



The COVID-19 Outbreak and Implications on Medical Comorbidity and Sports

Supplementary Table 1: The proposed recommendations regarding indoor exercise in COVID-19 period ⁴⁶

WARM-UP EXERCISES	
Routine n° 1	Perform each exercise twice, 12 reps. 1. Buttock + quadriceps stretching 2. Shoulder strengthening using theraband 3. Push-up
Routine n° 2	Perform each exercise twice, 12-16 reps. 1. Iliopsoas stretching 2. Iliopsoas stretching combined with trunk rotation 3. Supine back-stretching 4. Waist external rotation 5. Wai internal rotation
Routine n° 3	Do 3 laps of 8 repetitions 1. butterfly bridging exercise 2. scissors kick exercise 3. single arm single leg push-ups
Routine n° 4	Perform each exercise twice, 12 reps. 1. sideways quadriceps exercise with resistance band 2. bridging exercise 3. single-leg bridging exercise 4. side-lying hip abduction exercise 5. leg bicycle crunches with a resistant band 6. body bicycle crunches with resistance band

MUSCLE TONE MAINTENANCE EXERCISES	
Routine n° 1	
<p>Option A: own weight: 4 laps of 8 repetitions without rest</p> <ol style="list-style-type: none"> 1. push-up 2. Squat 3. Elbow plank rotation 4. Burpees 5. Lunges 6. Pull-up 	<p>Option B: with elastic bands: 4 laps of 14 repetitions</p> <ol style="list-style-type: none"> 1. Push up 2. Squat 3. Standing rotation 4. Burpees 5. Squat 6. Rowing exercise
<p>Option C: with TRX: 4 laps of 15 repetitions</p> <ol style="list-style-type: none"> 1. Scapular strengthening 2. Upper back strengthening 3. Bicep strengthening 4. Triceps strengthening 5. Upper back + lunges extension 6. Hamstring + buttock strengthening 7. Reciprocal exercise 	<p>Option D: with dumbbells: 4 laps of 10 repetitions</p> <ol style="list-style-type: none"> 1. Chest strengthening exercise 2. Chest with shoulder flexion exercise 3. Abdominal strengthening exercise 4. Lunges with dumbbell 5. Triceps strengthening exercise 6. Triceps curl exercise 7. Side lunges exercise
Routine n° 2	
<p>Option A: Option A- own weight: 3 laps of 12 repetitions without rest</p> <ol style="list-style-type: none"> 1. push-up 2. Squat 3. Elbow plank rotation 4. Burpees 5. Lunges 6. Pull-up 	<p>Option B: Option B- with elastic bands: 3 laps of 20 repetitions</p> <ol style="list-style-type: none"> 1. Push up 2. Squat 3. Standing rotation 4. Burpees 5. Squat 6. Rowing exercise
<p>Option C: Option C- with TRX: 3 laps of 20 repetitions</p> <ol style="list-style-type: none"> 1. Scapular strengthening 2. Upper back strengthening 3. Bicep strengthening 4. Triceps strengthening 5. Upper back + lunges extension 6. Hamstring + buttock strengthening 7. Reciprocal exercise 	<p>Option D: Option D- with dumbbells: 3 laps of 16 repetitions</p> <ol style="list-style-type: none"> 1. Chest strengthening exercise 2. Chest with shoulder flexion exercise 3. Abdominal strengthening exercise 4. Lunges with dumbbell 5. Triceps strengthening exercise 6. Triceps curl exercise 7. Side lunges exercise
Routine n° 3	
<p>Option A: Option A- own weight: 4 laps of 6 repetitions without rest</p> <ol style="list-style-type: none"> 1. Wide grip push up 2. Close grip push up 3. Classic grip push-up 4. Toe limp-jump 	<p>Option B: Option B- with elastic bands: 4 laps of 10 repetitions</p> <ol style="list-style-type: none"> 1. Upper back on squatting exercise 2. Deltoid strengthening exercise 3. Bicep strengthening exercise 4. Half squatting exercises 5. Abductor strengthening exercise with theraband 6. Bridging exercise with theraband
<p>Option C: Option C- with TRX: 4 laps of 12 repetitions</p> <ol style="list-style-type: none"> 1. Back-stretch using ring 2. Leg-stretch using ring 	<p>Option D: Option D- with dumbbells: 3 laps of 16 repetitions</p> <ol style="list-style-type: none"> 1. Push-up with single limb rowing 2. Triceps curl with a dumbbell 3. Arm stretch 4. Single leg step with a dumbbell

