



Body & Soul
health and fitness

Home Workouts Series

Program: Full Body #10

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



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).

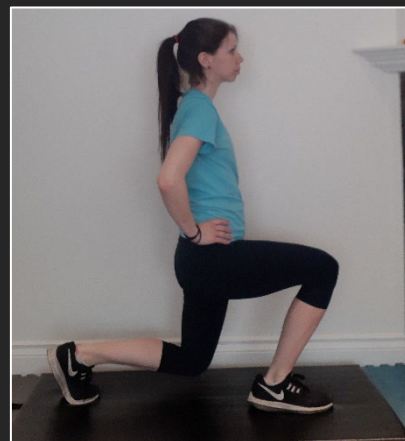


1. Begin your workout with a brief (5-10 minute) warm-up followed by some dynamic stretching
2. Perform 10-15 reps (or enough that you are close to fatigue by the last rep) of the first exercise listed in the workout
3. Take a 30 second break and then move on to the next exercise
4. Once you have completed 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: Reverse Lunge (warm-up)

Weight: n/a Reps: 10-15 (per side) Level: n/a (warm-up) Goal: legs and glutes

- Stand upright with feet parallel – arms at the sides and hands on the hips
- Step backward with one leg, and lower the body towards the ground by bending both knees – lower the back knee as low as you feel comfortable
- Push off the back leg and return to the upright position
- Alternate legs with each repetition



Exercise #2: Bent-over Row

Weight: dumbbell of your choosing + bench Reps: 10-15 (per side) Level: intermediate Goal: back

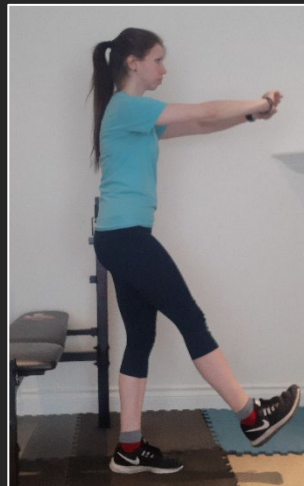
- Hold dumbbell in one hand in a hammer grip, with same side foot on floor, the opposite knee and hand on a flat bench, and bent at the waist
 - Tip: Use a shopping bag or backpack filled with heavy items if you don't have a dumbbell
- Row dumbbell towards torso by bending elbow, squeezing the back muscles at the top of the movement
- Lower dumbbell back to starting position
- Continue with the same arm and leg for desired reps before alternating arms and legs



Exercise #3: Single-leg Sit to Stand

Weight: bench Reps: 10-15 (per side) Level: intermediate to advanced Goal: legs, glutes and balance

- Stand in front of a bench or low box (one of appropriate height) with one foot raised off of the ground and your arms in front of you to be used to counterbalance your body
 - Caution: Only perform if your knees can handle the pressure
- Keeping a straight back and your head raised, slowly lower your body down to the bench
- As soon as your buttocks touches the bench, stand back up using the strength of your single-leg – maintain a straight back with your hips square
- Continue on the same leg for desired reps before switching legs



Exercise #4: 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 #5: Side Bridge (leg abduction)

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

- Lying on your side, lift your hips to go into a side bridge position
- Abduct the top leg – maintaining proper posture and complete control throughout the entire movement/hold
- Lower top leg while keeping hips lifted (return to side bridge position)
 - Option: to reduce intensity, return hips to ground between reps
- Continue on the same side for 10-15 reps before alternating sides



Exercise #6: Stability Ball – Leg Curl

Weight: stability ball Reps: 10-15 Level: intermediate Goal: hamstrings

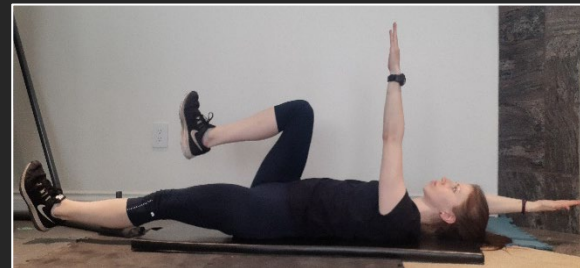
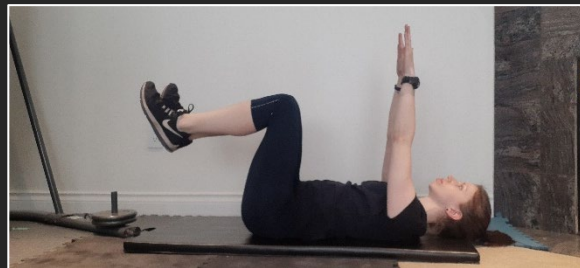
- Lie back on the floor with the legs extended, raised 45-degrees off the floor – heels on the ball
- Keeping the hips extended, pull/roll the ball in towards the glutes by bending the knees (until the feet are flat on the ball)
- Extend knees and roll the ball back out to the starting position



