



Body & Soul
health and fitness

Home Workouts Series

Program: Full Body #5

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: Reverse Lunge (warm-up)

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

- Stand upright with feet parallel – arms at the sides and hands on the hips
- Step backward with one leg, and lower the body towards the ground by bending both knees – lower the back knee as low as you feel comfortable
- Push off the back leg and return to the upright position
- Alternate legs with each repetition



Exercise #2: Full Inchworm

Weight: n/a Reps: 10-15 Level: advanced Goal: core, shoulder stabilizers and flexibility

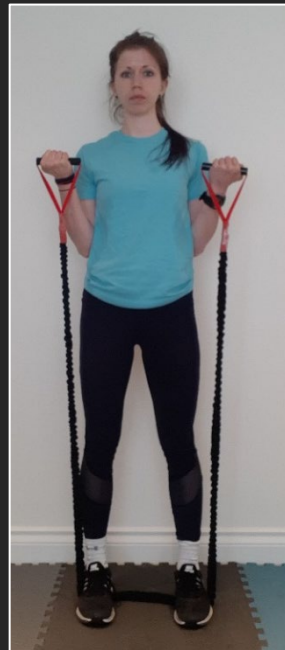
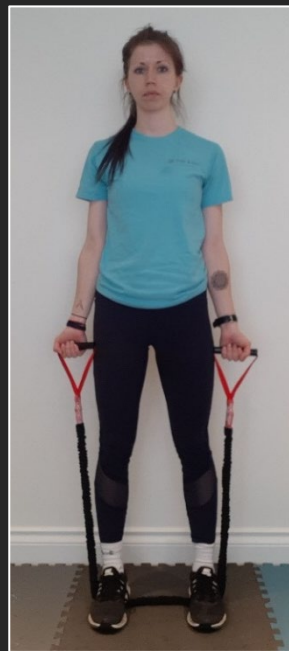
- Adopt a modified plank position, supported with both hands and both feet on the floor, arms raised over the head with elbows extended, hips bent at a 90-degree angle, glutes pointing up towards the ceiling, the torso nearly inverted, and the legs straight
- Keeping the legs extended, walk the hands forward, simultaneously extending the hips
- Continue walking the hands forward until the body is as close to the floor as possible with the arms raised above shoulder height – keep your core tight
- Return to the starting position by walking the feet in towards the hands while simultaneously bending at the waist, pushing the glutes towards the ceiling, and inverting the torso



Exercise #3: Tubing Bicep Curls

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

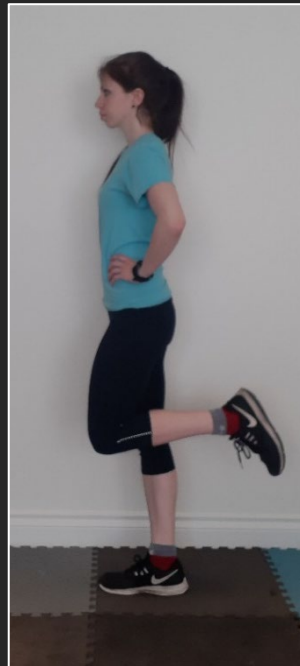
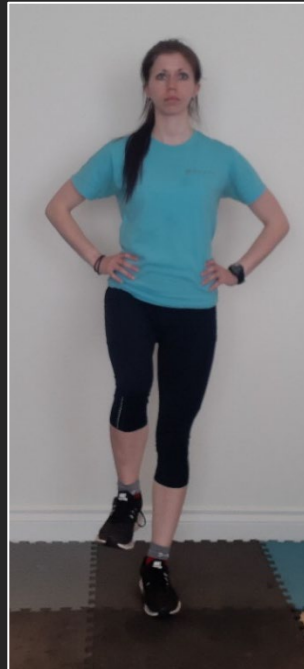
- Stand on the middle of a resistance tube with feet parallel, the upper arms at the side of the body and externally rotated, with the hands at thigh level holding the tubing handles
- Keeping the upper arms at the sides, curl the handles to the shoulders by bending the elbows – elbows should point towards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



Exercise #4: Single-leg Balance (eyes open)

