



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

# Home Workouts Series

Program: Full Body #12

# 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).

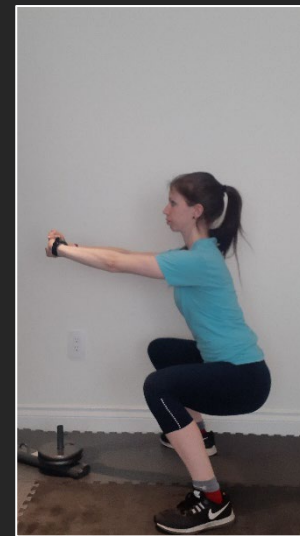
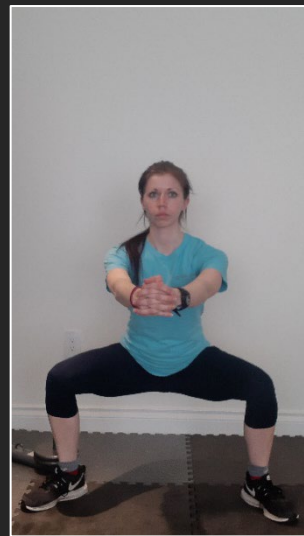
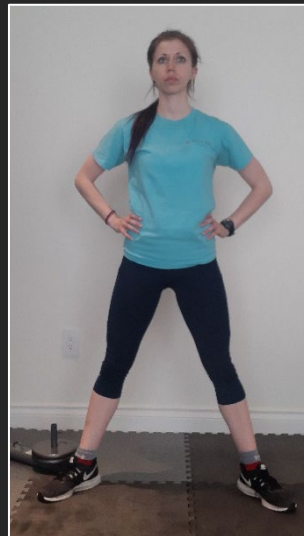


1. Begin your workout with a brief (5-10 minute) warm-up followed by some dynamic stretching
2. Perform 10-15 reps (or enough that you are close to fatigue by the last rep) of the first exercise listed in the workout
3. Take a 30 second break and then move on to the next exercise
4. Once you have completed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

Weight: n/a   Reps: 10-15   Level: beginner   Goal: legs, glutes and calves

- Stand upright with feet flat on the floor – greater than shoulder-width apart – and turned outwards slightly
- Keeping the torso upright, squat down by moving the hips back and down, bending the knees out to the sides
- Return to upright position by pushing through the heels and extending the knees and hips
- When upright, elevate up onto the toes and then lower the heels back to the floor to the floor to the starting position



# Exercise #2: Push-up

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

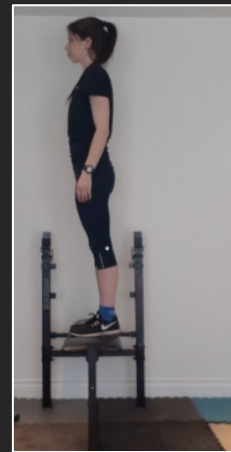
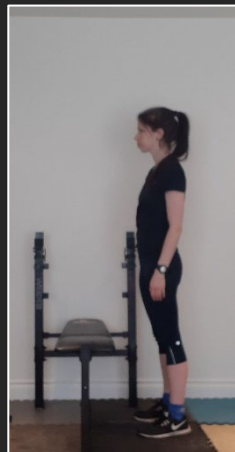
- Adopt a plank position supported with the feet and hands on the floor with the elbows extended
- Keeping the legs and hips extended, lower the torso down by bending the elbows until the chest hovers just above the floor
  - Be sure to keep the torso level – don't let the hips drop
- Push the torso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



# Exercise #3: Alternating Step-ups

Weight: bench    Reps: 10-15 (per side)    Level: beginner\*    Goal: legs and balance

- Stand upright in front of a bench with feet parallel
- Raise one foot up onto the bench top by bending the hip and knee, and proceed to step up onto the bench top by pushing down on the front heel
- Extend the knee and hip of the front leg and bring the feet together on the bench top
- Step one foot back down to floor slowly and in a controlled manner
- Repeat the entire sequence, but stepping up onto the bench top with the opposite foot
- Continue to step up and down, alternating the stepping legs with each repetition



\* Tip: to decrease difficulty, lower the step height, OR to increase difficulty, try increasing bench height and/or holding weights

# Exercise #4: Pallof Press

Weight: tubing or cable    Reps: 10-15    Level: beginner    Goal: core

- Using both hands to grip a tube or cable handle, stand far away enough to feel tension on the tube
- Turn 90 degrees in either direction so that the cable crosses in front of your body
- Stand in a semi-squat stance - feet shoulder width and knees and hips slightly bent - then press the cable out in a straight line away from you
- Hold for 2 seconds before returning the cable to your chest
- Repeat to complete desired reps
- Switch to the opposite side