<ol style="list-style-type: none"> 3. Single le squatting with ring 4. Pull-up in supine lying 5. Shoulder scapular retraction exercise 6. Lean forward exercise using theraband 	<ol style="list-style-type: none"> 5. Lifting dumbbells with squatting 6. Shoulder shrug with a dumbbell 7. Push-up with biceps curl
Routine n^o 4	
<p>Option A: Option A- own weight: 3 laps of 10 repetitions without rest</p> <ol style="list-style-type: none"> 1. Wide grip push up 2. Close grip push up 3. Classic grip push-up 4. Toe limp-jump 	<p>Option B: Option B- with elastic bands: 3 laps of 15 repetitions</p> <ol style="list-style-type: none"> 1. Upper back on squatting exercise 2. Deltoid strengthening exercise 3. Bicep strengthening exercise 4. Half squatting exercise 5. Abductor strengthening exercise with theraband 6. Bridging exercise with theraband
<p>Option C: Option C- with TRX: 3 laps of 16 repetitions</p> <ol style="list-style-type: none"> 1. Back-stretch using ring 2. Leg-stretch using ring 3. Single le squatting with ring 4. Pull-up in supine lying 5. Shoulder scapular retraction exercise 6. Lean forward exercise using theraband 	<p>Option D: with dumbbells: 3 laps of 20 repetitions</p> <ol style="list-style-type: none"> 1. Push-up with single limb rowing 2. Triceps curl with a dumbbell 3. Arm stretch 4. Single leg step with a dumbbell 5. Lifting dumbbells with squatting 6. Shoulder shrug with a dumbbell 7. Push-up with biceps curl

Cardiovascular endurance exercises	
Routine n^o 1	<p>Option A:</p> <ol style="list-style-type: none"> 1. Cycling: Duration: 90 mins and Intensity: 130-170bpm 2. Indoor cycling: Duration: 60 mins and Intensity: 150-180bpm
	<p>Option B:</p> <ol style="list-style-type: none"> 1. Running: Duration: 40 mins and Intensity: 150-180bpm 2. Treadmill: Duration: 30 mins and Intensity: 160-180bpm or btw 8.0-10.0km/h
	<p>Option C:</p> <ol style="list-style-type: none"> 1. Stairs climbing: Duration: 25 mins and Intensity: 170-180bpm 2. Walking: Duration: 90-100 mins and Intensity: 120-140bpm
Routine n^o 2	<p>Option A:</p> <ol style="list-style-type: none"> 1. Cycling: Duration: 90 mins and Intensity: 3mins @ 180bpm and 3mins @ 150bpm 2. Indoor cycling: Duration: 60 mins and Intensity: 7mins light resistance/ 4mins medium resistance/ 1min high resistance
	<p>Option B:</p> <ol style="list-style-type: none"> 1. Running: Duration: 40 mins and Intensity: 10mins warm up + 1mins high / 4mins normal 2. Treadmill: Duration: 30 mins and Intensity: 5mins warm up + 25mins (45 mins 11-13km/h + 15mins off)
	<p>Option C:</p> <ol style="list-style-type: none"> 1. Stairs climbing: Duration: 20 mins and Intensity: 50 stairs high intensity + 50 soft 2. Walking: Duration: 80 - 90mins and Intensity: 5mins high + 10mins normal
Routine n^o 3	<p>Option A:</p> <ol style="list-style-type: none"> 1. Cycling: Duration: 90 mins and Intensity: 10mins @ 160bpm and 5mins @ 180bpm 2. Indoor cycling: Duration: 60 mins and Intensity: 15mins light + 3mins high + 7mins (30min high + 30mins light)

	<p>Option B:</p> <ol style="list-style-type: none"> 1. Running: Duration: 40 mins and Intensity: 10mins warm up + 3x (4 sprints 30meters max. +30mins rest +6mins soft) 2. Treadmill: Duration: 30 mins and Intensity: 5mins warm up + 20mins (30 mins 13-15km/h + 30mins off) + 5mins soft
	<p>Option C:</p> <ol style="list-style-type: none"> 1. Stairs climbing: Duration: 15 mins and Intensity: 8x (80 stairs max / 1min rest) 2. Walking: Duration: 60 - 70mins and Intensity: 6x (5mins high + 1min normal + 5mins light)
Routine n^o 4	<p>Option A:</p> <ol style="list-style-type: none"> 1. Cycling: Duration: 90 mins and Intensity: 9x (5mins @ 160bpm + 5mins @ 190bpm) 2. Indoor cycling: Duration: 60 mins and Intensity: 10mins light + 5mins medium +2mins high +9x (2mins low + 2mins high)
	<p>Option B:</p> <ol style="list-style-type: none"> 1. Running: Duration: 30 mins and Intensity: 5mins warm up + 8x (45mins @ 80% + 45mins soft) + 10mins normal 2. Treadmill: Duration: 30 mins and Intensity: 5mins warm up + 20mins (15mins 16-20km/h + 30mins low + 15mins rest) +5mins soft
	<p>Option C:</p> <ol style="list-style-type: none"> 1. Stairs climbing: Duration: 15 mins and Intensity: 8x (80 stairs max / 1min rest) 2. Walking: Duration: 60 - 70mins and Intensity: 6x (5mins high + 1min normal + 5mins light)

Source of the exercise prescription adapted from FINE homebased workout