



Body & Soul
health and fitness

Home Workouts Series

Program: Full Body #25

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).

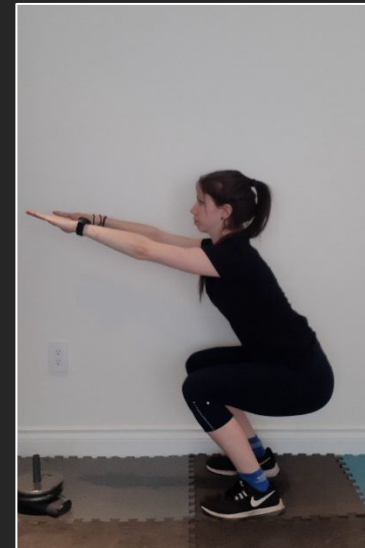
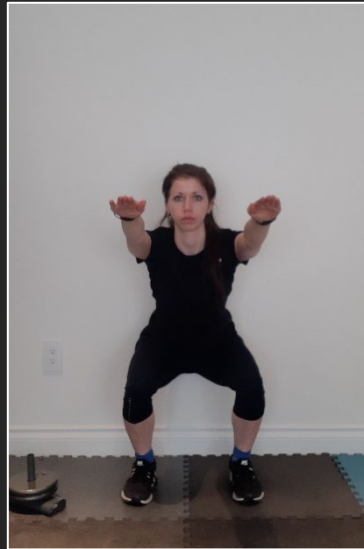
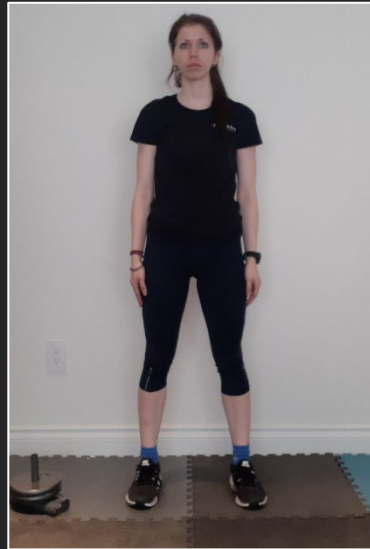


1. Begin your workout with a brief (5-10 minute) warm-up followed by some dynamic stretching
2. Perform 10-15 reps (or enough that you are close to fatigue by the last rep) of the first exercise listed in the workout
3. Take a 30 second break and then move on to the next exercise
4. Once you have completed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

Weight: n/a Reps: 10-15 Level: beginner Goal: legs and shoulders

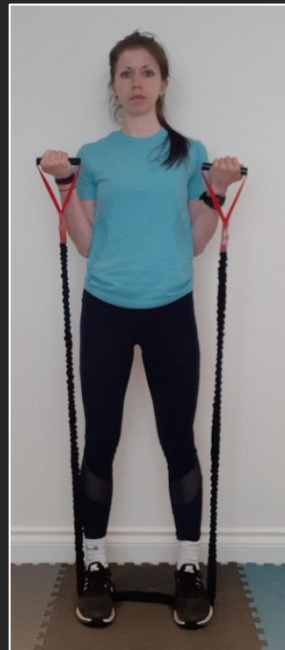
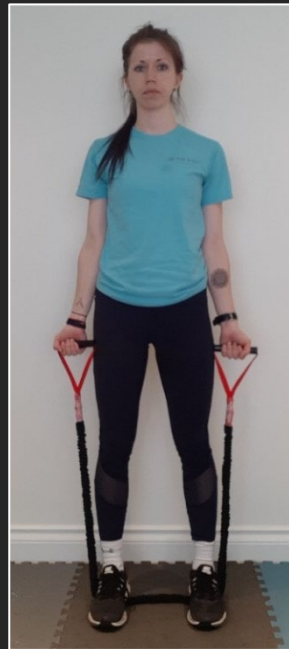
- Stand upright with feet parallel and arms extended down at the sides
- Keeping the torso upright, squat down, lowering the body towards the ground by pushing the hips back, and bending the knees 90-degrees - simultaneously raise the arms up above shoulder height, keeping the elbows extended
- Push through the heels, extend the knees and hips and return to the upright position
- During the ascent, lower the arms back to the sides



Exercise #2: Tubing Bicep Curls

Weight: tubing Reps: 10-15 Level: beginner Goal: biceps

- Stand on the middle of a resistance tube with feet parallel, the upper arms at the side of the body and externally rotated, with the hands at thigh level holding the tubing handles
- Keeping the upper arms at the sides, curl the handles to the shoulders by bending the elbows – elbows should point towards the floor throughout the movement
- Lower the handles back down to the starting position by extending the elbows