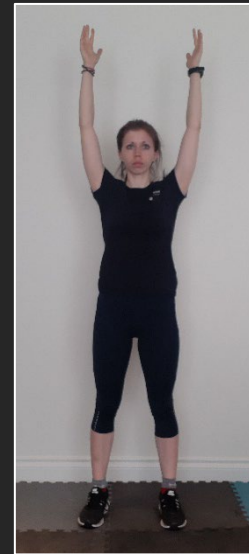
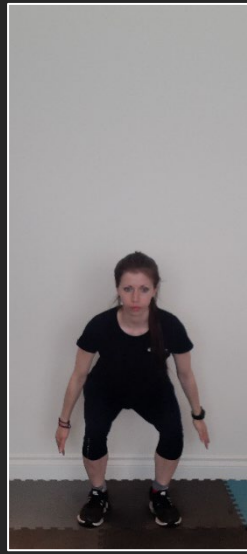
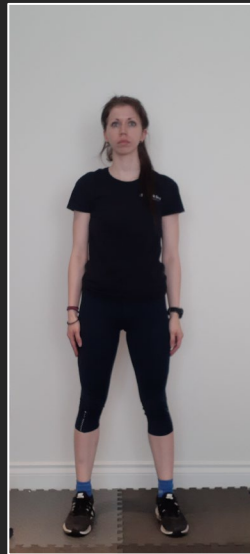




# Exercise #5: Jump

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 #6: Plank

Weight: n/a   Reps: n/a   Level: intermediate   Goal: core and shoulder stabilizers

- Adopt a plank position on the floor, supported on the feet in the back, the legs and hips extended and in line with the torso, and the elbows in the front and directly under the shoulders
- Keep the core tight, and maintain a straight line from head to feet
- Hold the plank position until you are close to fatigue or until form is compromised – stop if you feel back discomfort or pain
- Avoid holding your breath



# Exercise #7: 3-Point Lunge (w/ weight)

Weight: medicine ball    Reps: 10-15 (per side)    Level: intermediate    Goal: legs and glutes

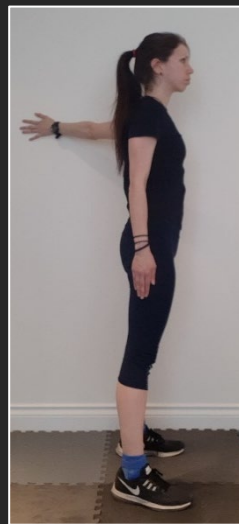
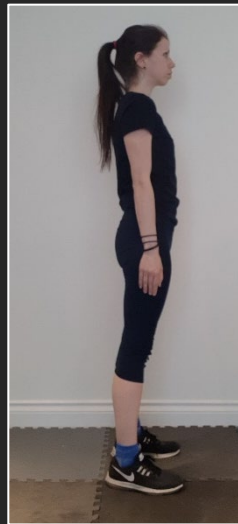
- Stand tall with neutral spine and hold the medicine ball close to your chest
- Perform a forward lunge, lateral lunge and backward lunge with the same leg
  - Stand tall between each lunge to regain balance
- Alternate legs for designated repetitions



# Exercise #8: Chest Reach

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

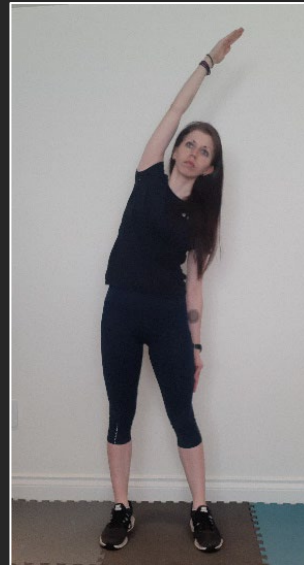
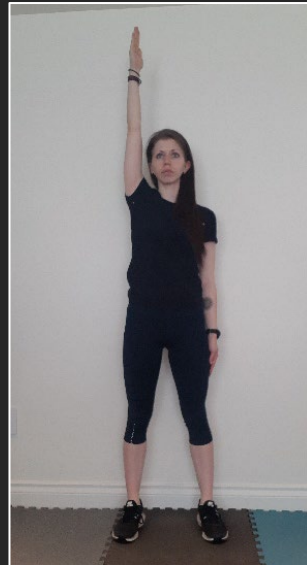
- Stand next to a wall with feet apart and the arms next to the body
- Raise the arm out to the side – at shoulder height
- Hold on to a stationary object (i.e. a door, cabinet or wall) and slowly rotate the upper body away from the hand
- Hold the stretch for 20-30 seconds
- Repeat with the other arm



# Exercise #9: Lat Stretch

Weight: n/a   Reps: n/a   Level: n/a   Goal: latissimus dorsi

- Stand upright with one arm reaching above your head
- Slightly bend towards the opposite side slowly
- Continue to lengthen the rib cage up
- Hold briefly
- Repeat on the opposite side



# Exercise #10: Calf Stretch

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

- Place hands on a wall at shoulder height and extend one leg back – keep this leg straight
- Bend the front knee and lean forwards, keeping the back knee straight and pushing the heel down into the floor
- When you can feel a stretch in the back leg, hold for 20-30 seconds
- Repeat with the other leg

