



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

# Home Workouts Series

Program: Full Body #23

# 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: 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: High Row

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

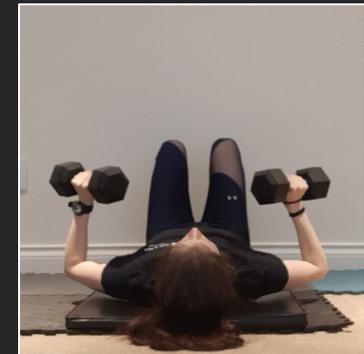
- Begin in a standing position with legs hip-width apart and knees slightly bent
- With the tube secured in front of you at chest level, grab the handles in an overhand grip
- Pull the tube in towards your body at shoulder height (or just below shoulders), squeezing your back muscles
  - Your upper arms 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: Chest Press

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

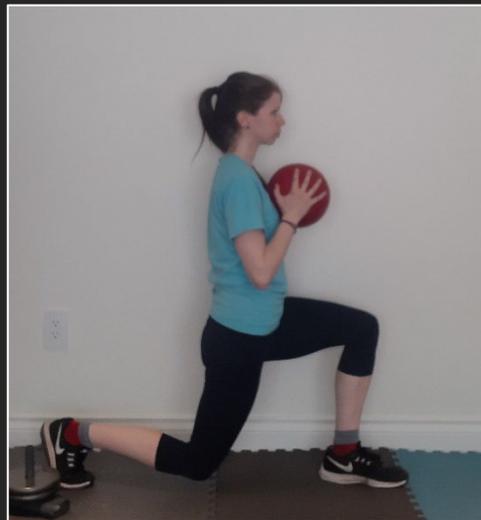
- Laying on your back, hold two dumbbells overhead
- Slowly lower the dumbbell towards your chest by bending the elbows – rotate the arms as you come down so that they are about 45-degrees from your side
- Slowly raise the dumbbells back up towards the ceiling by extending the elbows – rotating the arms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



# Exercise #4: 3-Point Lunge (w/ weight)

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

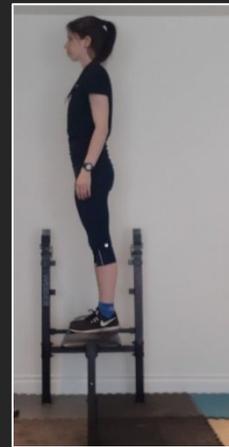
- Stand tall with neutral spine and hold the medicine ball close to your chest
- Perform a forward lunge, lateral lunge and backward lunge with the same leg
  - Stand tall between each lunge to regain balance
- Alternate legs for designated repetitions



# Exercise #5: 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

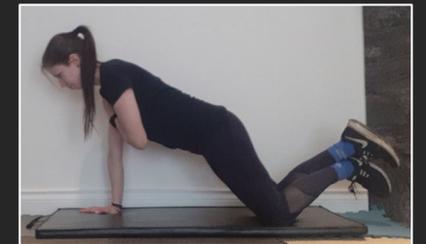
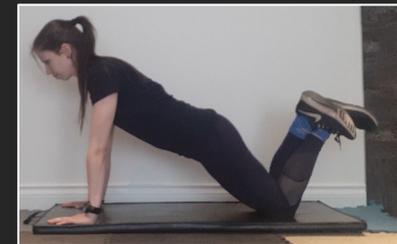


\* Tip: to decrease difficulty, lower the step height, OR to increase difficulty, try increasing bench height and/or holding weights

# Exercise #6: Shoulder Taps

Weight: n/a    Reps: 10-20 total reps (5-10 per side)    Level: intermediate - advanced    Goal: full body

- Adopt a plank position supported with the feet and hands on the floor with the elbows extended (advanced level)
  - Or adopt a kneeling plank position supported with the knees and hands on the floor with the elbows extended (moderate level)
- Maintaining balance on one hand, tap your shoulder with the opposite hand
- Return the raised hand to the floor by lowering the arm
- Repeat the movement with the opposite arm
- Continue to tap your shoulder with the opposite hand, alternating sides with each repetition



# Exercise #7: Skull Crushers

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

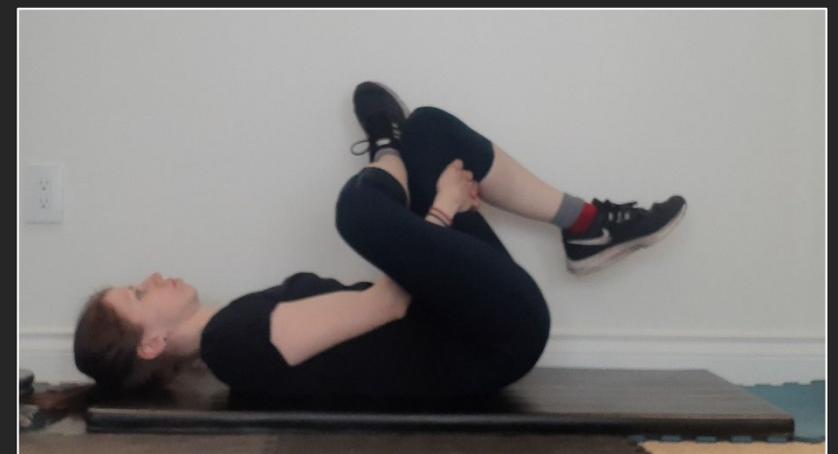
- Laying on your back, hold one dumbbell overhead with your free hand spotting at the elbow for support
- Slowly lower the dumbbell towards your head by bending the elbow so that the dumbbell hovers next to your ear – elbow should be pointing towards the ceiling
- Slowly raise the dumbbell back up towards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



# Exercise #8: Glute Stretch

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

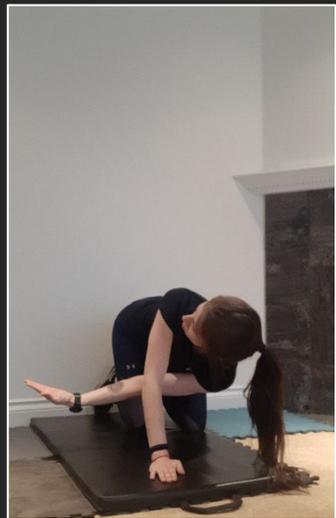
- Lie down (supine on floor) and bend one knee, keeping the foot on the ground
- Bend the other leg and lift it up, externally rotating at the hip joint to place the ankle above the other knee
- Lift the lower leg and interlace your fingers behind the leg (just above the knee), pulling the leg closer to your chest to feel the stretch
- Hold the stretch for 20-30 seconds
- Repeat with the other leg



# Exercise #9: 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 #10: 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



# Exercise #11: Calf Stretch

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

- Place hands on a wall at shoulder height and extend one leg back – keep this leg straight
- Bend the front knee and lean forwards, keeping the back knee straight and pushing the heel down into the floor
- When you can feel a stretch in the back leg, hold for 20-30 seconds
- Repeat with the other leg

