



Body & Soul
health and fitness

Home Workouts Series

Program: Full Body #11

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: 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



Exercise #2: 3-point Lunge

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

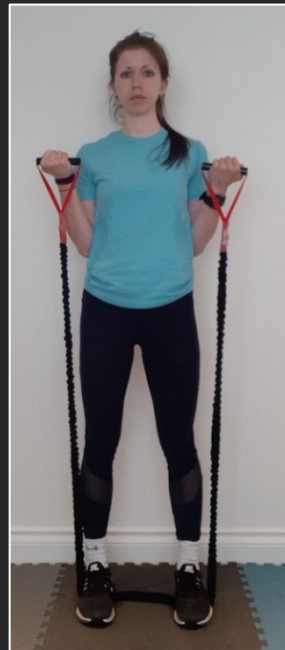
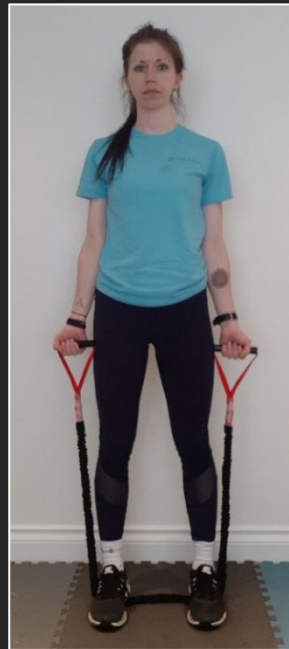
- Standing tall with a neutral spine, perform a forward lunge, lateral lunge and backward lunge with the same leg
- Stand tall between each lunge to regain balance
- Alternate legs for designated repetitions



Exercise #3: Tubing Bicep Curls

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

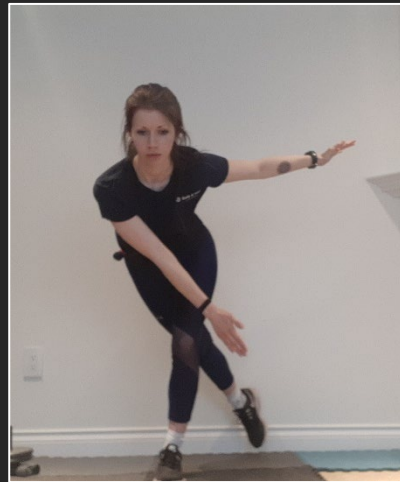
- Stand on the middle of a resistance tube with feet parallel, the upper arms at the side of the body and externally rotated, with the hands at thigh level holding the tubing handles
- Keeping the upper arms at the sides, curl the handles to the shoulders by bending the elbows – elbows should point towards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



Exercise #4: Skater Bounds

Weight: n/a Reps: 30-60 seconds Level: intermediate Goal: legs, glutes and conditioning

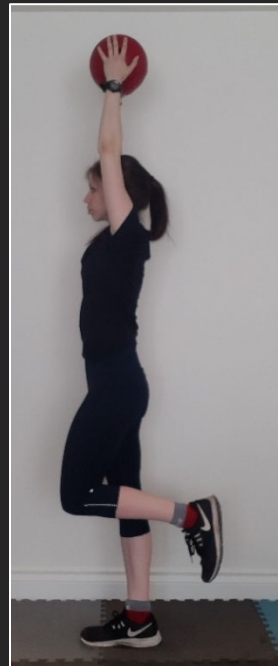
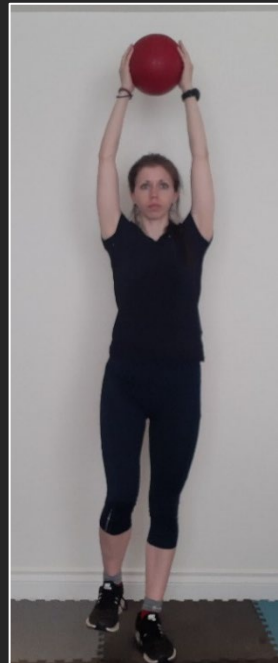
- Perform a skating bounding motion side to side
- Maintain an athletic position throughout the exercise
- Continue alternating sides for 30-60 seconds



Exercise #5: Single-leg Balance (O/H)

Weight: medicine ball Reps: 1 per side (30 second hold) Level: intermediate Goal: balance

