

COVID-19 Intermediate Program

Week 7 – Strength

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

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

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

Double side step 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

Squat thrusts – jump out, walk back in

- Begin with your feet shoulder width apart
- Bend down and place your hands on the floor
- Jump your feet backwards so that you are in a press up position
- Step your feet back towards your arms so that you are back in your starting position
- Repeat the process again jumping back and stepping forwards
- Complete 5 reps

Workout

Wall squats

- Begin with your feet shoulder width apart and your back against the wall
- Bring your feet about 2 feet away from the wall
- Suck in your tummy
- Slowly slide your back down the wall so that your knees are bent to 90-degrees
- Hold for 5 seconds
- Slowly slide back up the wall to your start position
- Repeat 5 times

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- Reverse lunge with weight
- Start by standing up straight holding a weight in each hand
 - 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
- Calf raises with weight
- Begin with your feet shoulder width apart
 - Hold a weight in each hand
 - Push yourself up onto your toes, keeping your knees straight
 - Lower yourself back down and repeat
- Lateral glute walk with resistance band
- Stand tall, with an exercise or loop band around your legs (slightly above or under the knee joint)
 - Take a hip-width stance so that the band tightens and squat down so your knees are slightly bent
 - From this position, step to the side then return, keeping the band tight and your toes are pointing forwards
- 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
- 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
- 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

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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
- 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
- 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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Session 2

Warm up.

- 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
- 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
- Shoulder shrugs
- Let your arms hang by your sides
 - Bring your shoulders up towards your ears
 - Lower back down to start position
 - Repeat 10 times
 - Rest and repeat another 10 times
- 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
- 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

- 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
- 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

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- Push yourself up until your arms are straight, returning to the start position
- Horizontal abduction with weight
- Hold a weight in each hand
 - 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
- Tricep extension with weight
- Begin with your feet shoulder width apart
 - Hold a weight with both hands
 - Lift the weight up until both your arms are fully straightened with your palms facing up towards the ceiling
 - Your elbows should be pointing forwards
 - Bend your elbows, so that the weight slowly lowers behind your head
 - Slowly straighten your arms, returning to the start position
 - Repeat
- Bicep curl
- 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. The slowly relax your back
 - Allow your stomach to fall towards the floor, bring your shoulders together
 - Return to starting position and repeat
- 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
- Cobra into child pose
- Begin by laying on your stomach
 - Come onto your forearms, with your elbows under your shoulders and your palms facing down

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- 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

Seated
glute
stretch

- Sit on a chair with your legs crossed
- Hold onto your top leg and pull it towards your chest, you should feel a stretch into your bottom
- Hold for 30 seconds and repeat on opposite side

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