



Body & Soul
health and fitness

Home Workouts Series

Program: Full Body #14

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. For this workout, we have included a superset. Supersets are a form of strength training in which you move quickly from one exercise to a separate exercise without taking a break for rest in between. There is one superset in this workout:

- Exercises #5-A and #5-B

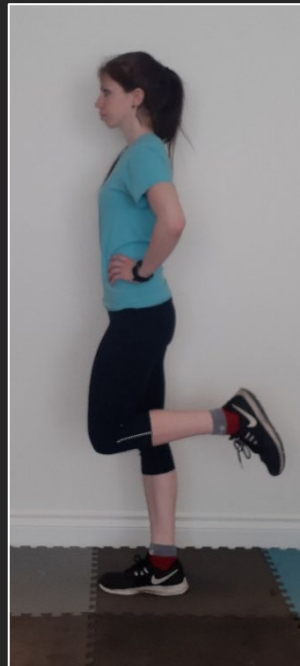
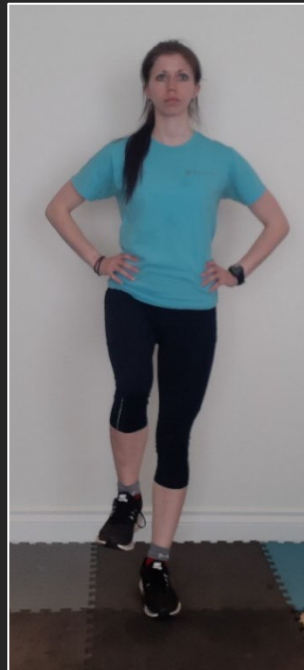
The workout provides directions to complete two rounds of each superset. If you want to push yourself – consider doing three rounds!

4. Spend 5-10 minutes to cool down and stretch (static stretches)

Exercise #1: Single-leg Balance (eyes open)

Weight: n/a Reps: 1 per side (30 second hold) Level: beginner - intermediate Goal: balance

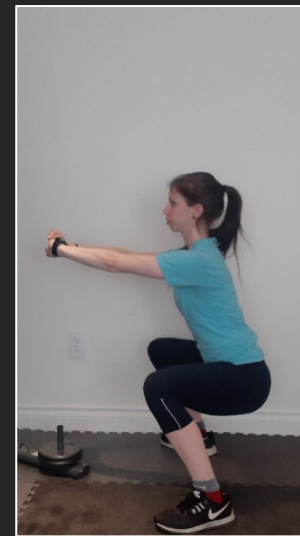
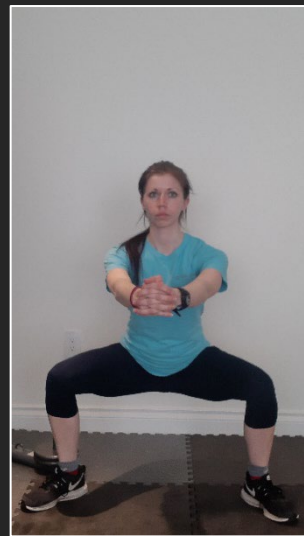
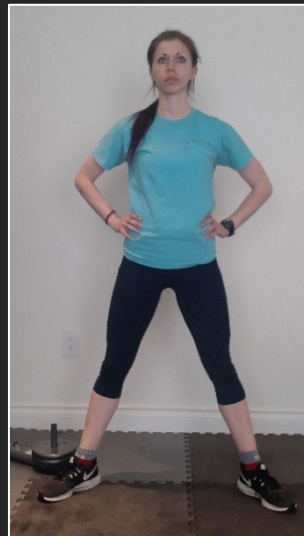
- On one foot, balance with your eyes open
- Maintain a neutral spine and stabilize without leaning
- Hold this position for 30 seconds
- Repeat on the other leg



Exercise #2: 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 #3: Bent-over Row

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

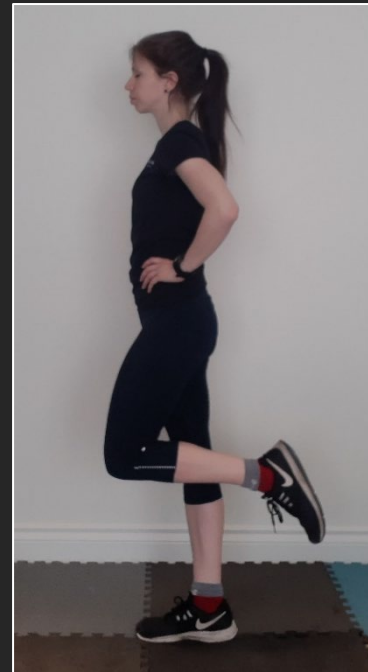
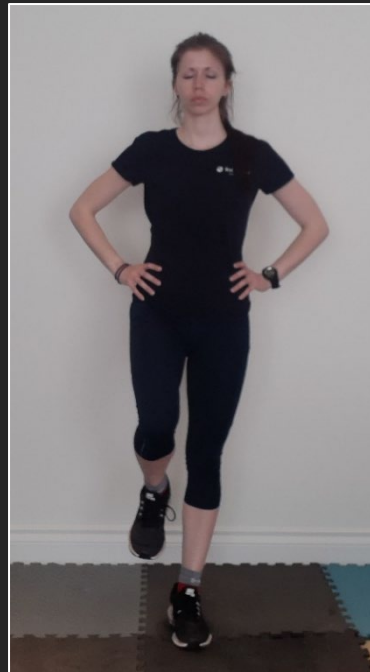
- Hold dumbbell in one hand in a hammer grip, with same side foot on floor, the opposite knee and hand on a flat bench, and bent at the waist
 - Tip: Use a shopping bag or backpack filled with heavy items if you don't have a dumbbell
- Row dumbbell towards torso by bending elbow, squeezing the back muscles 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 #4: Single-leg Balance (eyes closed)

