



**Body & Soul**  
*health and fitness*

# Home Workouts Series

Program: Advanced (Supersets) #1

# Before You Start

Before beginning your workout program, please consider the following:

- Perform only exercises that you are comfortable doing and preferably those that you have already done with your trainer in the studio
- Modify workouts as needed (reducing/increasing intensity) and stop an exercise if you feel pain
- Please take your time and be mindful of your body during each exercise. Use discretion and perform at your own risk.
- If you have questions or concerns, please contact us at [contact@bodysoul.ca](mailto:contact@bodysoul.ca)



# Guidance - Cardio



- This is a great opportunity to improve your cardiovascular fitness. Walking, running or going for a bike ride at the right intensity (up to 80% of max capacity) and for the appropriate duration is a great way to stay active.
- Combined with one of our strength and flexibility programs, engaging in regular cardio activity will help you maintain your fitness. This will ensure you are ready to resume your regular training sessions when the studio re-opens.
- We recommend that you try to get in 30 minutes of cardio each day. This is especially important if you are spending most of your time at home, and not getting the cardiovascular benefits that you usually do from general activities (going to work, shopping, etc.). Increase this to 60 minutes 2-3 times per week if possible.

# Guidance - Strength and Flexibility

We will be posting strength and flexibility workouts regularly on our website. If possible, complete the same number of workouts per week that you normally do with your trainer. Most people will make progress on their fitness goals by completing 2-3 workouts per week (alone or with your trainer).



1. Begin your workout with a brief (5-10 minute) warm-up followed by some dynamic stretching
2. Perform 10-15 reps (or enough that you are close to fatigue by the last rep) of the first exercise listed in the workout
3. For this workout, we have included supersets. Supersets are a form of strength training in which you move quickly from one exercise to a separate exercise without taking a break for rest in between (you can rest between each superset). There are three supersets in this workout:
  - Superset #1: Exercises #1-A and #1-B
  - Superset #2: Exercises #2-A, #2-B, #2-C and #2-D
  - Superset #3: Exercises #3-A and #3-B

The workout provides directions to complete two rounds of each superset. If you want to push yourself – consider doing three rounds!

4. Spend 5-10 minutes to cool down and stretch (static stretches)

# Exercise #1-A: Tubing Squats

Weight: tubing    Reps: 10-15    Level: beginner    Goal: legs and glutes

- Stand upright with feet parallel and spaced shoulder width apart and a resistance band placed just above the knees
- Keeping the torso upright, and the feet shoulder width apart, lower the body towards the ground by pushing the hips back, and bending the knees 90-degrees
  - Be sure to keep tension on the tube throughout the entire exercise (don't let the tubing pull the knees inward)
- Push through the heels, extend the knees and hips and return the body to the starting position



# Exercise #1-B: Full Inchworm

Weight: n/a   Reps: 10-15   Level: advanced   Goal: core, shoulder stabilizers and flexibility

- Adopt a modified plank position, supported with both hands and both feet on the floor, arms raised over the head with elbows extended, hips bent at a 90 degree angle, glutes pointing up towards the ceiling, the torso nearly inverted, and the legs straight
- Keeping the legs extended, walk the hands forward, simultaneously extending the hips
- Continue walking the hands forward until the body is as close to the floor as possible with the arms raised above shoulder height – keep your core tight
- Return to the starting position by walking the feet in towards the hands while simultaneously bending at the waist, pushing the glutes towards the ceiling, and inverting the torso

\*\* After completing exercise #1-B, take a short break and then repeat exercises 1-A and 1-B.\*\*



# Exercise #2-A: Bulgarian Squats

Weight: dumbbell of your choosing + bench    Reps: 10-15 (per side)    Level: intermediate - advanced    Goal: legs and glutes

- With dumbbells at your sides, place back foot on bench, low box or even stairs
  - If you'd like, you can balance the back foot on the bench using your toes
- Squat down with the front leg
- Push the ground away with the front foot and extend the hips to stand back up
- Avoid leaning forward and try to maintain a neutral posture throughout the exercise
- Continue on the same leg for desired reps before alternating legs



\* Tip: to decrease difficulty, perform without weights

# Exercise #2-B: Push-up

Weight: n/a   Reps: 10-15   Level: advanced   Goal: chest, core, triceps and shoulders

