



Body & Soul
health and fitness

Home Workouts Series

Program: Full Body #6

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).

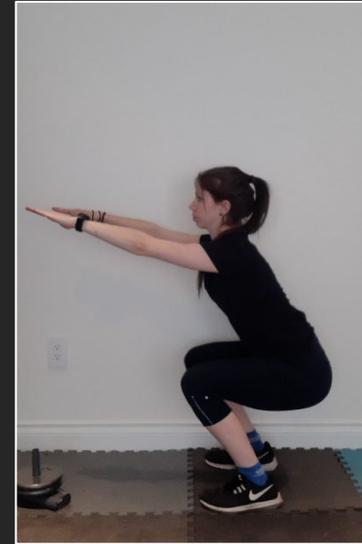
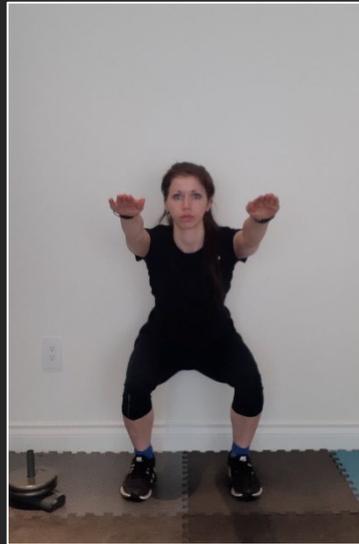
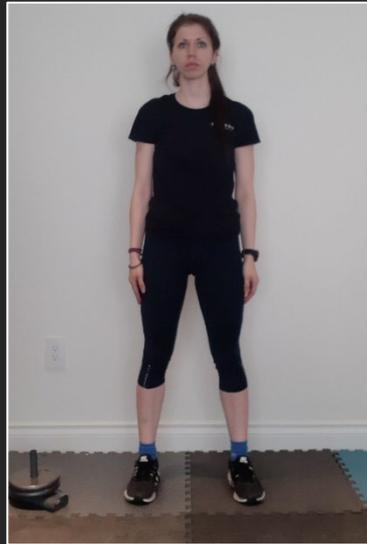


1. Begin your workout with a brief (5-10 minute) warm-up followed by some dynamic stretching
2. Perform 10-15 reps (or enough that you are close to fatigue by the last rep) of the first exercise listed in the workout
3. Take a 30 second break and then move on to the next exercise
4. Once you have completed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

Weight: tubing or cable Reps: 10-15 Level: beginner Goal: core

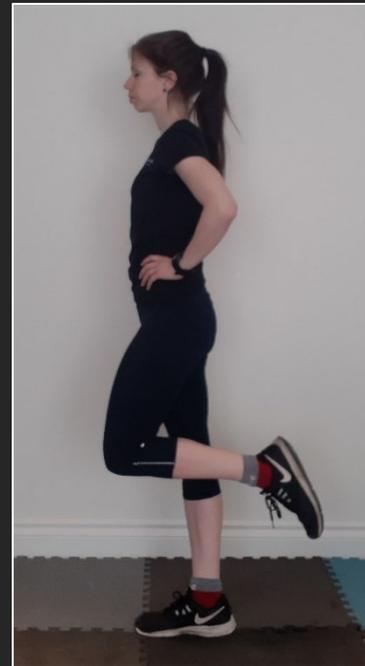
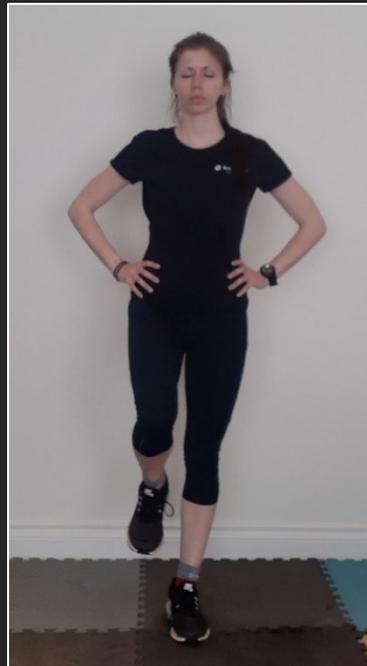
- Using both hands to grip a tube or cable handle, stand far away enough to feel tension on the tube
- Turn 90 degrees in either direction so that the cable crosses in front of your body
- Stand in a semi-squat stance - feet shoulder width and knees and hips slightly bent - then press the cable out in 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 #5: Single-leg Balance (eyes closed)

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

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



Exercise #6: Stability Ball – Leg Curl

Weight: stability ball Reps: 10-15 Level: intermediate Goal: hamstrings

- Lie back on the floor with the legs extended, raised 45-degrees off the floor – heels on the ball
- Keeping the hips extended, pull/roll the ball in towards the glutes by bending the knees (until the feet are flat on the ball)
- Extend knees and roll the ball back out to the starting position



