



Body & Soul
health and fitness

Home Workouts Series

Program: Full Body #15

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).

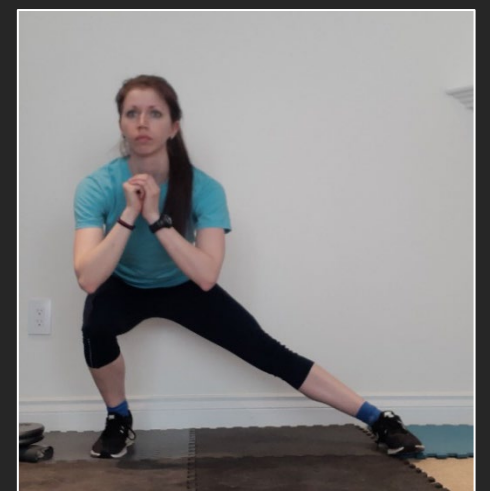
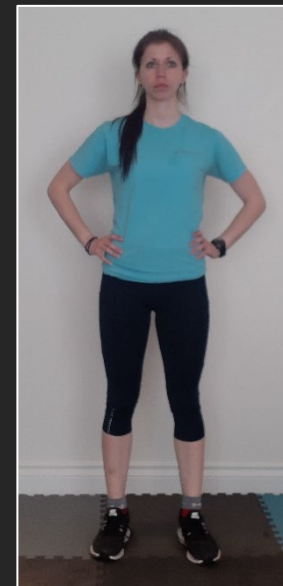
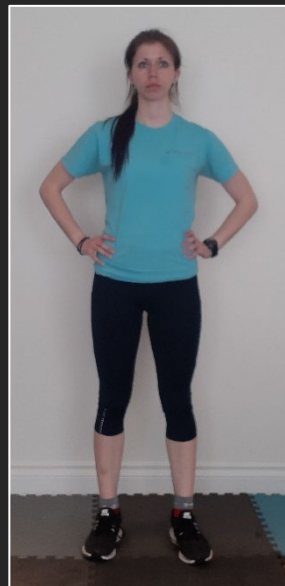


1. Begin your workout with a brief (5-10 minute) warm-up followed by some dynamic stretching
2. Perform 10-15 reps (or enough that you are close to fatigue by the last rep) of the first exercise listed in the workout
3. Take a 30 second break and then move on to the next exercise
4. Once you have completed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

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

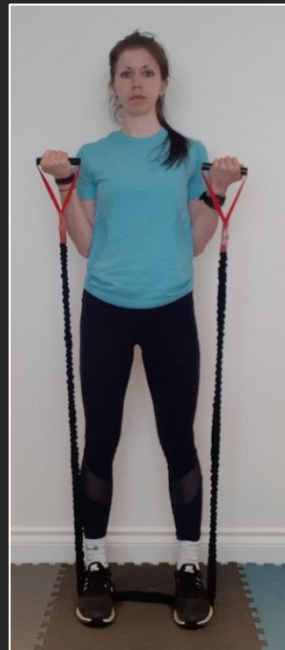
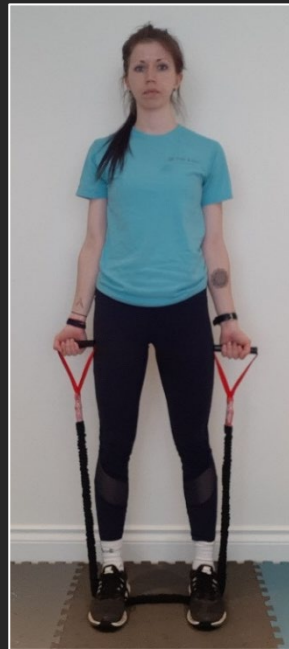
- Stand upright with feet parallel
- Step one leg to the side
- Push the hips back - bend at the hip and knee of outside leg - and lower the body down
- Keep the inside leg extended/straight
- Push off the outside foot and return upright with feet together



