

COVID-19 Intermediate Programme

Week 5 - Breath of confidence

Session 1

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
- Across body marching
- Start marching on the spot
 - When your knee is raised bring it across your body towards your opposite hip
 - Lower it back down
 - Repeat with the opposite leg
 - Continue at a comfortable pace for you
- Double sidestep with floor touch
- Standing tall, take two steps to the right
 - Once you have stepped twice touch the floor with your right hand
 - Repeat going in the opposite direction touching the floor with your left hand
 - Complete this 5 times in each direction
- 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**
- 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
- Upright row
- Stand up straight with a weight in both hands and allow it to hang in front of you with your arms straight. Your palms should be facing towards your body
 - Lift the weight straight up towards your chin keeping the weight close to your body
 - Your arms should not go any higher than your shoulders

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- Return the weight back down to the starting position
- Repeat for the number of repetitions you can manage

Resisted horizontal abductions

- While holding a resistance band, reach forward so your hands are directly in front of you at shoulder height. Make sure that the band has some slack
- Keep your palms down
- With arms staying straight pull your arms apart and squeeze your shoulder blades together.
- Return to start position

Sidesteps 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

Sidestep with shoulder abduction using 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

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

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

Wall angels

- Begin by standing up against a wall
- Keep your lower back, mid back and the back of your head against the wall
- Suck in your stomach to engage your core
- Bend your elbows to 90-degrees
- Then while keeping your arms against the wall slowly raise them up towards your head

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- When you reach as far up as you can manage, while still maintaining contact with the wall, hold for 5-10 seconds
- Return to start position

Resisted
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 isn't 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

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

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Session 2

Warm up.

- Shoulder circles
- Let your arms hang by your sides and roll your shoulders backwards
 - After doing 15 rolls backwards, change direction and roll them forwards
- 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
- 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
- Jogging 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 jogging on the spot
- 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

Workout

- Push up on knees
- Start on your hands and knees with your hands shoulder width apart
 - Take your knees back so that you are in a straight line from your head to your knees
 - Suck in your stomach and squeeze your glutes together
 - Bend your elbows, keeping them tucked into your sides, lowering yourself towards the floor
 - Get to as close to the floor as your feel comfortable
 - Push yourself up until your arms are straight, returning to the start position
- 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

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- front of you
 - Continue this at a comfortable pace for 30 seconds
- Resisted shoulder perturbations
- Begin by tying a resistance band to a closed door
 - While holding the band kneel on the floor with your back towards the door
 - Straighten your arm out to the side
 - Gently pulse your arm forwards
 - After you have pulsed your arm a few times slowly begin to raise your arm up towards the ceiling while keeping your arm straight
 - Continue the pulsing movement until your arm is above your head
 - Slowly return to your starting position, pulsing your arm as you go down
- 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
- 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
- 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
- Kneeling lunge stretch
- Kneel on the floor with one knee, keeping your back straight
 - Keeping your body in this position, push your hips forward so that you begin to lean forward
 - You should feel a stretch going down the front of your back leg
 - Hold for 20-30 seconds
 - Repeat on opposite side

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Hamstring stretch

- Stand with your back straight
- Place your right leg in front of you, bending your left knee slightly
- Gently lean forward while placing your hands on your bent left leg
- Keep your back straight
- Hold for 20-30 seconds and repeat on the opposite side

Pigeon pose

- Begin on all fours. Bring your right knee forward towards your right wrist
- Straighten Stand with your back straight
- Place your right leg in front of you, bending your left knee slightly
- Gently lean forward while placing your hands on your bent left leg
- Keep your back straight
- Hold for 20-30 seconds and repeat on the opposite side your left leg out behind you
- Bring your right knee down so it is flat against the floor with your shin running perpendicular to your body
- Turn your body towards the bent leg and lean your body gently forward
- You should feel a stretch going into your glutes
- Hold for 20-30 seconds
- Repeat on opposite side