



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

# Home Workouts Series

Program: Full Body #20

# 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).

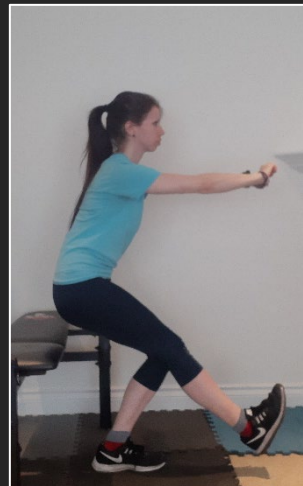
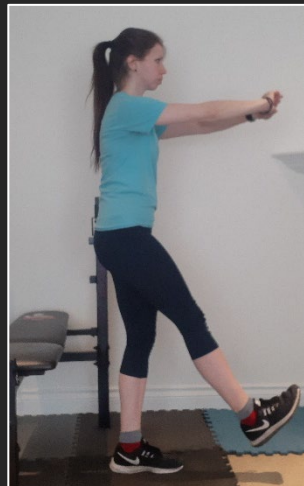


1. Begin your workout with a brief (5-10 minute) warm-up followed by some dynamic stretching
2. Perform 10-15 reps (or enough that you are close to fatigue by the last rep) of the first exercise listed in the workout
3. Take a 30 second break and then move on to the next exercise
4. Once you have completed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

Weight: bench    Reps: 10-15 (per side)    Level: intermediate to advanced    Goal: legs, glutes and balance

- Stand in front of a bench or low box (one of appropriate height) with one foot raised off of the ground and your arms in front of you to be used to counterbalance your body
  - Caution: Only perform if your knees can handle the pressure
- Keeping a straight back and your head raised, slowly lower your body down to the bench
- As soon as your buttocks touches the bench, stand back up using the strength of your single-leg – maintain a straight back with your hips square
- Continue on the same leg for desired reps before switching legs



# Exercise #2: 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

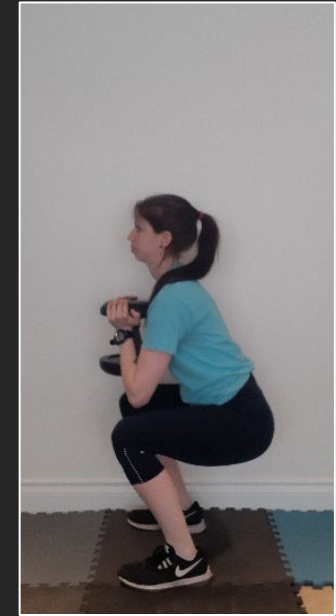
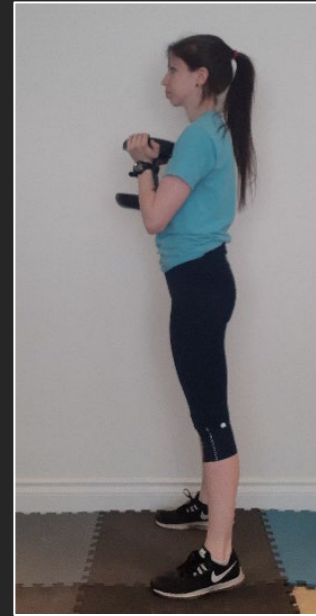
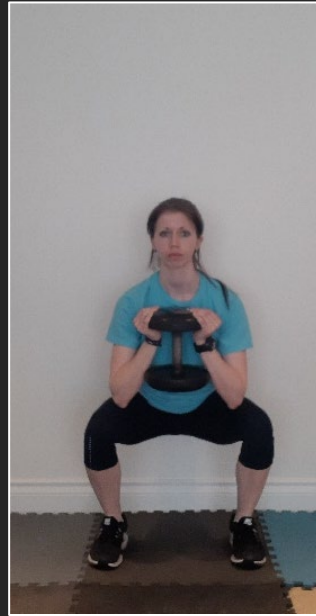
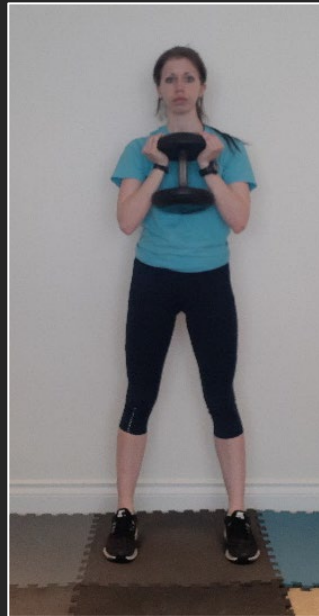


\* Tip: you can wrap the tube around the structure to shorten its length if needed

# Exercise #3: Goblet Squat

Weight: dumbbell of your choosing    Reps: 10-15    Level: intermediate - advanced    Goal: legs and glutes

