



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

# Home Workouts Series

Program: Full Body #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. Take a 30 second break and then move on to the next exercise
4. Once you have completed all exercises in the workout, take a longer break (1-2 minutes), and then repeat the exercises a second time. If you really want to challenge yourself, consider doing a third set!
5. Spend 5-10 minutes to cool down and stretch (static stretches)

# Exercise #1: Bird-dog

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

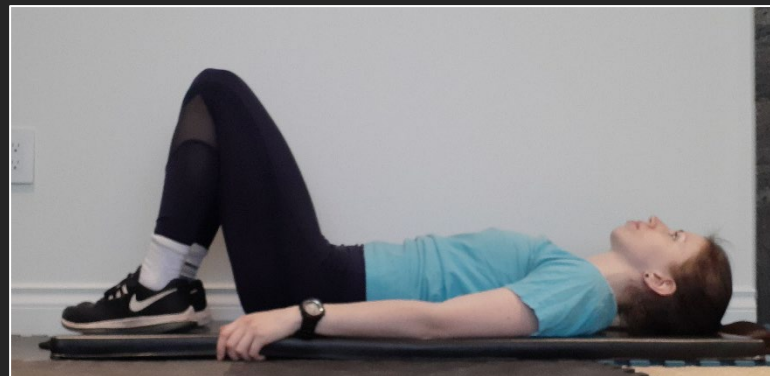
- Kneel on the floor supported on the knees and hands, with torso parallel to the floor (knees and hips bent 90 degrees, and arms extended straight down)
- Maintaining balance on one hand and the opposite knee, extend the one arm up until it is in line with the torso while also raising the opposite leg up in line with the torso, extending the hip and knee
- Hold for 5 seconds
- Return the raised hand to the floor by lowering the arm, while also lowering the raised leg down and in by bending the hip and knee 90-degrees
- Repeat the movement with the opposite arm and leg
- Continue to raise and lower the opposing arms and legs, alternating sides with each repetition



# Exercise #2: Glute Bridge

Weight: n/a   Reps: 10-15   Level: beginner   Goal: glutes

- Lie back on the floor with knees bent at a 90-degree angle and feet flat on the floor
- Extend the hips, raising them off the floor and making a straight line from knees through to shoulders - squeeze the glutes
- Lower the hips back to the floor



# Exercise #3: Incline Pulse Push-up

Weight: bench or sturdy surface    Reps: 10-15    Level: intermediate    Goal: chest, core, triceps and shoulders

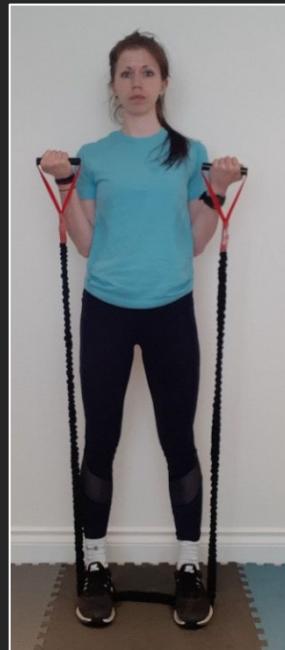
- Adopt a plank position supported with both hands on a bench with the elbows extended, and both feet on the floor
- Keeping the legs and hips extended, lower the torso down towards the bench by bending the elbows
  - Be sure to keep the torso level – don't let the hips drop
- Make a short, quick, and incomplete push of the torso away from the bench top, before lowering the torso back down
- Push the torso away from the bench top by fully extending the elbows



# Exercise #4: Tubing Bicep Curls

Weight: tubing    Reps: 10-15    Level: beginner    Goal: biceps

- Stand on the middle of a resistance tube with feet parallel, the upper arms at the side of the body and externally rotated, with the hands at thigh level holding the tubing handles
- Keeping the upper arms at the sides, curl the handles to the shoulders by bending the elbows – elbows should point towards the floor throughout the movement
- Lower the handles back down to the starting position by extending the elbows

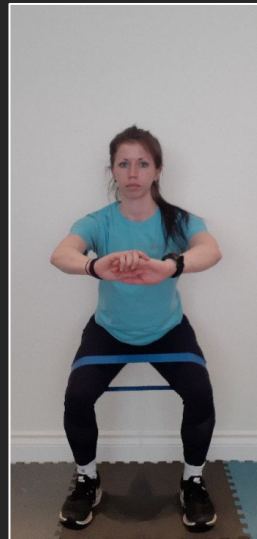




# Exercise #5: Tubing Squats

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

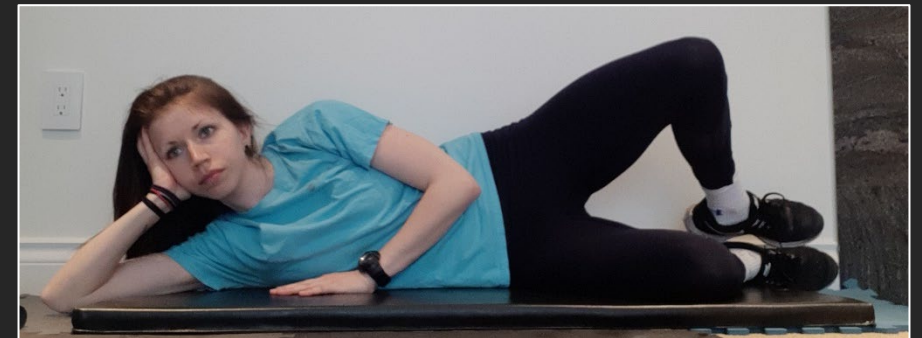
- Stand upright with feet parallel and spaced shoulder width apart and a resistance band placed just above the knees
- Keeping the torso upright, and the feet shoulder width apart, lower the body towards the ground by pushing the hips back, and bending the knees 90-degrees
  - Be sure to keep tension 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 #6: Clams

Weight: n/a   Reps: 10-15 (per side)   Level: beginner   Goal: gluteus medius

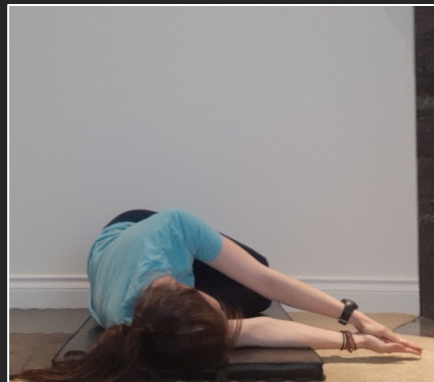
- Lay on your side with legs bent together
- Top hip is abducted – open it up like a clam shell (keeping feet together)
- Return to the starting position to complete each rep
- Continue with the same side for desired reps before alternating sides



# Exercise #7: Thoracic Spine Rotation

Weight: n/a   Reps: 6-10 (per side)   Level: n/a   Goal: T-spine mobilisation

- Lay on your side with both legs bent together – arms are also together
- Extend your arms out (one across the floor and one up and across the body)
- Follow the arm extending across the body with your eyes (moving your head to watch the hand)
- Hold briefly
- Continue on the same side for desired reps before alternating sides



# Exercise #8: 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 #9: Kneeling Lunge

Weight: n/a   Reps: n/a   Level: n/a   Goal: hip flexors

- Kneel on one leg
- Step out with the front foot and gently press the hips forward - place hands on the front thigh for support (if necessary)
- Keep body weight distributed between both legs
- Hold the stretch for 20-30 seconds
- Repeat with the other leg

