

COVID-19 Intermediate Programme

Week 4 – Pace

Session 1

Warm up.

- Marching on spot bringing elbow to knee
- Standing tall
 - Lift your left knee upward towards your chest, bring your right elbow to your left knee so they touch
 - Slowly return to the starting position and repeat with the right leg to left elbow
- 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
- Hip rotations (opening the gate)
- Stand with your feet hip width apart with your hands at your waist
 - Lift your knee up to waist level and then move it out to the side
 - Return to the starting position and repeat with the opposite leg
- Shoulder circles
- Let your arms hang by your side and roll your shoulders backwards
 - After doing 10 rolls backwards, change direction and roll them forwards
- 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

- 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
- 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

COVID-19 Intermediate Programme

- Then push back up and return to the starting position
- Repeat stepping back with your opposite leg

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

Triceps dip

- Begin but sitting on a solid chair/bench
- Slide your bottom off the edge of the chair with your legs out straight in front of you
- Almost straighten your arms fully, keeping a slight bend at the elbows
- Slowly bend your elbows so you are lowering your body towards the floor until they are at about 90 degrees or as low as you can manage
- Once you reach the lowest point, push yourself back up through your arms, straightening your elbows and returning to your start position
- Repeat
- You can have your knees bent to make this exercise easier

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

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

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

COVID-19 Intermediate Programme

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

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

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

COVID-19 Intermediate Programme

Session 2

Warm up.

Jogging 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
- Do this so that you are completing it at a jogging pace
- Repeat on the opposite side and keep alternating for 30 seconds

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 rotations (opening the gate)

- Stand with your feet hip width apart with your hands at your waist
- Lift your knee up to waist level and then move it out to the side
- Return to the starting position and repeat with the opposite leg

Resisted punches

- Stand with your feet shoulder width apart
- Warp a resistance band around the back of you and hold each end in your hands
- Hold your hands close to your chest
- Push your right arm out in front of you
- As you are bringing back your right arm push your left arm out in front of you
- Continue this at a comfortable pace for 30 seconds

Workout

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 your 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

Plank

- Begin by laying on the floor with your elbows under your shoulders, hands flat on the floor and core engaged
- Keeping your forearms on the bed push up onto your toes 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

COVID-19 Intermediate Programme

- Mountain climbers
- Begin in a press up position, supporting your weight on your hands and toes, with your arms and legs straight
 - Suck in your stomach to engage your core
 - Keep your hips and feet in a straight line
 - Bring one knee to your chest and return it to the starting position, with your leg straight
 - Repeat this on the other side
 - Continue this alternating between each side

- 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

- Resisted pull downs
- Hook a resistance band over the top of a door
 - Hold onto the band with your palm facing inwards
 - Bring your arm down towards your hip and then bring it back up
 - Remember to control the movement back up
 - Repeat on the opposite side

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

- 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

- 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

- 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

COVID-19 Intermediate Programme

- 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

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