

COVID-19 Intermediate Programme

Week 6 – Balance

Session 1

Warm up.

- Jogging on 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
- 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
- Calf raises
- Begin with your feet shoulder width apart
 - Push yourself up onto your toes, keeping your knees straight
 - Lower yourself back down and repeat
- 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
 - 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

Workout

- Staggered sit to stand
- While holding a weight start in a seated position with your feet hip width but with one leg further forward than the other
 - 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.
 - Complete 10 repetitions as swap so the other leg is further forward

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- Split squat
- Begin by standing upright
 - Take a step forwards as if you were doing a lunge, the heel of your back leg should be off the floor
 - Slowly bend your knees, lowering yourself towards the floor until your back knee almost touches the floor
 - Push yourself back up, keeping your legs in the split position
 - Complete all 10 reps on one leg and then switch over to the other

- Single leg balance on cushion
- Stand tall on a cushion near something you can use to help you balance if you need too
 - Lift one leg off the floor and hold
 - Aim to hold for 20-30 seconds
 - Relax and repeat on opposite leg

- Clock face balance
- Stand on one of your legs
 - With the other leg imagine a 12-hour clock surrounds you. Touch each hour on this imaginary clock with your toes
 - The further out you reach the more challenging this will become for your balance
 - Repeat on the opposite side

- Heel to toe walking – forwards and backwards
- Stand tall
 - Walk forwards heel to toe imagining you are walking on a tight rope
 - Once you have walked 10 steps forwards walk heel to toe going backwards
 - Do this near a wall or kitchen work top in case you need something to help you balance

Mobility

- Calf stretch
- Stand near a wall with one foot in front of the other
 - Bend your front knee slightly
 - Keep your back leg straight, with your heel on the floor and lean towards the wall
 - You should feel a stretch down the back of your calf
 - Hold for 20-30 seconds and repeat on the opposite side

- 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

- Heel drop off of step
- Begin by standing on a step with both feet
 - Bring your feet to the edge of the step, so that your heels are of the edge
 - You can use the bannister and/or wall to help balance
 - Slowly lower your heels towards the floor, keeping the balls of your

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feet on the step

- You should feel a stretch down the back of your legs
- Hold for 10 seconds and slowly bring yourself up to your start position
- Repeat 3 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

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

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Session 2

Warm up.

Jogging on 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

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 down

- 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

Single leg calf raise

- Begin with your feet together
- Lift one foot off the floor
- Push yourself up onto your toes, on the one leg, keeping your knee straight
- Lower yourself back down
- Complete 5 reps on one side
- Repeat on the other side

Pogo hops

- Stand tall with your feet hip width apart
- Raise your heels so you are standing on the balls of your feet
- Quickly bounce up and down on the balls of your feet
- Do not let your heels touch the ground
- Complete 10 seconds of bounces, 3 times having a 10 second rest between

Workout

Single leg sit to stand

- Begin in a position with your feet together
- Place your arms across your chest
- Lift one foot off the floor
- Push up yourself up from the chair, on one leg, until you are standing upright
- Slowly lower yourself back down onto the chair.
- Complete 5 repetitions
- Repeat on the other side

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- Lunge with twist
- Begin standing tall
 - Take a step forward with your right leg, so that you are in a lunge position
 - The heel of your left leg should be off the floor
 - Slowly bend your knees, lowering yourself towards the floor until your back knee almost touches the floor
 - Hold this position
 - Twist your body to your left and hold for 5 seconds
 - Return to facing forwards
 - Push yourself back up, keeping your legs in the split position
 - Complete all 5 reps on your right side and then switch over to the left

- Single leg balance on cushion
- Stand tall on a cushion near something you can use to help you balance if you need too
 - Lift one leg off the floor and hold
 - Aim to hold for 20-30 seconds
 - Relax and repeat on opposite leg

- Clock face balance
- Stand on one of your legs
 - With the other leg imagine a 12-hour clock surrounds you. Touch each hour on this imaginary clock with your toes
 - The further out you reach the more challenging this will become for your balance
 - Repeat on the opposite side

- Heel to toe walking – forwards and backwards
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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

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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
- 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
- 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