



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

# Home Workouts Series

Program: Full Body #4

# 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: Row - Squat

Weight: tubing    Reps: 10-15    Level: beginner    Goal: legs and back

- Begin in a standing position with legs shoulder width apart
- With arms extended in front of you, hold onto a solidly fixed tube
- Perform a squat
- As you come up, perform a rowing motion
- Return to start position



# Exercise #2: Mountain Climbers

Weight: bench (optional)   Reps: 30-60 seconds   Level: intermediate   Goal: core and shoulder stabilizers

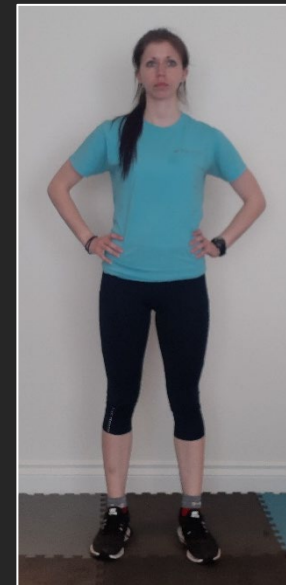
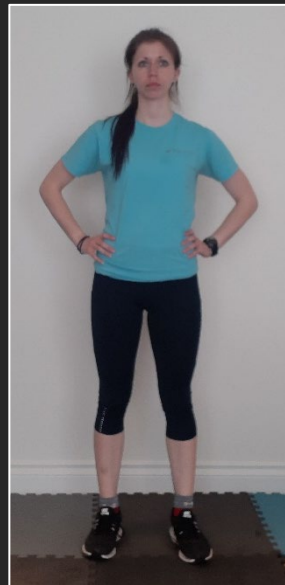
- Adopt a plank position with hands on a bench (or on the floor) in front and directly under the shoulders
- Keep one foot back on the floor with the leg and hip extended
- Raise the other leg off the floor – bending the knee and the hip – and drive the knee forwards toward the bench at the inside of the corresponding arm
- Return the leg back to the floor behind the body by extending the knee and the hip
- Repeat the movement with the other leg – continue to drive the individual knees forward and alternate legs with each repetition
- Continue alternating legs for 30-60 seconds



# Exercise #3: Side Lunge

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

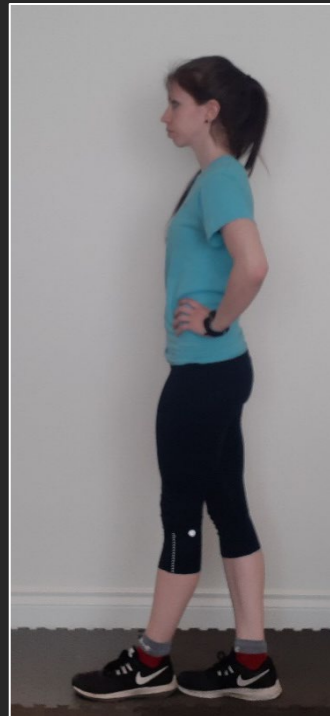
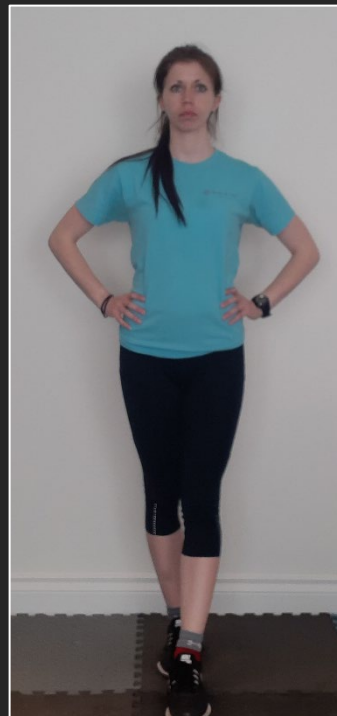
- Stand upright with feet parallel
- Step one leg to the side
- Push the hips back - bend at the hip and knee of outside leg - and lower the body down
- Keep the inside leg extended/straight
- Push off the outside foot and return upright with feet together



# Exercise #4: Tandem Balance

Weight: n/a   Reps: 1 per side (30 second hold)   Level: beginner   Goal: balance