- On one foot, balance with medicine ball directly overhead
- Maintain a neutral spine and stabilize without leaning
- Hold this position for 30 seconds
- Repeat on the other leg



Exercise #6: Spiderman Plank

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

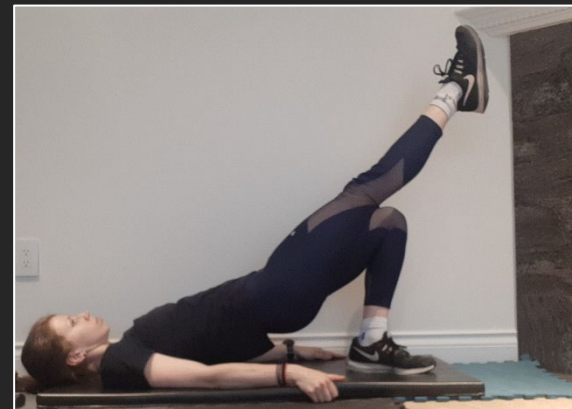
- Adopt a plank position – hands should be directly beneath the shoulders, and elbows should be extended (to increase difficulty, perform on your forearms)
 - To reduce difficulty, consider performing this exercise using the bench (hands or forearms resting on the bench)
- Keep one foot on the floor 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
- 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
- Avoid holding your breath



Exercise #7: Single-leg Glute Bridge

Weight: n/a Reps: 10-15 (per side) Level: intermediate - advanced Goal: glutes

- Lie back on the floor with one foot flat on the floor and the corresponding knee bent 90 degrees, and the other leg raised up off the floor at 45-degrees from horizontal with the knee straight
- Keeping one leg raised off the floor with the knee straight, push the floor away with the supporting foot, raising the glutes off the floor and making a straight line from knees through to shoulders
- Lower the hips back to the floor by bending the hip of the supporting leg
- Continue with the same leg raised for desired reps before alternating legs



Exercise #8: Hamstring Band Stretch

Weight: tubing Reps: n/a Level: n/a Goal: hamstrings

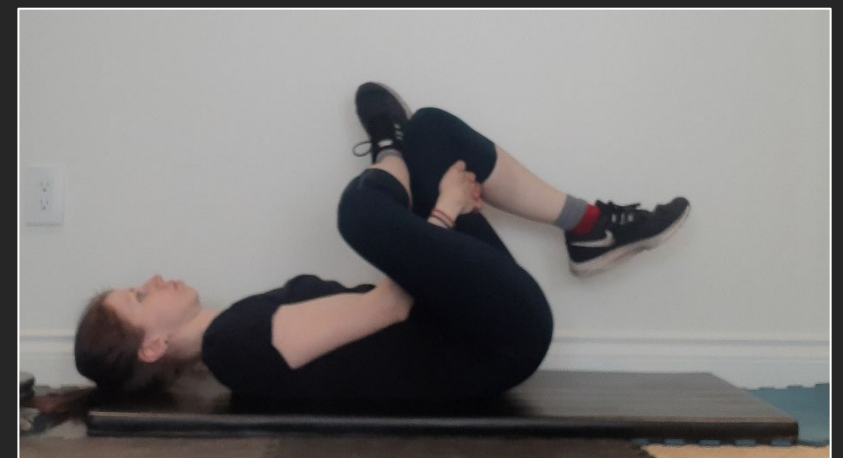
- Lie face up on floor
- Holding the band with both hands - looped around one foot - lift the leg up towards ceiling until hamstring stretch occurs
- Hold for 20-30 seconds
- Repeat with the other leg



Exercise #9: Glute Stretch

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

- Lie down (supine on floor) and bend one knee, keeping the foot on the ground
- Bend the other leg and lift it up, externally rotating at the hip joint to place the ankle above the other knee
- Lift the lower leg and interlace your fingers behind the leg (just above the knee), pulling the leg closer to your chest to feel the stretch
- Hold the stretch for 20-30 seconds
- Repeat with the other leg



Exercise #10: Triceps Stretch

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

- Stand or sit tall
- Lift one arm above the head and bend the elbow, placing the hand between the shoulder blades
- Use the other hand to gently push the elbow back
- Hold the stretch for 20-30 seconds
- Repeat with the other arm

