



Body & Soul
health and fitness

Home Workouts Series

Program: Full Body #19

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).

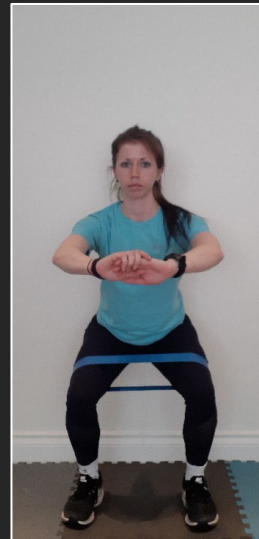


1. Begin your workout with a brief (5-10 minute) warm-up followed by some dynamic stretching
2. Perform 10-15 reps (or enough that you are close to fatigue by the last rep) of the first exercise listed in the workout
3. Take a 30 second break and then move on to the next exercise
4. Once you have completed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

Weight: tubing Reps: 10-15 Level: beginner Goal: legs and glutes

- Stand upright with feet parallel and spaced shoulder width apart and a resistance band placed just above the knees
- Keeping the torso upright, and the feet shoulder width apart, lower the body towards the ground by pushing the hips back, and bending the knees 90-degrees
 - Be sure to keep tension on the tube throughout the entire exercise (don't let the tubing pull the knees inward)
- Push through the heels, extend the knees and hips and return the body to the starting position



Exercise #2: Bent-over Row

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

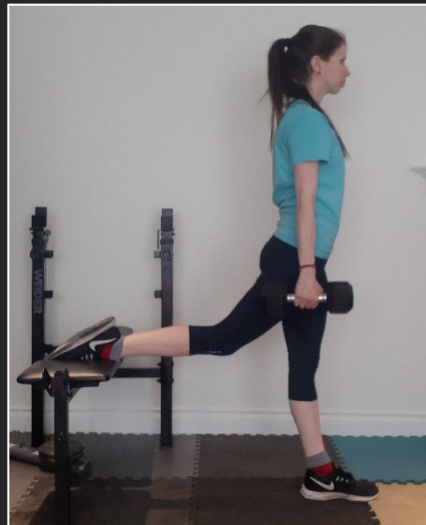
- Hold dumbbell in one hand in a hammer grip, with same side foot on floor, the opposite knee and hand on a flat bench, and bent at the waist
 - Tip: Use a shopping bag or backpack filled with heavy items if you don't have a dumbbell
- Row dumbbell towards torso by bending elbow, squeezing the back muscles 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 #3: 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

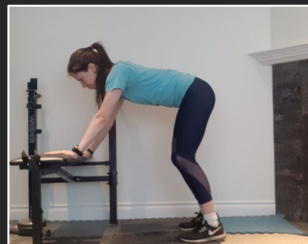


* Tip: to decrease difficulty, perform without weights

Exercise #4: Burpees (w/ bench)

Weight: bench Reps: 10-15 Level: moderate to advanced Goal: full-body (strength and conditioning)

- Stand upright with feet hip-width apart
- Squat down to the bench by bending the knees and lowering the body down towards the bench
- Bend over at the waist, and extend the arms forward, placing the hands on the bench in front
- Extend the knees and hips backwards, adopting a plank position supported on both hands, with the elbows extended, and both feet – **do not hyperextend your back (keep your core tight)**
- Keeping the legs and hips extended, lower the torso down by bending the elbows until the chest hovers just above the bench
- Push the torso away from the bench by fully extending the elbows
- At the top of the push-up, jump the feet back in towards the hands by bending the knees and hips
- From the squat position, return upright by explosively extending the knees and hips, and then jumping up in the air and raising the arms overhead
- Upon landing, absorb the impact by bending the knees and continuing to squat down into the next burpee

