



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

# Home Workouts Series

Program: Full Body #16

# 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).

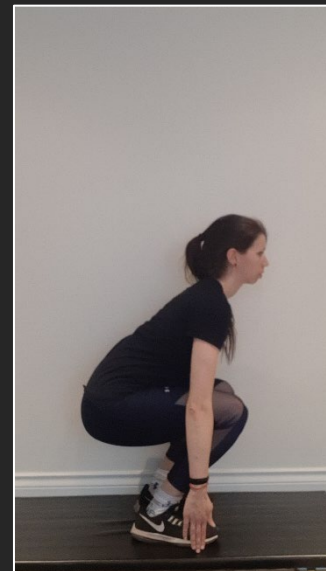
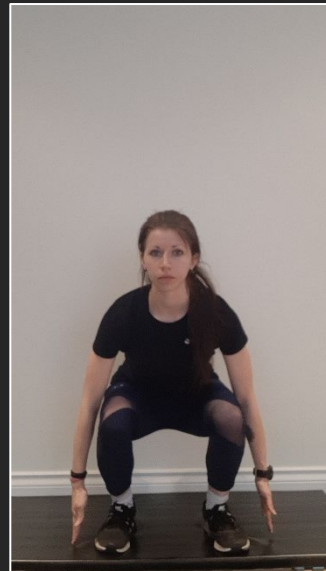
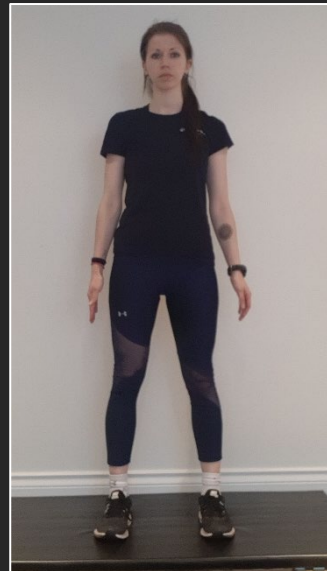


1. Begin your workout with a brief (5-10 minute) warm-up followed by some dynamic stretching
2. Perform 10-15 reps (or enough that you are close to fatigue by the last rep) of the first exercise listed in the workout
3. Take a 30 second break and then move on to the next exercise
4. Once you have completed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

Weight: n/a   Reps: 10-15   Level: beginner   Goal: legs

- Keeping the torso upright, squat down, lowering the body towards the ground by pushing the hips back, and bending the knees 90-degrees
- Push through the heels, extend the knees and hips and return to the upright position
- Option: hold weights to increase intensity



# Exercise #2: Full Inchworm

Weight: n/a   Reps: 10-15   Level: advanced   Goal: core, shoulder stabilizers and flexibility

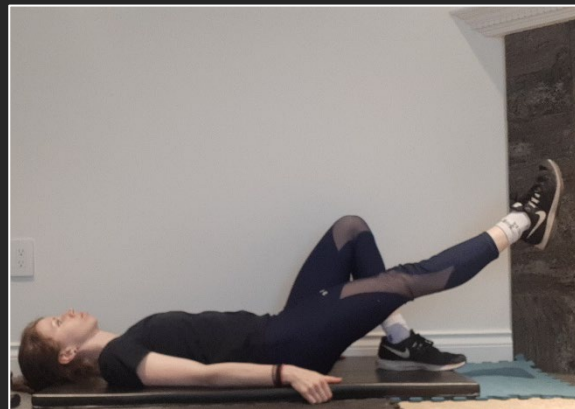
- Adopt a modified plank position, supported with both hands and both feet on the floor, arms raised over the head with elbows extended, hips bent at a 90 degree angle, glutes pointing up towards the ceiling, the torso nearly inverted, and the legs straight
- Keeping the legs extended, walk the hands 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 #3: 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 #4: 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

