7-days programme for asymptomatic Covid cases	Session: 1

WARM-UP

1 set of each exercise with a lower intensity
(Including 10´ on the bike if it is possible)

STRENGTH

Combine exercises 1-2; 3-4; 5-6

1.

2.

3.

4.

5.

6.

Exercise	Intensity	Sets / Reps	Rec.
1. Bulgarian split squad	RPE 4-5/10	3 x 8 x 8´´	1´ between sets - 5´´ between reps
2. Jumps from bulgarian split squad	RPE 4-5/10	4 x 6 each leg	3´ between sets
3. Skipping with trunk rotation	RPE 4-5/10	4 x 6 each leg	3´ between sets
4. Single leg Hip-thrust	RPE 4-5/10	5 x 4 each leg	2´- sets ; 5´´ - reps
5. Kettlebell swings	RPE 4-5/10	5 x 5 reps	2´- sets ; 5´´ - reps
6. Power step up	RPE 4-5/10	5 x 4 each leg	2´- sets ; 5´´ - reps

Control load and number of repetitions. The RPE has to be lower than 5 in a 10-points scale.

7-days programme for asymptomatic Covid cases	Session: 2

WARM-UP

1 set of each exercise with a lower intensity
(Including 10´ on the bike if it is possible)

CORE STABILITY
combine exercise 1-2; 3-4; 5-6

1.

2.

3.

4.

5.

6.

Exercise	Intensity	Sets / Reps	Rec.
1. Dead-bug	RPE 4/10	3 x 8 x each arm	1´ between sets - 5´´ between reps
2. Hip Extension	RPE 4/10	4 x 8 each leg	3´ between sets
3. Dynamic plank	RPE 4/10	4 x 5 each arm	3´ between sets
4. Lateral plank with hip abduction	RPE 4/10	4 x 6 each leg	2´ between sets - 5´´ between reps
5. Plank with arm extension	RPE 4/10	3 x 8 each arm	2´ between sets - 5´´ between reps
6.Plank with opposite arm and leg lift	RPE 4/10	3 x 8 each leg	2´ between sets - 5´´ between reps

Control load and number of repetitions. The RPE has to be lower than 5 in a 10-points scale.

COOL DOWN (MOBILITY)

7-8 movements per exercise and go to the next one
3-4 sets

7-days programme for asymptomatic Covid cases	Session: 3

WARM-UP

1 set of each exercise with a lower intensity
(Including 10´ on the bike if it is possible)

CARDIOVASCULAR SESSION
combine exercise 1-2; 3-4; 5-6

1.

2.

3.

4.

5.

6.

Exercise	Intensity	Sets / Reps	Rec.
1. Short acceleration	RPE 4/10		
2. Hip ABD-AD	RPE 4/10		
3. Squat jump	RPE 4/10		
4. Box step-up	RPE 4/10		
5. Jumps with adduction	RPE 4/10		
6. Elbows up to hands plank	RPE 4/10		

Control load and number of repetitions. The RPE has to be lower than 5 in a 10-points scale.
You can change the box for a chair

10 repetitions of exercises 1 and 2 in 1' 30" followed by 1' recovery and one more set.
10 repetitions of exercises 3 and 4 in 1' 30" followed by 1' recovery and one more set.
10 repetitions of exercises 5 and 6 in 1' 30" followed by 1' recovery and one more set.

7-days programme for asymptomatic Covid cases	Session: 4

WARM-UP

1 set of each exercise with a lower intensity
(Including 10´ on the bike if it is possible)

STRENGTH

1.

2.

3.

4.

5.

6.

Exercise	Intensity	Sets / Reps	Rec.
1. Deadlift	RPE 4-5/10	3 x 8	2´ between sets
2. Hamstring bridge	RPE 4-5/10	4 x 10	2´ between sets
3. Lateral box step up	RPE 4-5/10	4 x 6 each leg	2´ between sets
4. Lunges	RPE 4-5/10	4 x 8 each leg	2´ between sets
5. Side split squat	RPE 4-5/10	4 x 8 each leg	2´ between sets
6. Copenhagen plank	RPE 4-5/10	3 x 6 x 6´´	2´ between sets - 5´´ between reps

Control load and number of repetitions. The RPE has to be lower than 5 in a 10-points scale.
You can change the box for a chair

7-days programme for asymptomatic Covid cases	Session: 5

WARM-UP

1 set of each exercise with a lower intensity
(Including 10´ on the bike if it is possible)

CORE STABILITY
combine exercise 1-2; 3-4; 5-6

1.

2.

3.

4.

5.

6.

Exercise	Intensity	Sets / Reps	Rec.
1. Kettlebell split squad	RPE 4/10	3 x 8 x each leg	1´ between sets
2. Plank with opposite arm and leg lift	RPE 4/10	4 x 8 each leg	3´ between sets
3. Opposite leg and arm crunch	RPE 4/10	4 x 8 each arm	3´ between sets
4. Unstable plank with ball	RPE 4/10	4 x 6 x 20´´	2´ between sets - 10´´ between reps
5. Lateral plank	RPE 4/10	3 x 6 x 20´´	2´ between sets - 5´´ between reps
6. Single-leg glute bridge	RPE 4/10	3 x 12 each leg	2´ between sets

Control load and number of repetitions. The RPE has to be lower than 5 in a 10-points scale.

COOL DOWN (MOBILITY)

7-8 movements per exercise and go to the next one
3-4 sets

7-days programme for asymptomatic Covid cases	Session: 6

WARM-UP

1 set of each exercise with a lower intensity
(Including 10´ on the bike if it is possible)

CARDIOVASCULAR SESSION
combine exercise 1-2; 3-4; 5-6

1.

2.

3.

4.

5.

6.

Exercise	Intensity	Sets / Reps	Rec.
1. Jump rope	RPE 4/10		
2. High knees skip with trunk rotation	RPE 4/10		
3. Lateral step up jumps	RPE 4/10		
4. Single leg deadlift	RPE 4/10		
5. lunge jump with rotation	RPE 4/10		
6. Deadlift to reverse lunge	RPE 4/10		

Control load and number of repetitions. The RPE has to be lower than 5 in a 10-points scale.
You can change the step for a chair

10 repetitions of exercises 1 and 2 in 1' 30" followed by 1' recovery and one more set.
10 repetitions of exercises 3 and 4 in 1' 30" followed by 1' recovery and one more set.
10 repetitions of exercises 5 and 6 in 1' 30" followed by 1' recovery and one more set.