



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

# Home Workouts Series

Program: Full Body #17

# 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).

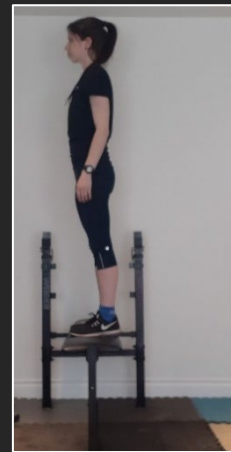
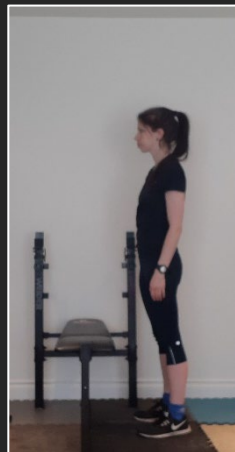


1. Begin your workout with a brief (5-10 minute) warm-up followed by some dynamic stretching
2. Perform 10-15 reps (or enough that you are close to fatigue by the last rep) of the first exercise listed in the workout
3. Take a 30 second break and then move on to the next exercise
4. Once you have completed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

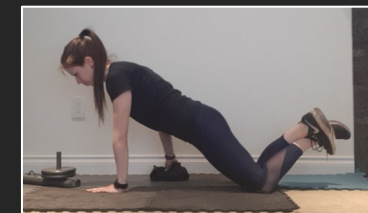
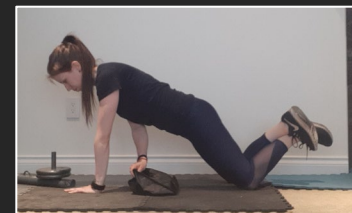
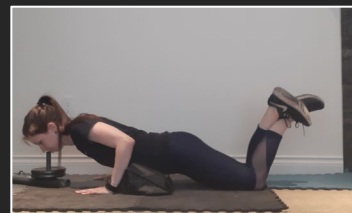
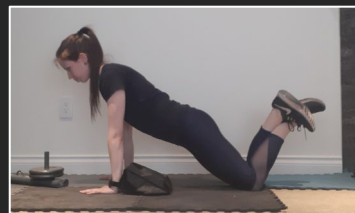


\* Tip: to decrease difficulty, lower the step height, OR to increase difficulty, try increasing bench height and/or holding weights

# Exercise #2: Push-up + Pull (from knees)

Weight: weighted object    Reps: 10-20 total reps (5-10 per side)    Level: intermediate - advanced    Goal: full body

- Adopt a kneeling plank position supported with the knees and hands on the floor with the elbows extended
- Lower the torso down by bending the elbows until the chest hovers just above the floor
- Push the torso away from the floor by fully extending the elbows
- Grab the weighted object (i.e. a bag with something heavy inside) with the right arm and slide it to the right away from the body – this equals one rep
- Perform another push-up
- Using the left arm, reach under the torso to grab the bag and slide it to the left away from the body – this equals two reps
- Continue alternating arms for desired reps



# Exercise #3: Tricep Pushdown

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

- Stand or kneel (depending on how high the tube is secured) facing the tube, grasping the tubing in a hammer grip
- Keeping arms close to the body, pull the tubing down until your elbows are fully extended (but not locked)
- Hold for 2 seconds
- Raise the tubing back up to the starting position by bending the elbows (keep elbows close to the body)
- Repeat movement for desired reps



# Exercise #4: Bulgarian Squats

Weight: dumbbell of your choosing + bench    Reps: 10-15 (per side)    Level: intermediate - advanced    Goal: legs and glutes

- With dumbbells at your sides, place back foot on bench, low box or even stairs
  - If you'd like, you can balance the back foot on the bench using your toes
- Squat down with the front leg
- Push the ground away with the front foot and extend the hips to stand back up
- Avoid leaning forward and try to maintain a neutral posture throughout the exercise
- Continue on the same leg for desired reps before alternating legs



\* Tip: to decrease difficulty, perform without weights



# Exercise #5: Single-arm Row

Weight: tubing    Reps: 10-15 (per side)    Level: beginner    Goal: back

- With the tube secured in front of you at chest level, grab the handle and walk back to create tension
- In a stride stance (maintain tall posture), pull the handle toward your chest, squeezing your back muscles
- Hold for 2 seconds
- Return to starting position by extending arm back out
- Continue with the same arm for desired reps before alternating arms

