arm over your head
  - Repeat on the opposite side completing 5 repetitions on each 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
- 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
- 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 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

- 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
- 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

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- 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
- 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
- Sit to stand with weight
- While holding a weight start 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

## 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
- 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
- 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

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- 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
- Seated forward bend
- From a chair sit with your legs shoulder width apart and feet flat on the floor
  - Have your hands relaxed between your knees
  - Slowly lean forward, bringing your body towards your thighs
  - Relax your neck and lower your hands towards your feet
  - When you feel a stretch, hold the position for 30 seconds and then slowly return to starting position.
  - Repeat three times