Weight: n/a Reps: 1 per side (30 second hold) Level: advanced Goal: balance

- On one foot, balance with your eyes closed
- Maintain a neutral spine and stabilize without leaning
- Hold this position for 30 seconds
- Repeat on the other leg



Exercise #5-A: 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 #5-B: Walking Lunge

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

- Stand upright with feet parallel
- Step forward with one leg, and lower the body towards the ground by bending both legs until back knee hovers just above the floor (or as low as you feel comfortable)
- Return to the upright position by pushing down on front heel, extending the front leg, and pushing the back foot off the floor
- When approaching upright, swing the back foot through without touching the ground, and immediately lunge forward
- Continue walking/lunging forward

** After completing exercise #5-B, take a short break and then repeat exercises 5-A and 5-B**



Exercise #6: Incline Pulse Push-up

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

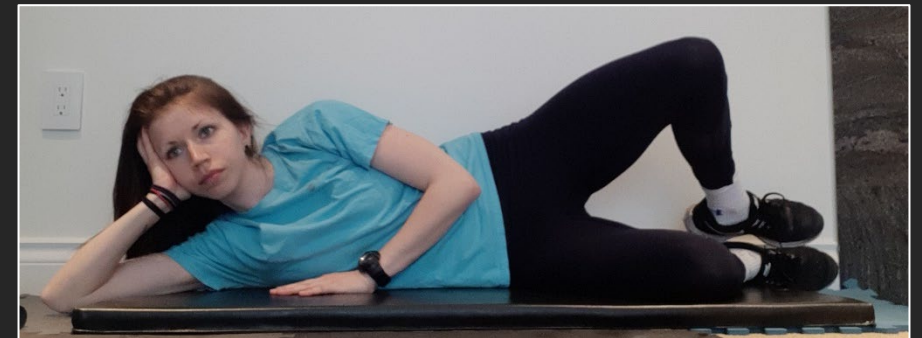
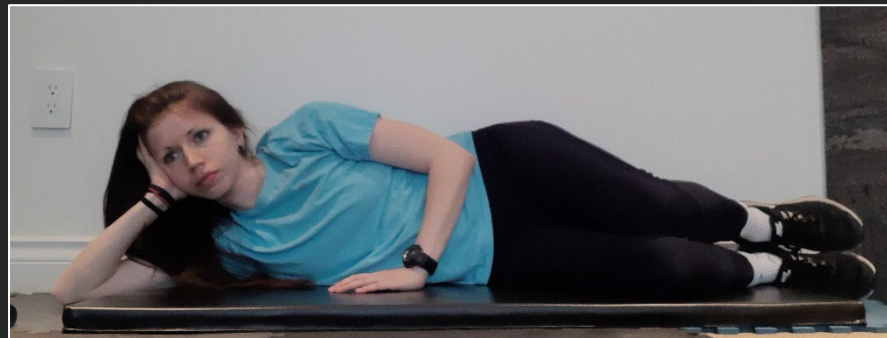
- Adopt a plank position supported with both hands on a bench with the elbows extended, and both feet on the floor
- Keeping the legs and hips extended, lower the torso down towards the bench by bending the elbows
 - Be sure to keep the torso level – don't let the hips drop
- Make a short, quick, and 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 #7: 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 #8: Hip Flexor - Quad Stretch

Weight: bench or sturdy surface Reps: n/a Level: n/a Goal: hip flexors and quads

- Rest one foot on the bench with the knee on the floor and the other leg in a lunge position
- Hold for 20-30 seconds, ensuring the hip flexors and quads are stretched
- Maintain a neutral spine - do not arch your back
- Repeat with the other leg



Exercise #9: Cat Stretch

Weight: n/a Reps: n/a Level: n/a Goal: T-spine mobilisation

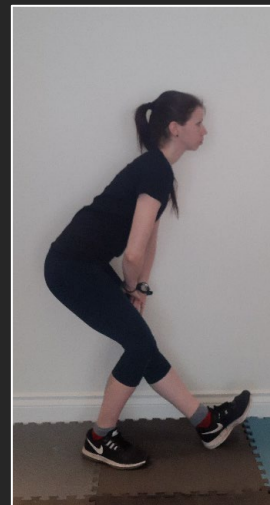
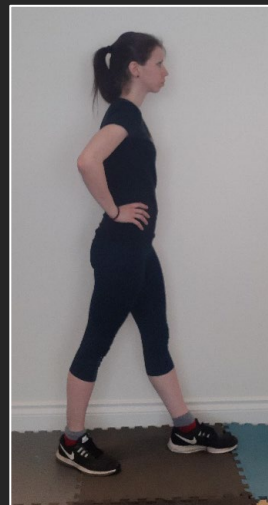
- Kneel on the floor on the hands and knees
- Pull in the abdominals to round the spine - tuck the chin into the chest
- Release the stretch by returning to kneeling in the all-fours position and repeat
- Hold briefly
- Return to start position



Exercise #10: Standing Hamstring Stretch

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

- While standing, extend one leg in front – placing the heel on the floor in dorsiflexion (hands on front leg for support)
- Hip hinge the upper body forward to feel the stretch - extended leg should almost be completely straight to feel the stretch
 - Maintain a straight back while hinging forward
- Hold the stretch for 20-30 seconds
- Repeat with the other leg



Exercise #11: Arms Behind & Open

Weight: n/a Reps: n/a Level: n/a Goal: anterior shoulders

- Stand with the feet shoulder-width apart
- Clasp the hands together in the small of the back and lift upwards to open the chest
- Hold the stretch for 20-30 seconds
- Return to start position

