

# COVID-19 Intermediate Program

## Week 8 – Function

### Session 1

#### Warm up

- Running on spot – 10 second run, 5 second sprint
- Stand straight with your elbows bent at a 90-degree angle and your feet hip width apart
  - Begin running on the spot at a comfortable speed for 10 seconds
  - Increase your speed so that you are sprinting on the spot for 5 seconds
  - Repeat this for a total of 4 times before having a 30 second rest before repeating it again
- 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
- 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
- Downward dog calf walks
- Begin on your hands and knees, bringing your knees off the floor so that you are now positioned in an upside down 'V' position
  - Have your knees slightly bent whilst simultaneously pushing your heels towards the floor. You should feel a stretch into the back of your legs
  - Aim to keep a straight line from your hands to your hips
  - From this position bend and straighten your legs alternating between left and right leg
  - Complete this for 30 seconds, relax and repeat
- 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

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## Workout

- Squat
- Stand with your feet shoulder width apart
  - Push you hips backwards and bend your knees until your thighs are parallel with the floor
  - Ensure that you keep your knees apart and your chest lifted
  - Stand back up and repeat
- Sumo squat
- Stand with your feet further than hip width part and your feet turned out slightly
  - Clasp your hands together at your chest
  - Push you hips back and bend our knees lowering yourself towards the ground
  - Keep you back straight and your chest lifted
  - Repeat
- Single leg sit to stand with weight
- 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
- Lunge with a 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
- 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 floor, with your feet hip width apart slowly raise yourself upwards until your body is in a straight line from your toes to your head
  - Make sure your back is flat and your head and neck are in a neutral position
  - Hold the position for 10 seconds. Relax and repeat. Aim to do 3 x 10 second holds

# COVID-19 Intermediate Program

## 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
- Bound angle pose
- Begin seated with your legs out straight in front of you with your back straight
  - Rest your arms by your sides with your palms on the mat
  - Bend your knees, bring your feet together so that the soles of your feet are touching
  - Allow your knees to drop open to both sides. It is important to only allow your knees only drop open as far as they will go. Do not press your knees into this position
  - Hold onto your toes with your hands ensuring that the soles of your feet maintain contact
  - Sit up straight, extending through your back. Keep looking a head
  - Hold this position for 1 minute, relax and repeat
- 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
- Child pose with lateral shift
- 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
  - Slowly move your arms towards your right, while keeping your hands on the floor, increasing the stretch on your left side
  - Hold for 30 seconds and return to the centre before repeating going towards your left

## COVID-19 Intermediate Program

- 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

# COVID-19 Intermediate Program

## Session 2

### Warm up.

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

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

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

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

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

Dead bug

- Lie flat on your back with your arms held out in front of you pointing to the ceiling
- Bring your legs up with your knees bent to 90-degrees
- Suck in your tummy so your back is flat against the floor. It is important to keep your back in contact with the floor during the whole exercise

## COVID-19 Intermediate Program

- Slowly lower your right arm and your left leg towards to floor at the same time
- Your aim is to get your arm and leg so that they are just above the floor. If this is too challenging and you are finding your back is lifting off the floor before you reach this position, take your arm and leg as low you the floor as you can while maintaining contact between your back and the floor
- Slowly return to your starting position
- Repeat using you left arm and right leg
- Keep alternating between each side

### 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 floor, with your feet hip width apart slowly raise yourself upwards until your body is in a straight line from your toes to your head
- Make sure your back is flat and your head and neck are in a neutral position
- Hold the position for 10 seconds. Relax and repeat. Aim to do 3 x 10 second holds

### 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

### Deadlift with weight

- Holding a weight in both hands allowing it to hand in your arms. You can use a weighted bag to do this
- 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

### 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

## COVID-19 Intermediate Program

- Push yourself up until your arms are straight, returning to the start 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
- 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
- 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
- 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
- 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