



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

# Home Workouts Series

Program: Full Body #24

# 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).

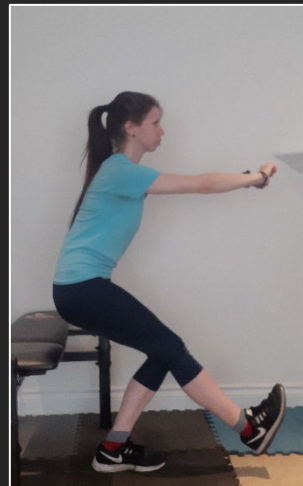
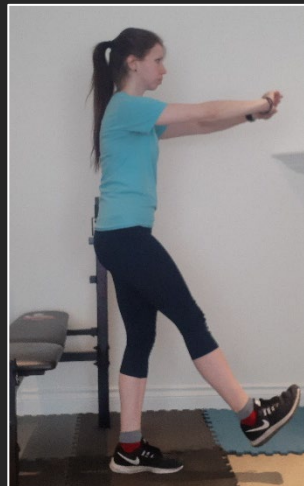


1. Begin your workout with a brief (5-10 minute) warm-up followed by some dynamic stretching
2. Perform 10-15 reps (or enough that you are close to fatigue by the last rep) of the first exercise listed in the workout
3. Take a 30 second break and then move on to the next exercise
4. Once you have completed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

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

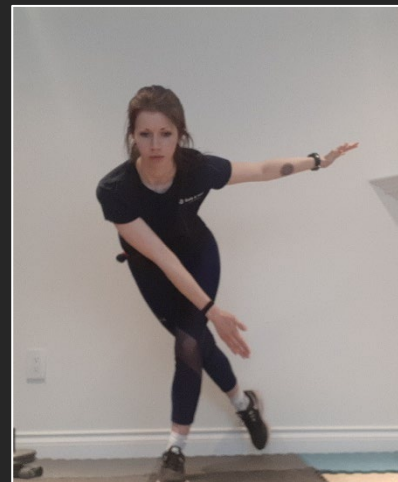
- Hold dumbbell in one hand in a hammer grip, with same side foot on floor, the opposite knee and hand on a flat bench, and bent at the waist
  - Tip: Use a shopping bag or backpack filled with heavy items if you don't have a dumbbell
- Row dumbbell towards torso by bending elbow, squeezing the back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

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

- Kneel in a stride stance, one hand holding a dumbbell in a hammer grip, and the free elbow resting on the front thigh for support
  - If holding weight with the left hand, then the left leg goes back – the 'free' right arm is then resting on the right thigh for support
- With your core engaged and your head, neck and spine in one line, slowly 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 for desired reps before alternating arms (and legs)



# Exercise #6: Hamstring Curl (single-leg)

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

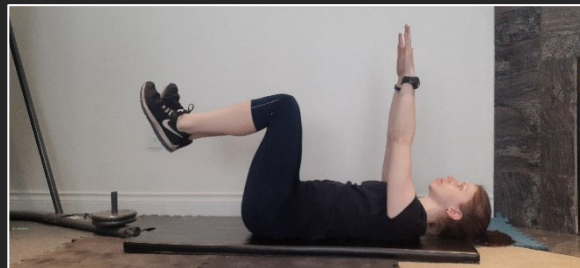
- Lie on your back and place one foot on the stability ball
- Lift the hips up and curl the ball towards the body
- Don't let the hips drop and try to maintain complete control throughout the exercise
- Continue on the same leg for desired reps before alternating legs



# Exercise #7: Dead Bug

Weight: n/a   Reps: 10-15 (per side)   Level: intermediate   Goal: core and posture

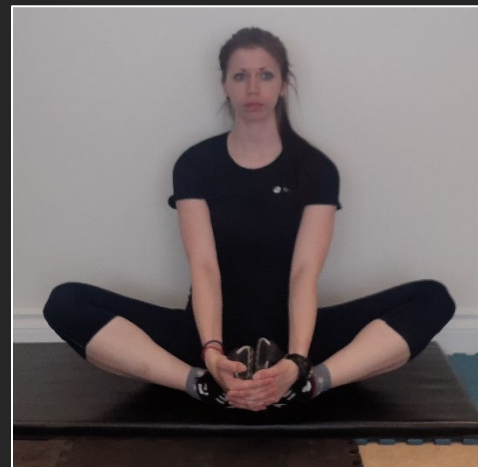
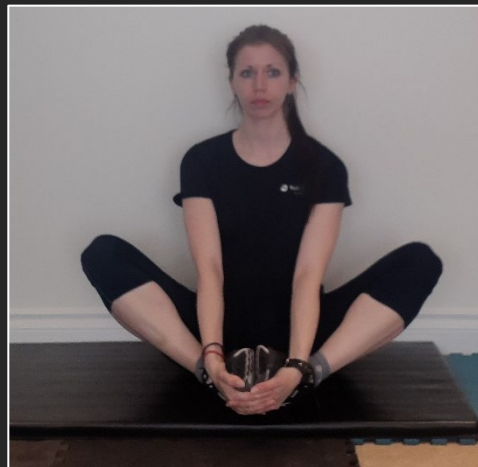
- Lie back on the floor with arms extended straight up towards the ceiling, the knees and hips bent at a 90-degree angles, and the feet raised off the floor
- Keeping the back pressed into the floor, raise one arm above the head until it is in line with the torso - simultaneously, extend the knee and hip of the opposite side leg until it is in line with the torso and hovers just off the floor (or as low as you feel comfortable)
  - To ensure your low back remains flat, you may need to bend (instead of extending) your non-raised leg
- Return the arm and leg to their original positions
- Repeat the movement with the opposite arm and leg
- Continue to raise and lower the arms and legs, alternating sides with each repetition



# Exercise #8: Butterfly Stretch

Weight: n/a   Reps: n/a   Level: n/a   Goal: hip adductors (inner thighs)

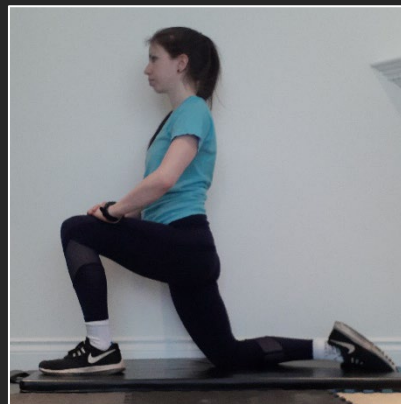
- In a seated position, bring the soles of your feet together – feet are approximately 1 foot from your groin
- Allow the knees to fall out to the side
- Holding your ankles, and maintaining a straight back, hinge forward (some clients may not need to hinge forward to feel the stretch)
- Hold the stretch for 20-30 seconds
- Release the ankles and return to seated position



# Exercise #9: 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 #10: Pole Reach

Weight: sturdy surface (i.e. pole)   Reps: n/a   Level: n/a   Goal: latissimus dorsi

- Stand with the feet apart
- Clasp pole (or object) with both hands
- Pull torso away from the object/pole
- Hold the stretch for 20-30 seconds
- Return to start position



# Exercise #11: Chest Expansion

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

- Stand with feet apart and the arms next to the body
- Hold elbows at shoulder height with the fingers near the ears
- Squeeze the shoulder blades together and pull the elbows back
- Hold the stretch for 20-30 seconds
- Return to start position

