



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

# Home Workouts Series

Program: Full Body #13

# 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: Row - Squat

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

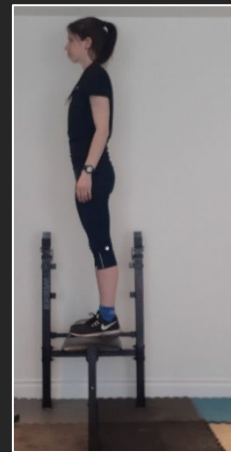
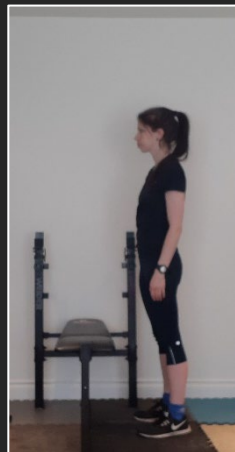
- Begin in a standing position with legs shoulder width apart
- With arms extended in front of you, hold onto a solidly fixed tube
- Perform a squat
- As you come up, perform a rowing motion
- Return to start position



# Exercise #2: 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

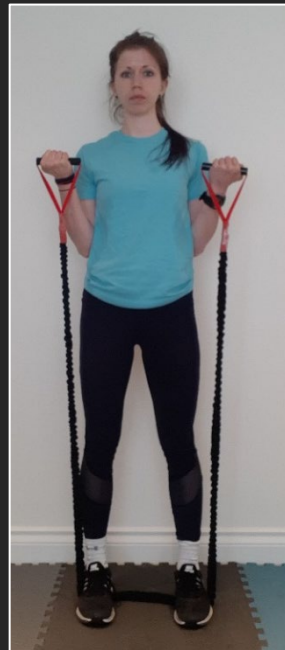
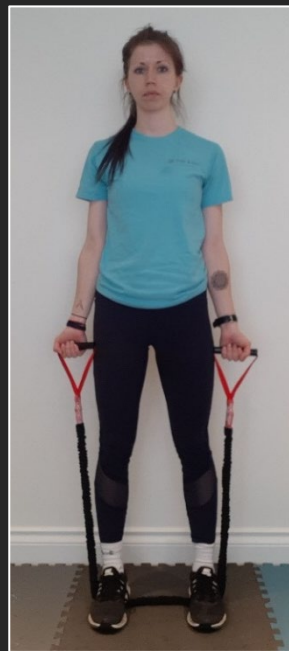


\* Tip: to decrease difficulty, lower the step height, OR to increase difficulty, try increasing bench height and/or holding weights

# Exercise #3: Tubing Bicep Curls

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

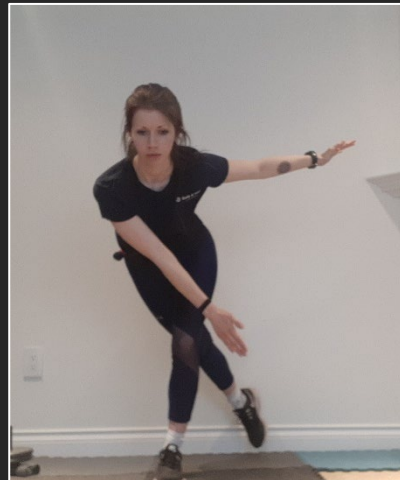
- Stand on the middle of a resistance tube with feet parallel, the upper arms at the side of the body and externally rotated, with the hands at thigh level holding the tubing handles
- Keeping the upper arms at the sides, curl the handles to the shoulders by bending the elbows – elbows should point towards 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: Mountain Climbers

Weight: bench (optional)   Reps: 30-60 seconds   Level: intermediate   Goal: core and shoulder stabilizers

- Adopt a plank position with hands on a bench (or on the floor) in front and directly under the shoulders
- Keep one foot back on the floor with the leg and hip extended
- Raise the other leg off the floor – bending the knee and the hip – and drive the knee forwards toward the bench at the inside of the corresponding arm
- Return the leg back to the floor behind the body by extending the knee and the hip
- Repeat the movement with the other leg – continue to drive the individual knees forward and alternate legs with each repetition
- Continue alternating legs for 30-60 seconds