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

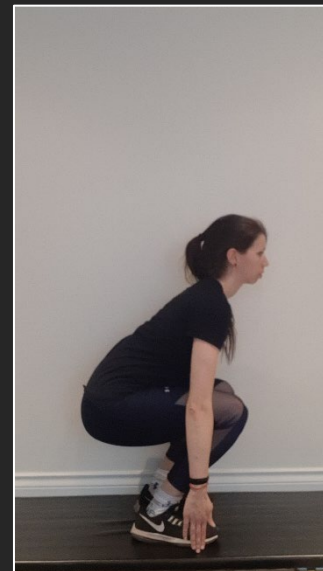
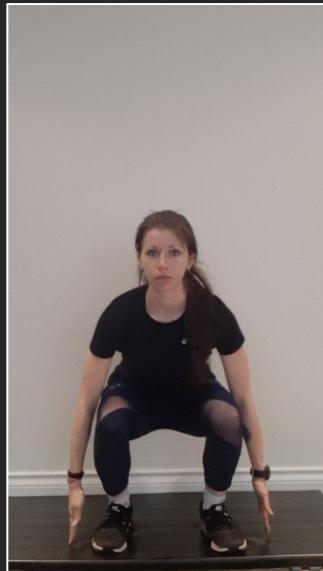
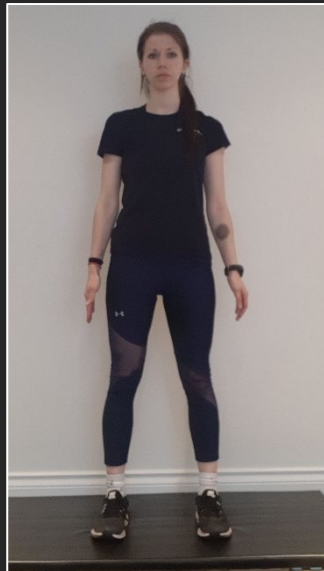
- On one foot, balance with your eyes open
- Maintain a neutral spine and stabilize without leaning
- Hold this position for 30 seconds
- Repeat on the other leg



Exercise #5: Squat

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

- Keeping the torso upright, squat down, lowering the body towards the ground by pushing the hips back, and bending the knees 90-degrees
- Push through the heels, extend the knees and hips and return to the upright position
- Option: hold weights to increase intensity



Exercise #6: Side Bridge (leg abduction)

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

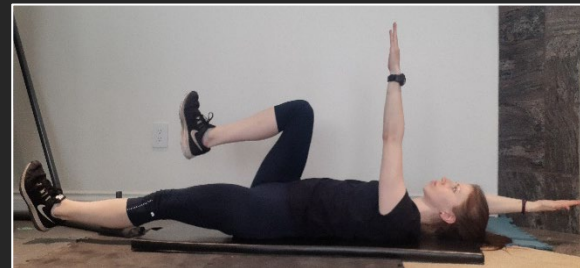
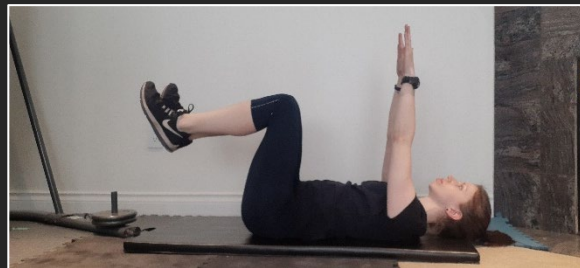
- Lying on your side, lift your hips to go into a side bridge position
- Abduct the top leg – maintaining proper posture and complete control throughout the entire movement/hold
- Lower top leg while keeping hips lifted (return to side bridge position)
 - Option: to reduce intensity, return hips to ground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



Exercise #7: 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: Lying Quad Stretch

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

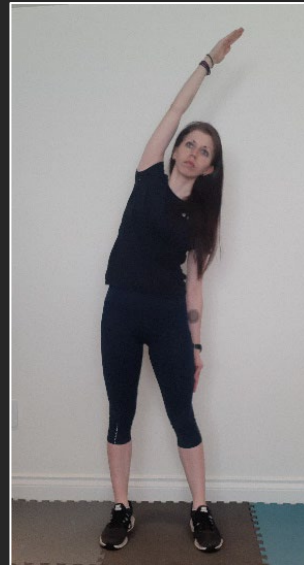
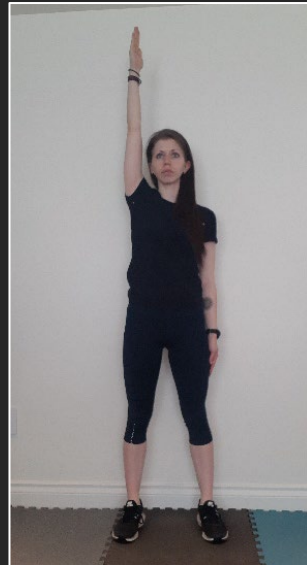
- Lie on your side
- Flex one knee and raise your heel toward your buttocks
- Grasp your raised ankle and pull the heel towards your buttocks
- Hold the stretch for 20-30 seconds
- Repeat with the other leg



Exercise #9: 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 #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