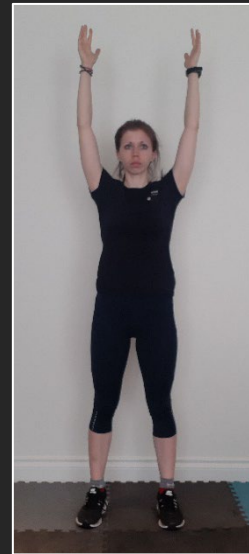
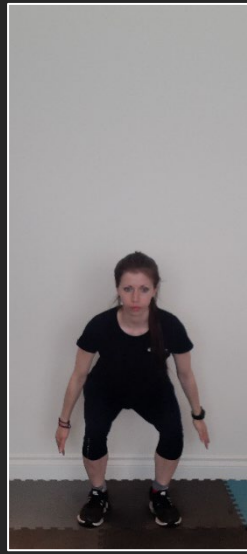
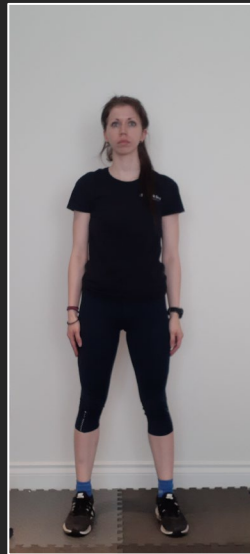




# Exercise #5: Jump

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: Side Bridge (leg abduction)

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

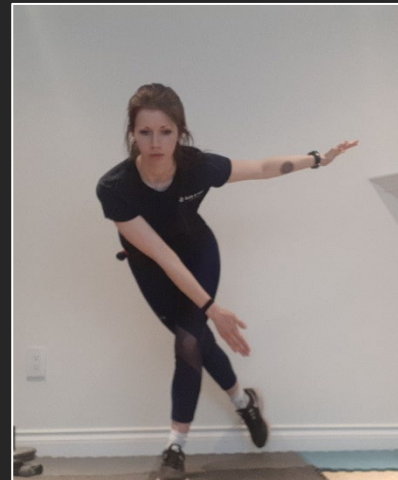
- Lying on your side, lift your hips to go into a side bridge position
- Abduct the top leg – maintaining proper posture and complete control throughout the entire movement/hold
- Lower top leg while keeping hips lifted (return to side bridge position)
  - Option: to reduce intensity, return hips to ground between reps
- Continue on the same side for 10-15 reps before alternating sides



# Exercise #7: Skater Bounds

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

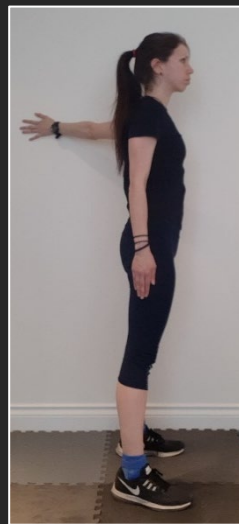
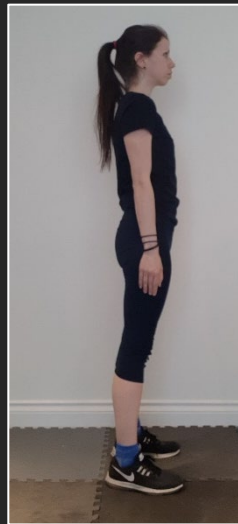
- Perform a skating bounding motion side to side
- Maintain an athletic position throughout the exercise
- Continue alternating sides for 30-60 seconds



# Exercise #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: Pole Reach

Weight: sturdy surface (i.e. pole)   Reps: n/a   Level: n/a   Goal: latissimus dorsi

- Stand with the feet apart
- Clasp pole (or object) with both hands
- Pull torso away from the object/pole
- Hold the stretch for 20-30 seconds
- Return to start position



# Exercise #10: Lying Quad Stretch

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

- Lie on your side
- Flex one knee and raise your heel toward your buttocks
- Grasp your raised ankle and pull the heel towards your buttocks
- Hold the stretch for 20-30 seconds
- Repeat with the other leg