# Exercise #6: 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 #7: Pallof Press

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

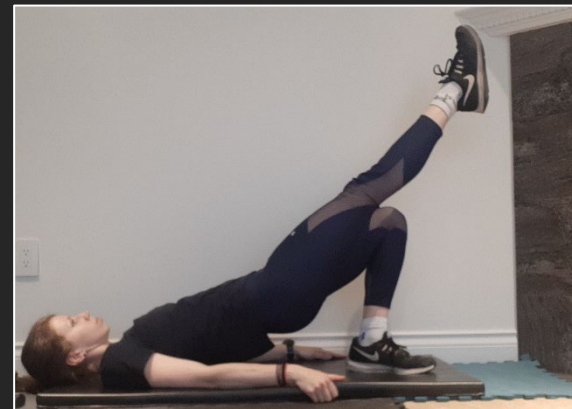
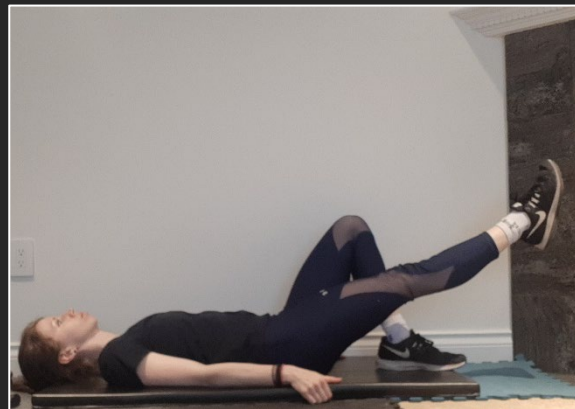
- Using both hands to grip a tube or cable handle, stand far away enough to feel tension on the tube
- Turn 90 degrees in either direction so that the cable crosses in front of your body
- Stand in a semi-squat stance - feet shoulder width and knees and hips slightly bent - then press the cable out in 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 #8: 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 #9: Hamstring Band Stretch

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

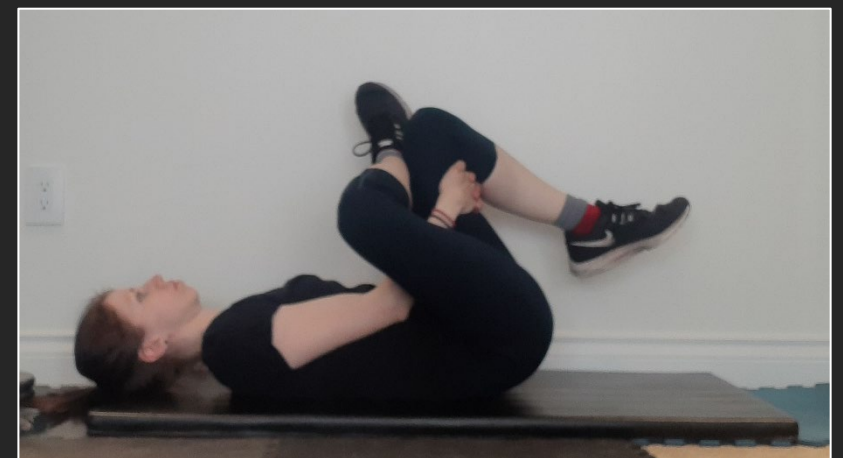
- Lie face up on floor
- Holding the band with both hands - looped around one foot - lift the leg up towards ceiling until hamstring stretch occurs
- Hold for 20-30 seconds
- Repeat with the other leg



# Exercise #10: 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 #11: Shoulder Stretch

Weight: n/a   Reps: n/a   Level: n/a   Goal: posterior shoulder

- Stand with feet shoulder-width apart
- Bring one arm across the body at chest height and hold it in place with the opposite arm
- Hold the stretch for 20-30 seconds
- Repeat with the other arm