Exercise #7: Clams

Weight: n/a Reps: 10-15 (per side) Level: beginner Goal: gluteus medius

- Lay on your side with legs bent together
- Top hip is abducted – open it up like a clam shell (keeping feet together)
- Return to the starting position to complete each rep
- Continue with the same side for desired reps before alternating sides



Exercise #8: Plank

Weight: n/a Reps: n/a Level: intermediate Goal: core and shoulder stabilizers

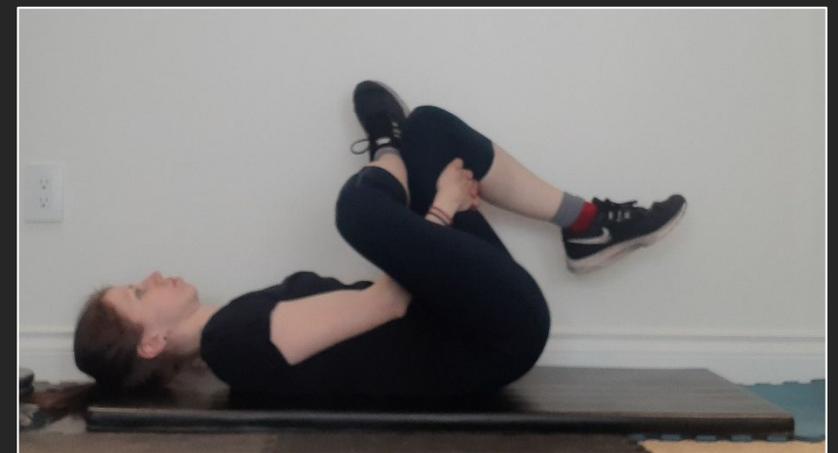
- Adopt a plank position on the floor, supported on the feet in the back, the legs and hips extended and in line with the torso, and the elbows in the front and directly under the shoulders
- Keep the core tight, and maintain a straight line from head to feet
- Hold the plank position until you are close to fatigue or until form is compromised – stop if you feel back discomfort or pain
- Avoid holding your breath



Exercise #9: Glute Stretch

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

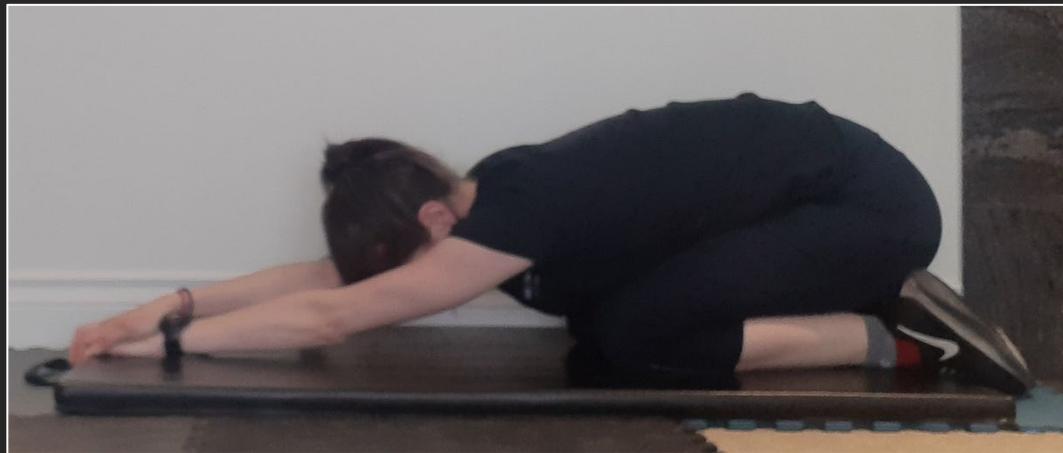
- Lie down (supine on floor) and bend one knee, keeping the foot on the ground
- Bend the other leg and lift it up, externally rotating at the hip joint to place the ankle above the other knee
- Lift the lower leg and interlace your fingers behind the leg (just above the knee), pulling the leg closer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



Exercise #10: Child's Pose

Weight: n/a Reps: n/a Level: n/a Goal: low back and latissimus dorsi

- From all fours, push your hips back and bring your arms around the side of the body or extend forward for a deeper stretch
- Rest and breathe, allowing your body to completely relax
- Knees can be kept together or wide apart to allow space for torso – do what feels most comfortable
 - If you have knee issues, try placing a pillow between the buttocks and heels
- Hold the stretch for 20-30 seconds



Exercise #11: Shoulder Stretch

Weight: n/a Reps: n/a Level: n/a Goal: posterior shoulder

- Stand with feet shoulder-width apart
- Bring one arm across the body at chest height and hold it in place with the opposite arm
- Hold the stretch for 20-30 seconds
- Repeat with the other arm