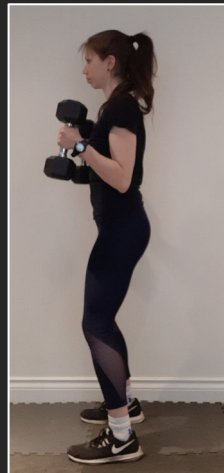
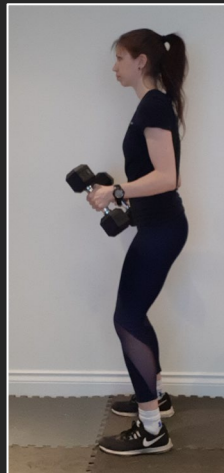
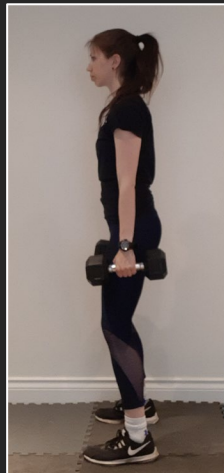


\* Tip: you can wrap the tube around the structure to shorten its length if needed

# Exercise #6: Hammer Curls

Weight: dumbbells of your choosing   Reps: 10-15   Level: beginner   Goal: biceps and forearms

- Stand upright with feet hip-width apart – knees slightly bent
- Holding the dumbbells in a hammer grip, raise the dumbbells up towards your shoulders
  - Palms should continue to face in towards each other and elbows should point towards the floor throughout the movement
- Hold for 2 seconds
- Return to starting position by slowly lowering the dumbbells back towards the floor
- Repeat movement for desired reps



# Exercise #7: Hamstring Curl (single-leg)

Weight: stability ball    Reps: 10-15 (per side)    Level: advanced    Goal: hamstrings

- Lie on your back and place one foot on the stability ball
- Lift the hips up and curl the ball towards the body
- Don't let the hips drop and try to maintain complete control throughout the exercise
- Continue on the same leg for desired reps before alternating legs



# Exercise #8: Hamstring Band Stretch

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

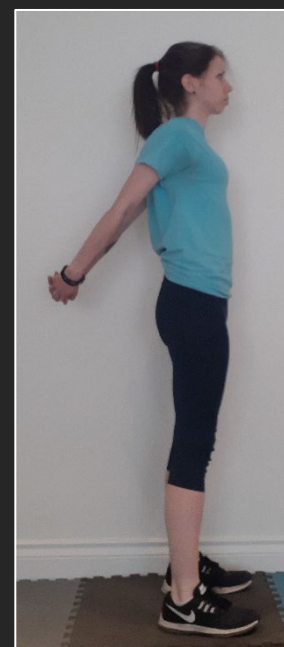
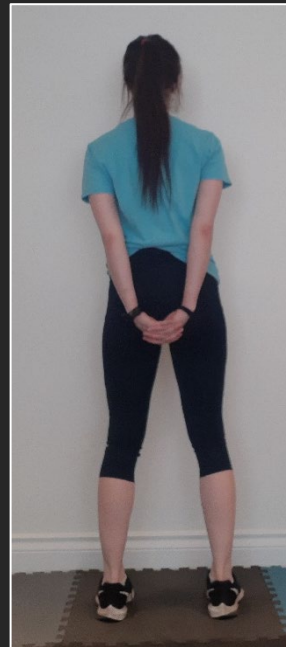
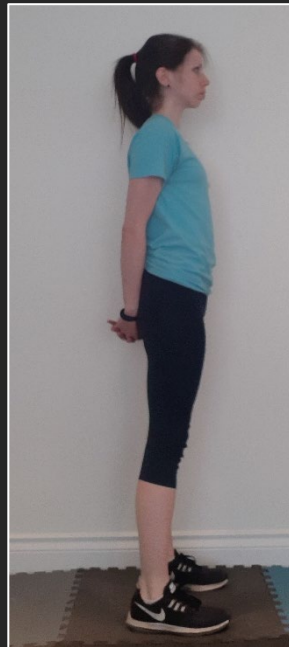
- Lie face up on floor
- Holding the band with both hands - looped around one foot - lift the leg up towards ceiling until hamstring stretch occurs
- Hold for 20-30 seconds
- Repeat with the other leg



# Exercise #9: 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



# Exercise #10: Triceps Stretch

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

- Stand or sit tall
- Lift one arm above the head and bend the elbow, placing the hand between the shoulder blades
- Use the other hand to gently push the elbow back
- Hold the stretch for 20-30 seconds
- Repeat with the other arm

