



Body & Soul
health and fitness

Home Workouts Series

Program: Full Body #18

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: 3-point Lunge

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

- Standing tall with a neutral spine, 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 #2: High Row

Weight: tubing Reps: 10-15 Level: intermediate Goal: back

- Begin in a standing position with legs hip-width apart and knees slightly bent
- With the tube secured in front of you at chest level, grab the handles in an overhand grip
- Pull the tube in towards your body at shoulder height (or just below shoulders), squeezing your back muscles
 - Your upper arms need to be parallel to the floor and at a 90-degree angle to each other
- Hold for 2 seconds before returning the tube back to the starting position
- Repeat movement for desired reps



Exercise #3: Hands to Elbows (w/ bench)

Weight: bench Reps: 8-12 (on each lead) Level: intermediate Goal: chest, shoulders, triceps and core

- Adopt a plank position supported with both hands on a bench with the elbows extended and both feet on the floor
- Keep the core tight, maintain a straight line from head to feet and maintain level hips throughout the movement
- Keeping the legs and hips extended, lower yourself onto your forearms one arm at a time
- Return to starting position one arm at a time
 - Avoid leading with the same arm, i.e. lower yourself down with your right forearm then left and push back up with your right arm then your left, followed by leading the movement with your left arm for the next rep – continuing to alternate the lead arm for each rep
- Repeat movement for desired reps



Exercise #4: Deadlift (single-leg)

Weight: n/a Reps: 10-15 (per side) Level: advanced Goal: hamstrings, glutes, low back and balance

- Stand upright on one leg, with the other leg hovering off the floor in back, and arms extended down at the side of the body
- Keeping the torso straight, and the hip and knee of the raised leg extended, pivot the free leg and torso around the supporting leg until they are parallel with the floor
- Maintain rigidity in the supporting leg
- During the pivot, raise both arms forward and up overhead so that they are in line with the torso and back leg
- Return to the upright position by engaging the glute and extending the hip of the supporting leg, and lowering the arms back down to the sides
- Continue with the same side for desired reps before alternating sides



Exercise #5: Bird-dog

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

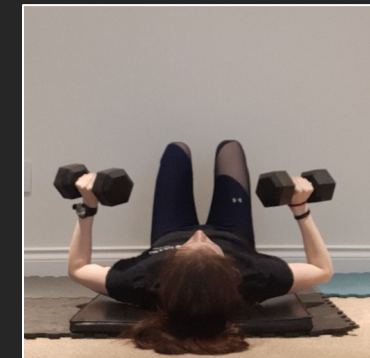
- Kneel on the floor supported on the knees and hands, with torso parallel to the floor (knees and hips bent 90 degrees, and arms extended straight down)
- Maintaining balance on one hand and the opposite knee, extend the one arm up until it is in line with the torso while also raising the opposite leg 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 #6: Chest Press

Weight: dumbbells of your choosing Reps: 10-15 Level: beginner Goal: chest, shoulders and triceps

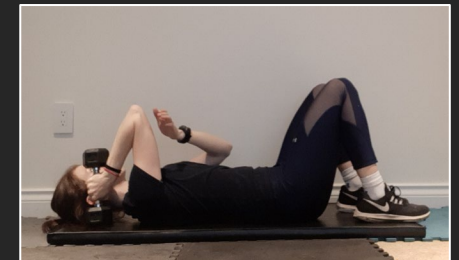
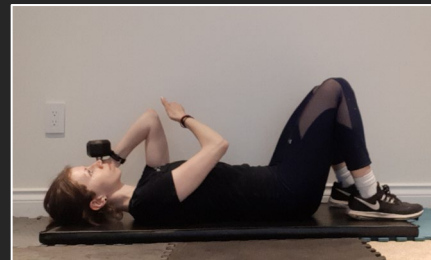
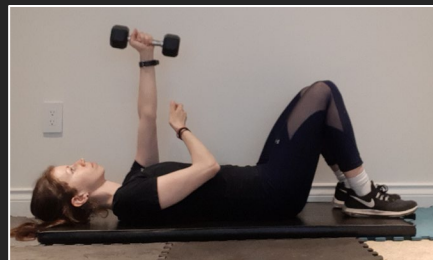
- Laying on your back, hold two dumbbells overhead
- Slowly lower the dumbbell towards your chest by bending the elbows – rotate the arms as you come down so that they are about 45-degrees from your side
- Slowly raise the dumbbells back up towards the ceiling by extending the elbows – rotating the arms back into the starting position
- Repeat movement for desired reps