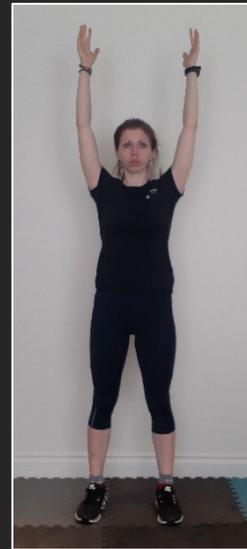
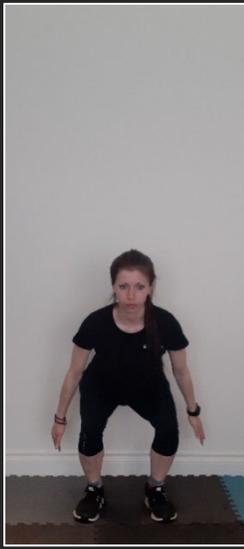
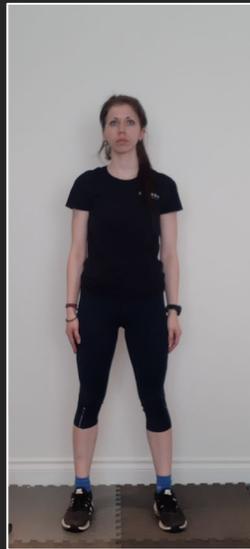
- Adopt a plank position supported with the feet and hands on the floor with the elbows extended
- Keeping the legs and hips extended, lower the torso down by bending the elbows until the chest hovers just above the floor
  - Be sure to keep the torso level – don't let the hips drop
- Push the torso away from the floor by fully extending the elbows



# Exercise #2-C: Jump

Weight: n/a   Reps: 10-15   Level: advanced (plyometric high intensity cardio)   Goal: lower body

- Stand upright with the legs shoulder-width apart – arms at your side
- Push the hips back and move into a squatting position
- Jump straight up into the air – off both feet – by explosively extending the knees and hips, pushing off the toes (raise your arms overhead as you jump)
- Absorb the landing by bending the knees
- Minimize the time spent on the ground and move immediately into the next jump



# Exercise #2-D: Spiderman Plank

Weight: n/a   Reps: 10-15 (per side)   Level: advanced   Goal: core and shoulder stabilizers

- Adopt a plank position – hands should be directly beneath the shoulders, and elbows should be extended (to increase difficulty, perform on your forearms)
  - To reduce difficulty, consider performing this exercise using the bench (hands or forearms resting on the bench)
- Keep one foot on the floor with the corresponding leg and hip extended
- Raise the other leg out to the side by abducting the hip; simultaneously bend the knee and drive it towards the outside of the corresponding arm – avoid holding your breath
- Return to the starting position by extending and adducting the free leg back in beside the supporting leg
- Repeat the entire sequence with the other leg

\*\* After completing exercise #2-D, take a short break and then repeat exercises 2-A, 2-B, 2-C, 2-D\*\*



# Exercise #3-A: Hamstring Curl (single-leg)

Weight: stability ball    Reps: 10-15 (per side)    Level: advanced    Goal: hamstrings

- Lie on your back and place one foot on the stability ball
- Lift the hips up and curl the ball towards the body
- Don't let the hips drop and try to maintain complete control throughout the exercise
- Continue on the same leg for desired reps before alternating legs



# Exercise #3-B: Dead Bug

Weight: n/a   Reps: 10-15 (per side)   Level: intermediate   Goal: core and posture

- Lie back on the floor with arms extended straight up towards the ceiling, the knees and hips bent at a 90-degree angles, and the feet raised off the floor
- Keeping the back pressed into the floor, raise one arm above the head until it is in line with the torso - simultaneously, extend the knee and hip of the opposite side leg until it is in line with the torso and hovers just off the floor (or as low as you feel comfortable)
  - To ensure your low back remains flat, you may need to bend (instead of extending) your non-raised leg
- Return the arm and leg to their original positions
- Repeat the movement with the opposite arm and leg
- Continue to raise and lower the arms and legs, alternating sides with each repetition

\*\* After completing exercise #3-B, take a short break and then repeat exercises 3-A and 3-B\*\*



# Exercise #4: Hip Flexor - Quad Stretch

Weight: bench or sturdy surface    Reps: n/a    Level: n/a    Goal: hip flexors and quads

- Rest one foot on the bench with the knee on the floor and the other leg in a lunge position
- Hold for 20-30 seconds, ensuring the hip flexors and quads are stretched
- Maintain a neutral spine - do not arch your back
- Repeat with the other leg



# Exercise #5: Cat Stretch

Weight: n/a   Reps: n/a   Level: n/a   Goal: T-spine mobilisation

- Kneel on the floor on the hands and knees
- Pull in the abdominals to round the spine - tuck the chin into the chest
- Release the stretch by returning to kneeling in the all-fours position and repeat
- Hold briefly
- Return to start position



# Exercise #6: Chest Reach

Weight: n/a   Reps: n/a   Level: n/a   Goal: chest

- Stand next to a wall with feet apart and the arms next to the body
- Raise the arm out to the side – at shoulder height
- Hold on to a stationary object (i.e. a door, cabinet or wall) and slowly rotate the upper body away from the hand
- Hold the stretch for 20-30 seconds
- Repeat with the other arm