Exercise #2: Tubing Bicep Curls

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

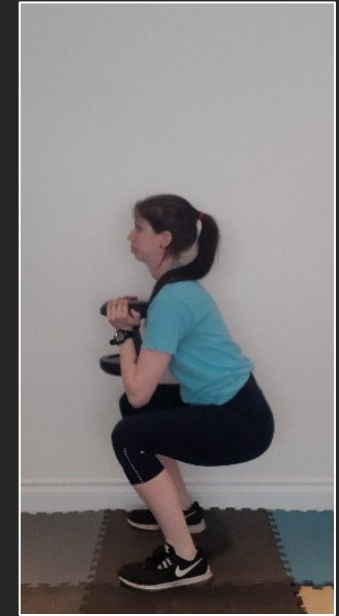
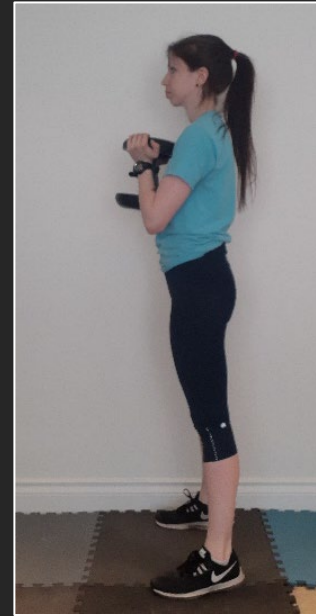
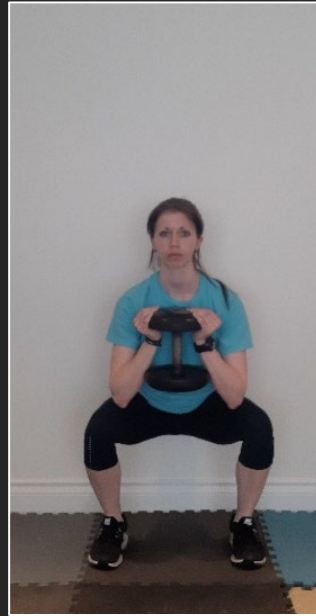
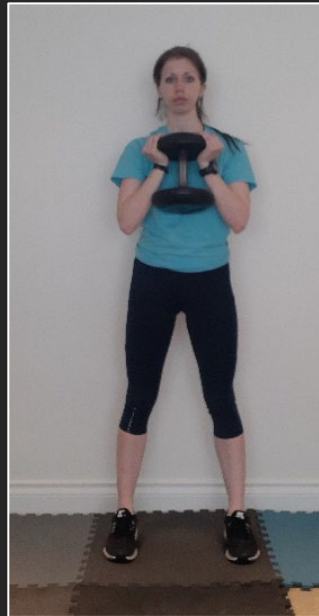
- Stand on the middle of a resistance tube with feet parallel, the upper arms at the side of the body and externally rotated, with the hands at thigh level holding the tubing handles
- Keeping the upper arms at the sides, curl the handles to the shoulders by bending the elbows – elbows should point towards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



Exercise #3: Goblet Squat

Weight: dumbbell of your choosing Reps: 10-15 Level: intermediate - advanced Goal: legs and glutes

- Select a dumbbell (or object of your choosing) that is comfortable to hold and of a weight you can perform squats with – use your discretion
- Holding the dumbbell (or object) in a goblet position, come down into a squatting position
 - Maintain a lengthened spine throughout the movement
- Hold squat briefly before returning to start position



Exercise #4: Pallof Press

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

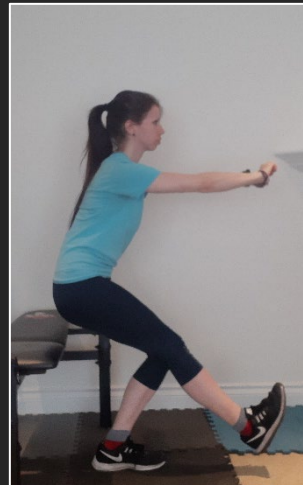
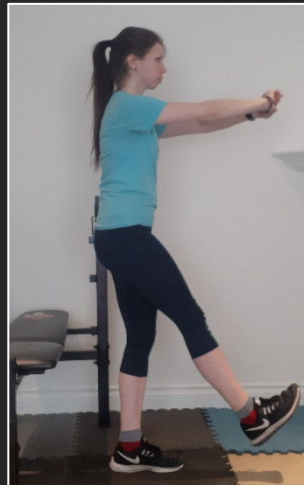
- Using both hands to grip a tube or cable handle, stand far away enough to feel tension on the tube
- Turn 90 degrees in either direction so that the cable crosses in front of your body
- Stand in a semi-squat stance - feet shoulder width and knees and hips slightly bent - then press the cable out in 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: 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 #6: 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 #7: 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 #8: Hamstring Band Stretch

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

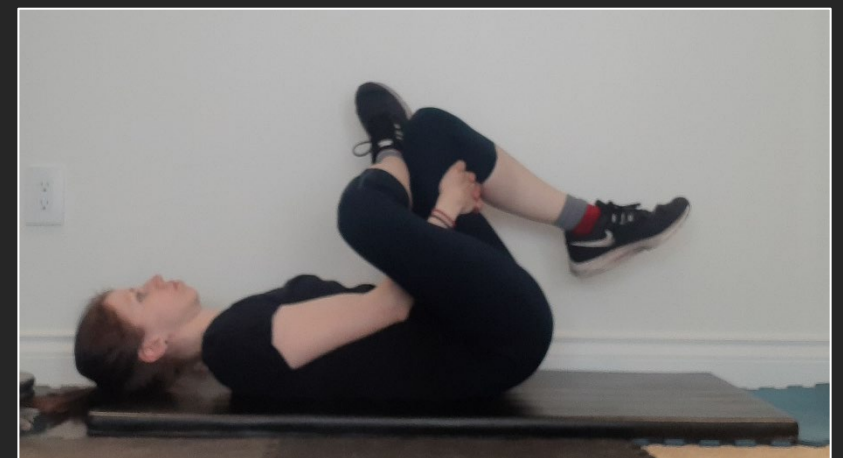
- Lie face up on floor
- Holding the band with both hands - looped around one foot - lift the leg up towards ceiling until hamstring stretch occurs
- Hold for 20-30 seconds
- Repeat with the other leg



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: Kneeling Thoracic Spine Rotation

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

- Kneel on the floor on the hands and knees
- Bring one arm across (under) the body (palms up)
- Hold briefly
- Extend the same arm up towards ceiling, following with eyes (moving your head to watch the hand)
- Hold briefly
- Complete all reps with the same arm before switching to the opposite arm