Exercise #7: Skull Crushers

Weight: dumbbell of your choosing Reps: 10-15 (per side) Level: beginner – intermediate Goal: triceps

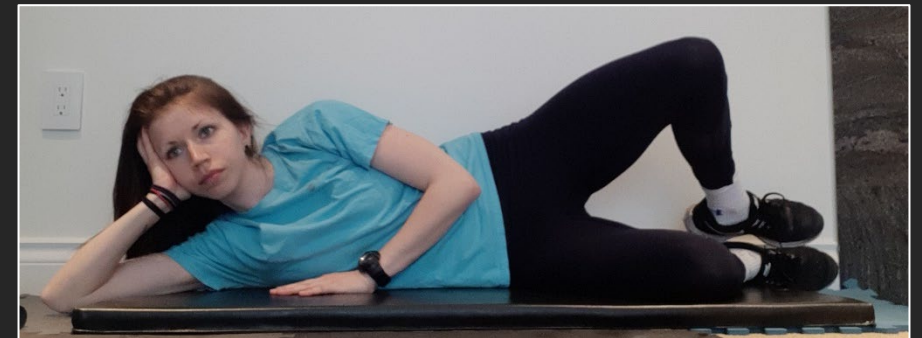
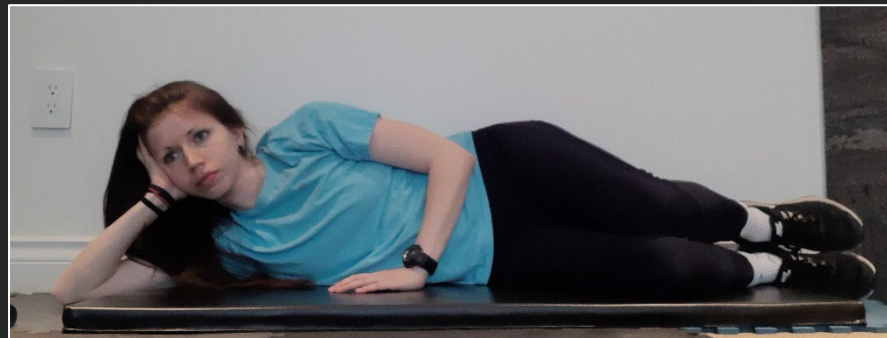
- Laying on your back, hold one dumbbell overhead with your free hand spotting at the elbow for support
- Slowly lower the dumbbell towards your head by bending the elbow so that the dumbbell hovers next to your ear – elbow should be pointing towards the ceiling
- Slowly raise the dumbbell back up towards the ceiling by extending the elbow
- Continue with the same arm for desired reps before alternating arms



Exercise #8: 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 #9: Thoracic Spine Rotation

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

- Lay on your side with both legs bent together – arms are also together
- Extend your arms out (one across the floor and one up and across the body)
- Follow the arm extending across the body with your eyes (moving your head to watch the hand)
- Hold briefly
- Continue on the same side for desired reps before alternating sides



Exercise #10: Seated Hip Hinge

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

- Sit on the floor with one leg straight and the other leg bent at the knee with the heel touching the inside of the opposite thigh
- Keep the extended leg straight and – maintaining a straight back - lower your upper torso towards your thigh
- Hold the stretch for 20-30 seconds
- Repeat with the other leg



Exercise #11: 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

