



Body & Soul
health and fitness

Home Workouts Series

Program: Full Body #21

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: 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: Tricep Kickback (w/ bench)

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

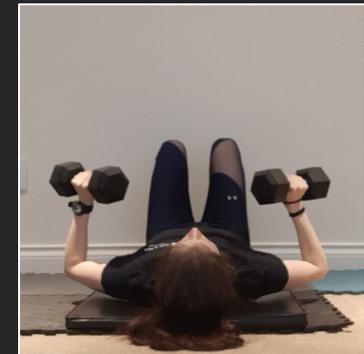
- Hold dumbbell in one hand in a hammer grip (close to the chest), with same side foot on the floor, the opposite knee and hand on a flat bench, and bent at the waist
 - Make sure the bent knee (on the bench) is directly beneath the hip
- Extend your arm back until the elbow is fully extended (but not locked) – keeping your arm in tight to your side
- Hold for 2 seconds
- Bend at the elbow joint – don't let the elbow sink – and then slowly return your arm back to the starting position
- Continue with the same arm and leg for desired reps before alternating arms and legs



Exercise #3: 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 #4: Glute Bridge

Weight: n/a Reps: 10-15 Level: beginner Goal: glutes

- Lie back on the floor with knees bent at a 90-degree angle and feet flat on the floor
- Extend the hips, raising them off the floor and making a straight line from knees through to shoulders - squeeze the glutes
- Lower the hips back to the floor



Exercise #5: Side Bridge (leg abduction)

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

- Lying on your side, lift your hips to go into a side bridge position
- Abduct the top leg – maintaining proper posture and complete control throughout the entire movement/hold
- Lower top leg while keeping hips lifted (return to side bridge position)
 - Option: to reduce intensity, return hips to ground between reps
- Continue on the same side for 10-15 reps before alternating sides



Exercise #6: 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 #7: 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

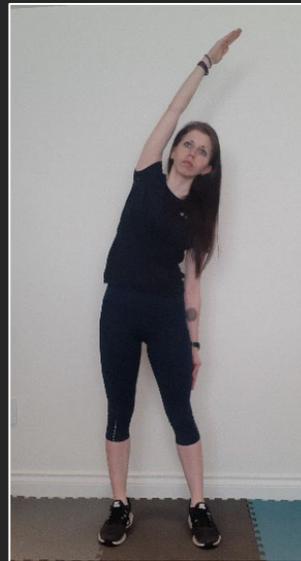
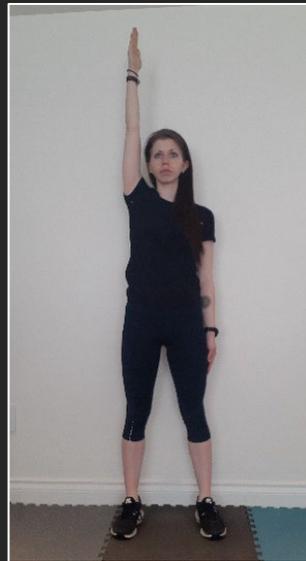


* Low impact option: walk the legs back into a plank position (as opposed to jumping back) and walk them back in towards the hands. Also, do not jump into the air at the end of each rep, simply continue into the next burpee.

Exercise #8: Lat Stretch

Weight: n/a Reps: n/a Level: n/a Goal: latissimus dorsi

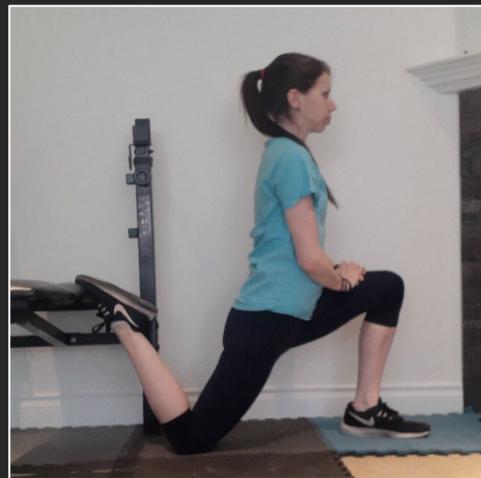
- Stand upright with one arm reaching above your head
- Slightly bend towards the opposite side slowly
- Continue to lengthen the rib cage up
- Hold briefly
- Repeat on the opposite side



Exercise #9: Hip Flexor - Quad Stretch

Weight: bench or sturdy surface Reps: n/a Level: n/a Goal: hip flexors and quads

- Rest one foot on the bench with the knee on the floor and the other leg in a lunge position
- Hold for 20-30 seconds, ensuring the hip flexors and quads are stretched
- Maintain a neutral spine - do not arch your back
- Repeat with the other leg



Exercise #10: Shoulder Stretch

Weight: n/a Reps: n/a Level: n/a Goal: posterior shoulder

- Stand with feet shoulder-width apart
- Bring one arm across the body at chest height and hold it in place with the opposite arm
- Hold the stretch for 20-30 seconds
- Repeat with the other arm