Exercise #7: Dead Bug

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

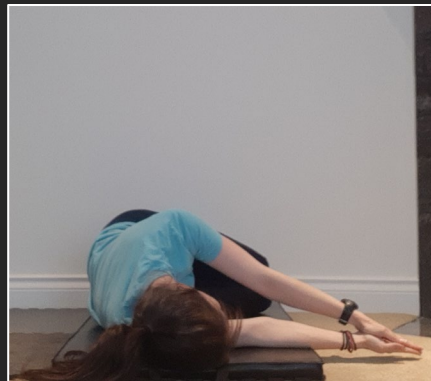
- Lie back on the floor with arms extended straight up towards the ceiling, the knees and hips bent at a 90-degree angles, and the feet raised off the floor
- Keeping the back pressed into the floor, raise one arm above the head until it is in line with the torso - simultaneously, extend the knee and 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



Exercise #8: Thoracic Spine Rotation

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

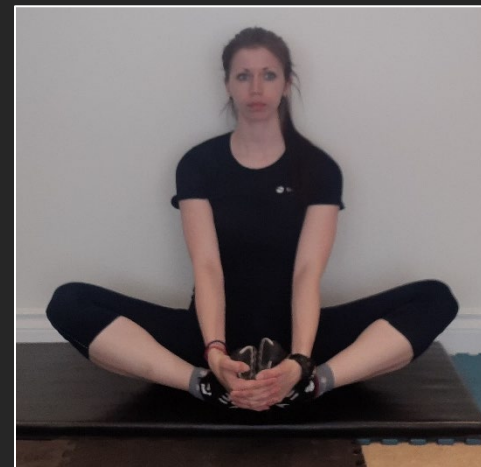
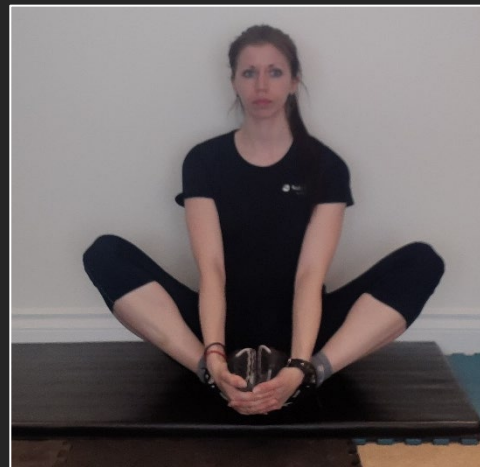
- Lay on your side with both legs bent together – arms are also together
- Extend your arms out (one across the floor and one up and across the body)
- Follow the arm extending across the body with your eyes (moving your head to watch the hand)
- Hold briefly
- Continue on the same side for desired reps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



Exercise #9: Butterfly Stretch

Weight: n/a Reps: n/a Level: n/a Goal: hip adductors (inner thighs)

- In a seated position, bring the soles of your feet together – feet are approximately 1 foot from your groin
- Allow the knees to fall out to the side
- Holding your ankles, and maintaining a straight back, hinge forward (some clients may not need to hinge forward to feel the stretch)
- Hold the stretch for 20-30 seconds
- Release the ankles and return to seated position



Exercise #10: Child's Pose

Weight: n/a Reps: n/a Level: n/a Goal: low back and latissimus dorsi

- From all fours, push your hips back and bring your arms around the side of the body or extend forward for a deeper stretch
- Rest and breathe, allowing your body to completely relax
- Knees can be kept together or wide apart to allow space for torso – do what feels most comfortable
 - If you have knee issues, try placing a pillow between the buttocks and heels
- Hold the stretch for 20-30 seconds