Exercise #3: 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 #4: Bulgarian Squats

Weight: dumbbell of your choosing + bench Reps: 10-15 (per side) Level: intermediate - advanced Goal: legs and glutes

- With dumbbells at your sides, place back foot on bench, low box or even stairs
 - If you'd like, you can balance the back foot on the bench using your toes
- Squat down with the front leg
- Push the ground away with the front foot and extend the hips to stand back up
- Avoid leaning forward and try to maintain a neutral posture throughout the exercise
- Continue on the same leg for desired reps before alternating legs



* Tip: to decrease difficulty, perform without weights

Exercise #5: 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 #6: Side Bridge (leg abduction)

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

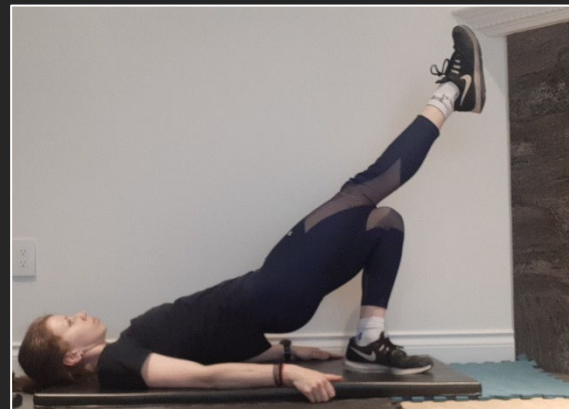
- Lying on your side, lift your hips to go into a side bridge position
- Abduct the top leg – maintaining proper posture and complete control throughout the entire movement/hold
- Lower top leg while keeping hips lifted (return to side bridge position)
 - Option: to reduce intensity, return hips to ground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



Exercise #7: 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 #8: Hamstring Band Stretch

Weight: tubing Reps: n/a Level: n/a Goal: hamstrings

- Lie face up on floor
- Holding the band with both hands - looped around one foot - lift the leg up towards ceiling until hamstring stretch occurs
- Hold for 20-30 seconds
- Repeat with the other leg



Exercise #9: Lying Quad Stretch

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

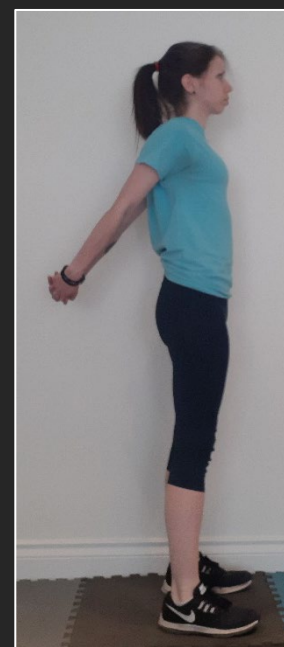
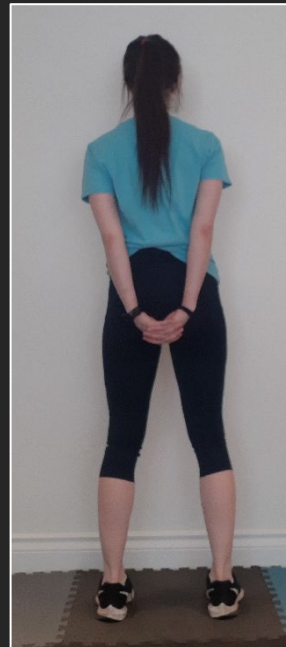
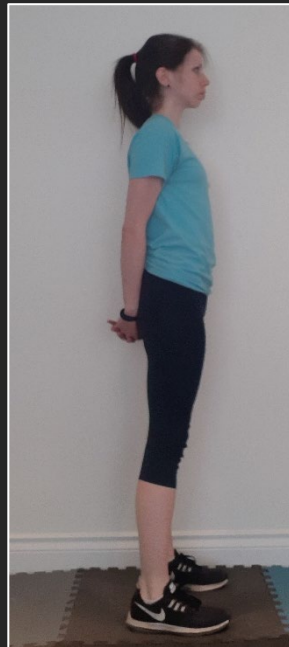
- Lie on your side
- Flex one knee and raise your heel toward your buttocks
- Grasp your raised ankle and pull the heel towards your buttocks
- Hold the stretch for 20-30 seconds
- Repeat with the other leg



Exercise #10: Arms Behind & Open

Weight: n/a Reps: n/a Level: n/a Goal: anterior shoulders

- Stand with the feet shoulder-width apart
- Clasp the hands together in the small of the back and lift upwards to open the chest
- Hold the stretch for 20-30 seconds
- Return to start position



Exercise #11: 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