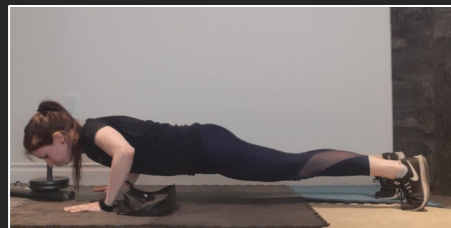
- Select a dumbbell (or object of your choosing) that is comfortable to hold and of a weight you can perform squats with – use your discretion
- Holding the dumbbell (or object) in a goblet position, come down into a squatting position
  - Maintain a lengthened spine throughout the movement
- Hold squat briefly before returning to start position



# Exercise #4: Push-up + Pull

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

- 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
- 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 #5: 3-Point Lunge (w/ weight)

Weight: medicine ball    Reps: 10-15 (per side)    Level: intermediate    Goal: legs and glutes

- Stand tall with neutral spine and hold the medicine ball close to your chest
- 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 #6: Pallof Press

Weight: tubing or cable   Reps: 10-15   Level: beginner   Goal: core

- Using both hands to grip a tube or cable handle, stand far away enough to feel tension on the tube
- Turn 90 degrees in either direction so that the cable crosses in front of your body
- Stand in a semi-squat stance - feet shoulder width and knees and hips slightly bent - then press the cable out in a straight line away from you
- Hold for 2 seconds before returning the cable to your chest
- Repeat to complete desired reps
- Switch to the opposite side



# Exercise #7: Donkey Kicks

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

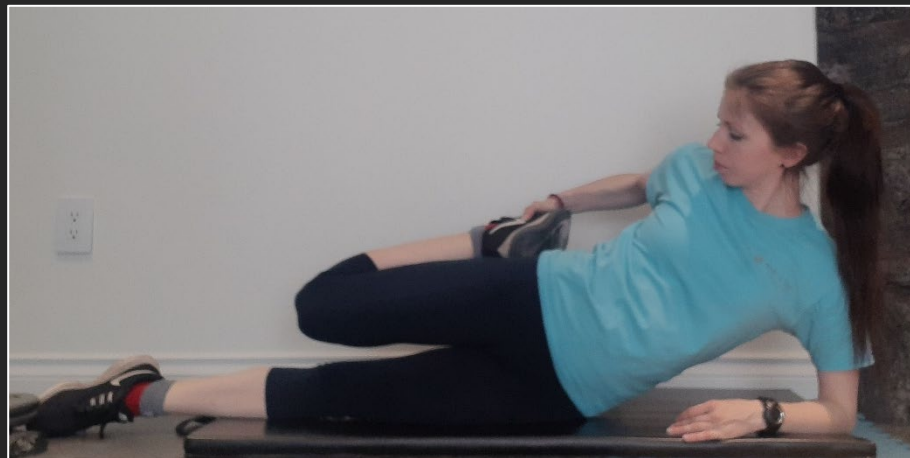
- Kneel on the floor on the hands and knees
  - With control, engage the glutes and bring the sole of your shoe up towards the ceiling, maintaining a 90-degree angle
  - Hold for 2 seconds
  - Return leg to the original position
  - Continue to raise and the lower the same leg for the desired reps
  - Repeat the movement with the opposite leg
- \* Tip: a band can be used to increase the intensity. To avoid having the band snap up the leg, kneel on the band.



# Exercise #8: Lying Quad Stretch

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

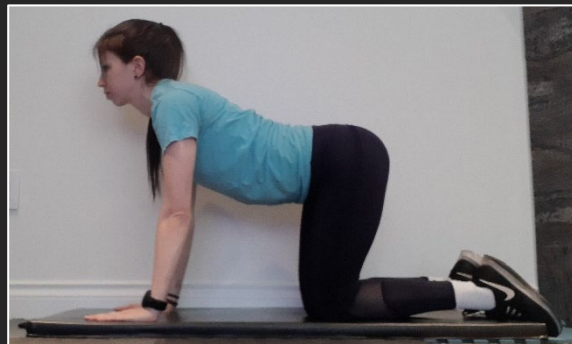
- Lie on your side
- Flex one knee and raise your heel toward your buttocks
- Grasp your raised ankle and pull the heel towards your buttocks
- Hold the stretch for 20-30 seconds
- Repeat with the other leg



# Exercise #9: 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



# Exercise #10: Child's Pose

Weight: n/a   Reps: n/a   Level: n/a   Goal: low back and latissimus dorsi

- From all fours, push your hips back and bring your arms around the side of the body or extend forward for a deeper stretch
- Rest and breathe, allowing your body to completely relax
- Knees can be kept together or wide apart to allow space for torso – do what feels most comfortable
  - If you have knee issues, try placing a pillow between the buttocks and heels
- Hold the stretch for 20-30 seconds

