



Body & Soul
health and fitness

Home Workouts Series

Program: Full Body #2

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).

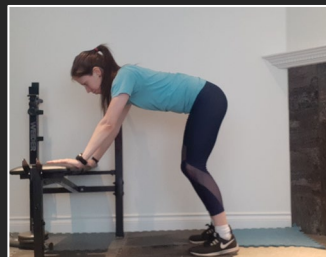
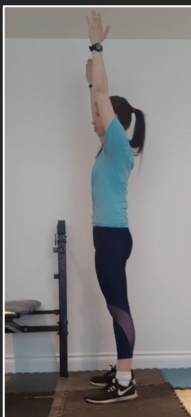


1. Begin your workout with a brief (5-10 minute) warm-up followed by some dynamic stretching
2. Perform 10-15 reps (or enough that you are close to fatigue by the last rep) of the first exercise listed in the workout
3. Take a 30 second break and then move on to the next exercise
4. Once you have completed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

Weight: bench Reps: 10-15 Level: moderate Goal: full-body (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)**
- Jump the feet back in towards the hands by bending the knees and hips
- From this 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

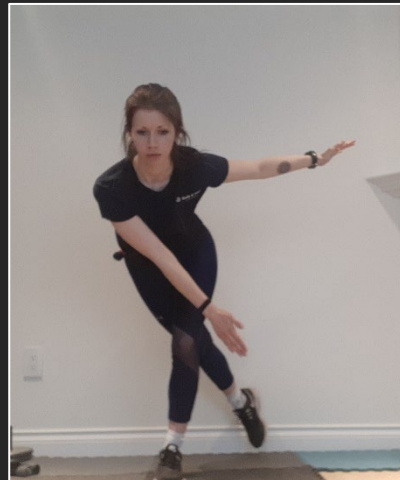


* Low impact option: walk the legs back into a plank position (as opposed to jumping back) and walk them back in towards the hands. Also, do not jump into the air at the end of each rep, simply continue into the next burpee.

Exercise #2: Skater Bounds

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

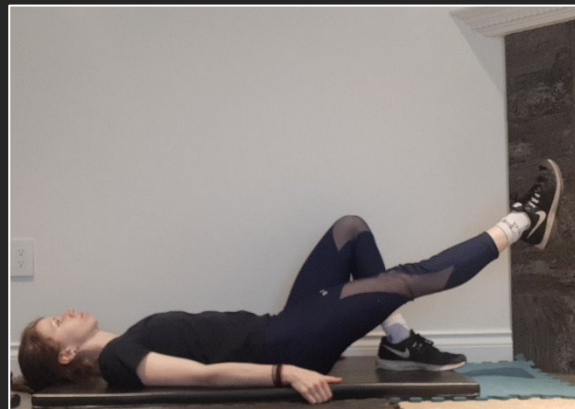
- Perform a skating bounding motion side to side
- Maintain an athletic position throughout the exercise
- Continue alternating sides for 30-60 seconds



Exercise #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

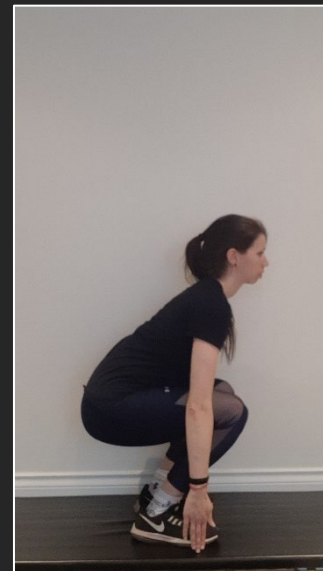
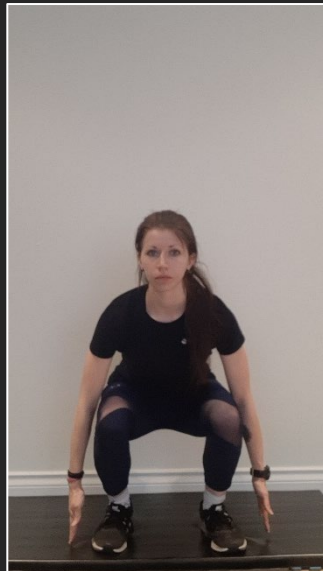
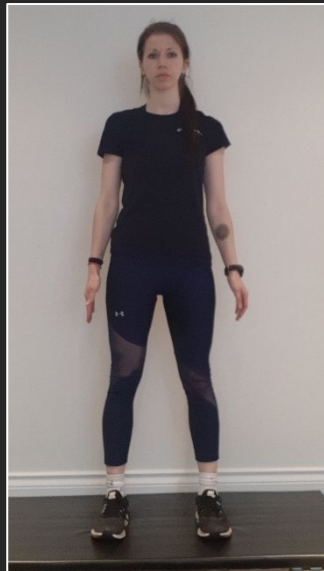
- Adopt a plank position supported with the feet and hands on the floor with the elbows extended
- Keeping the legs and hips extended, lower the torso down by bending the elbows until the chest hovers just above the floor
 - Be sure to keep the torso level – don't let the hips drop
- Push the torso away from the floor by fully extending the elbows



Exercise #5: 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 #6: Plank

Weight: n/a Reps: n/a Level: intermediate Goal: core and shoulder stabilizers

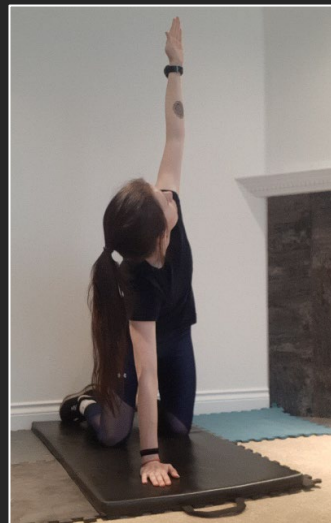
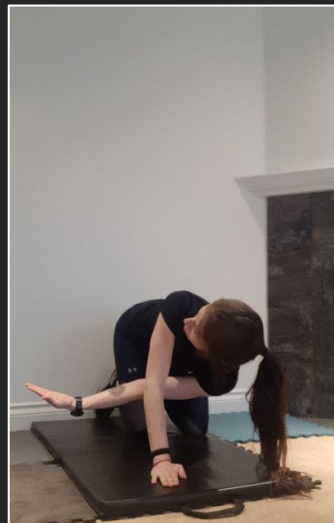
- Adopt a plank position on the floor, supported on the feet in the back, the legs and hips extended and in line with the torso, and the elbows in the front and directly under the shoulders
- Keep the core tight, and maintain a straight line from head to feet
- Hold the plank position until you are close to fatigue or until form is compromised – stop if you feel back discomfort or pain
- Avoid holding your breath



Exercise #7: 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



Exercise #8: Cat Stretch

Weight: n/a Reps: n/a Level: n/a Goal: T-spine mobilisation

- Kneel on the floor on the hands and knees
- Pull in the abdominals to round the spine - tuck the chin into the chest
- Release the stretch by returning to kneeling in the all-fours position and repeat
- Hold briefly
- Return to start position