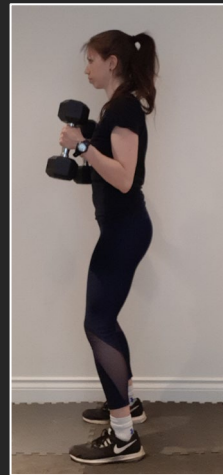
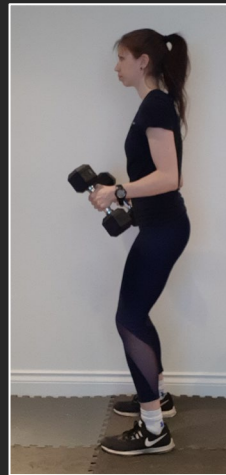
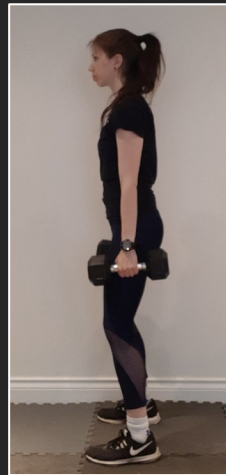


* Low impact option: walk the legs back into a plank position (as opposed to jumping back) and walk them back in towards the hands. Also, do not jump into the air at the end of each rep, simply continue into the next burpee.

Exercise #5: 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 #6: Plank (alt lifts)

Weight: n/a Reps: 5-10 (per side) Level: advanced Goal: full body and posture

- Adopt a plank position supported with the feet and hands on the floor with the elbows extended
- Maintaining balance on one hand and the opposite foot, extend the arm up until it is in line with the torso while also raising the opposite leg in line with the torso, extending the hip and knee
- Hold for 2 seconds
- Return the raised hand to the floor by lowering the arm, while also lowering the raised leg down
- 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: Hamstring Curl (single-leg)

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

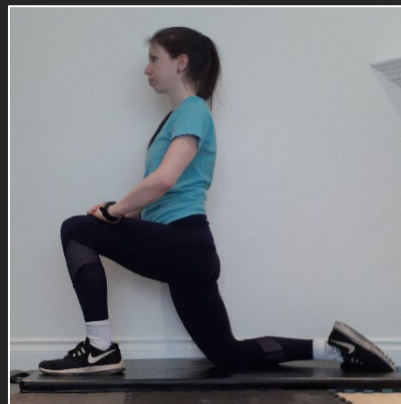
- Lie on your back and place one foot on the stability ball
- Lift the hips up and curl the ball towards the body
- Don't let the hips drop and try to maintain complete control throughout the exercise
- Continue on the same leg for desired reps before alternating legs



Exercise #8: Kneeling Lunge

Weight: n/a Reps: n/a Level: n/a Goal: hip flexors

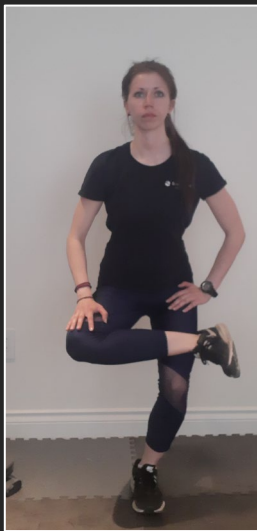
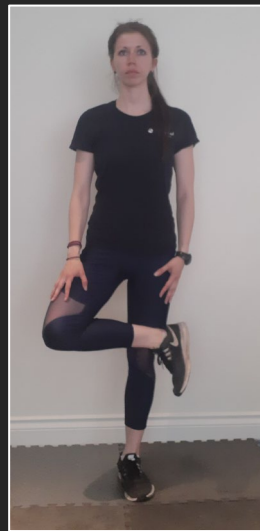
- Kneel on one leg
- Step out with the front foot and gently press the hips forward - place hands on the front thigh for support (if necessary)
- Keep body weight distributed between both legs
- Hold the stretch for 20-30 seconds
- Repeat with the other leg



Exercise #9: Standing Glute Stretch

Weight: n/a Reps: n/a Level: n/a Goal: glutes and balance

- Standing on one foot, with the other leg crossed over top (ankle resting on the thigh), slowly lower your body down by sitting back (hinging at the hip)
 - Hold onto a stable surface for support if needed
- Maintain a straight back while leaning forward
- Hold this position for 20-30 seconds
- Repeat on the other leg



Exercise #10: 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