- Standing, place one foot in front of the other – straight line
- Hold this position for 30 seconds
- Repeat with the other leg in front





# Exercise #5: Incline Pulse Push-up

Weight: bench or sturdy surface    Reps: 10-15    Level: intermediate    Goal: chest, core, triceps and shoulders

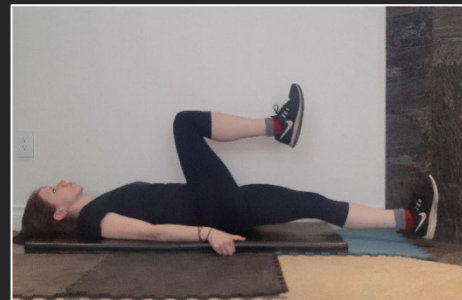
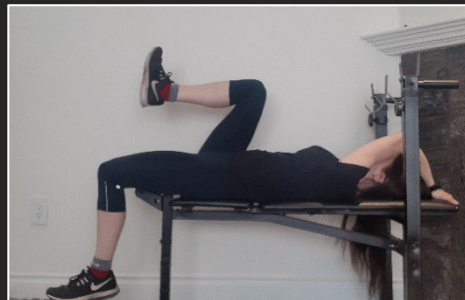
- Adopt a plank position supported with both hands on a bench with the elbows extended, and both feet on the floor
- Keeping the legs and hips extended, lower the torso down towards the bench by bending the elbows
  - Be sure to keep the torso level – don't let the hips drop
- Make a short, quick, and incomplete push of the torso away from the bench top, before lowering the torso back down
- Push the torso away from the bench top by fully extending the elbows



# Exercise #6: Heel Drops

Weight: bench (optional)    Reps: 10-15 (per side)    Level: beginner to intermediate    Goal: core

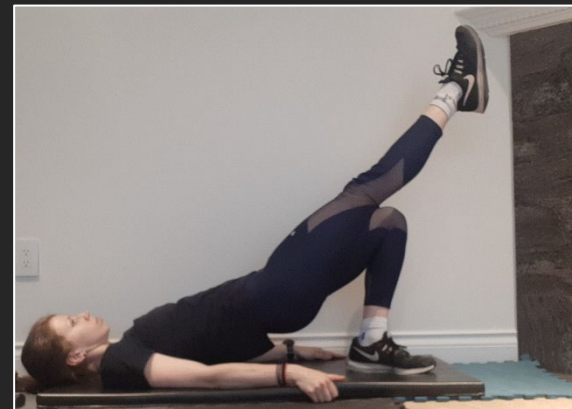
- Lie back on bench with arms raised overhead – elbows bent – and grasping the edges of the bench above the head
  - You can also perform this exercise on a mat – with the arms resting on the floor/mat alongside your body
- Bend the knees at a 90-degree angle and raise the feet up off the ground until the hips are also bent at a 90-degree angle – to ensure your low back remains flat, you may need to bend (instead of extending) your non-raised leg
- Keeping a tight hold on the bench, lower one leg down by extending the hip until the thigh is in line with the torso – the lowered foot should hover just above the floor
- Raise the leg back up to the starting position by flexing the hip
- Repeat the leg raise with the other leg and continue to raise and lower the legs individually



# 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: Seated Hip Hinge

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

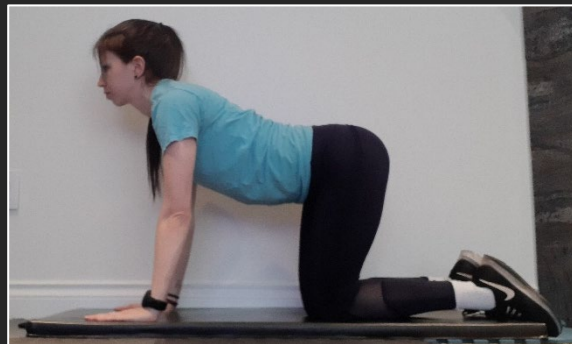
- Sit on the floor with one leg straight and the other leg bent at the knee with the heel touching the inside of the opposite thigh
- Keep the extended leg straight and – maintaining a straight back – lower your upper torso towards your thigh
- Hold the stretch for 20-30 seconds
- Repeat with the other 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: 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

