



Body & Soul
health and fitness

Home Workouts Series

Program: Full Body #7

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).

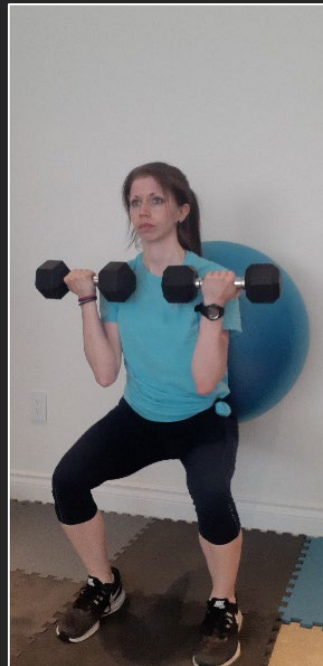


1. Begin your workout with a brief (5-10 minute) warm-up followed by some dynamic stretching
2. Perform 10-15 reps (or enough that you are close to fatigue by the last rep) of the first exercise listed in the workout
3. Take a 30 second break and then move on to the next exercise
4. Once you have completed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

Weight: stability ball & pair of dumbbells (use what is comfortable) Reps: 10-15 Level: beginner Goal: post rehab

- Place the stability ball against the wall (at the lower back)
- With the dumbbells by your side, roll the ball down the wall by bending at the hips and knees into a squat position while raising the dumbbells in a bicep curl
- Return to the starting position by pushing through the heels, extending the knees and hips (and lowering the dumbbells in a controlled motion)



Exercise #2: Push-up

Weight: n/a Reps: 10-15 Level: advanced Goal: chest, core, triceps and shoulders

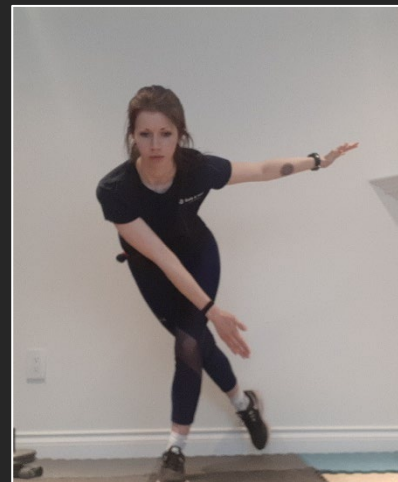
- Adopt a plank position supported with the feet and hands on the floor with the elbows extended
- Keeping the legs and hips extended, lower the torso down by bending the elbows until the chest hovers just above the floor
 - Be sure to keep the torso level – don't let the hips drop
- Push the torso away from the floor by fully extending the elbows



Exercise #3: Skater Bounds

Weight: n/a Reps: 30-60 seconds Level: intermediate Goal: legs, glutes and conditioning

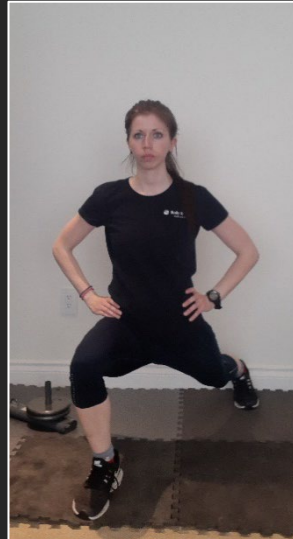
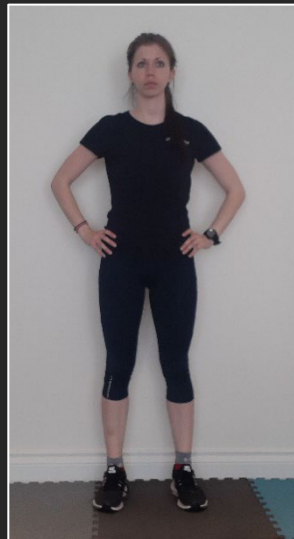
- Perform a skating bounding motion side to side
- Maintain an athletic position throughout the exercise
- Continue alternating sides for 30-60 seconds



Exercise #4: Anterior Lateral Lunge

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

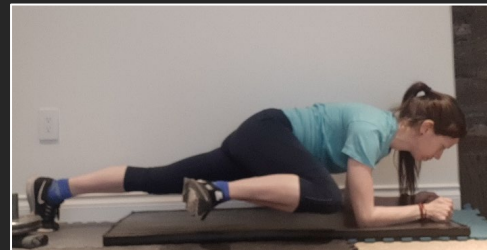
- Stand upright with feet parallel
- Step forward and sideways with one foot
- Lower the body towards the ground – bending the knees of both legs – lower knee as low as you feel comfortable
- Push off the front leg to return to an upright stance
- Continue on the same leg for desired reps before switching to the other leg



Exercise #5: Spiderman Plank

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

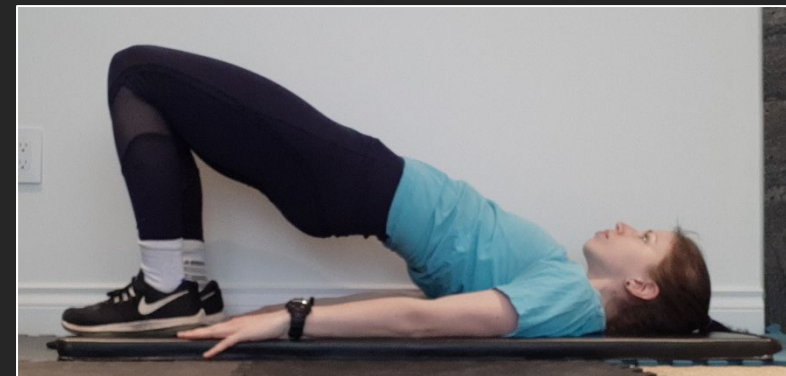
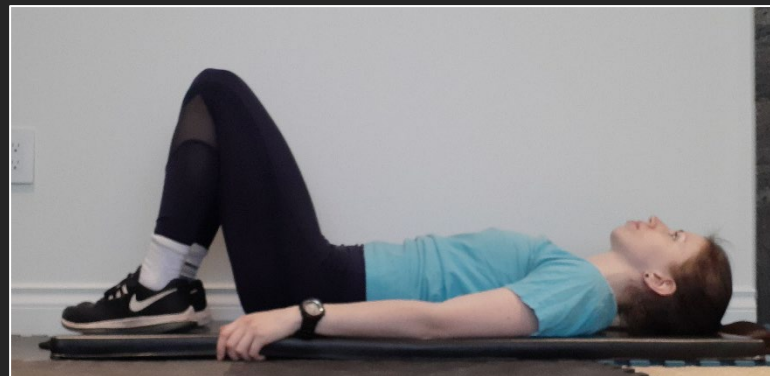
- Adopt a plank position – hands should be directly beneath the shoulders, and elbows should be extended (to increase difficulty, perform on your forearms)
 - To reduce difficulty, consider performing this exercise using the bench (hands or forearms resting on the bench)
- Keep one foot on the floor with the corresponding leg and hip extended
- Raise the other leg out to the side by abducting the hip; simultaneously bend the knee and drive it towards the outside of the corresponding arm
- Return to the starting position by extending and adducting the free leg back in beside the supporting leg
- Repeat the entire sequence with the other leg
- Avoid holding your breath



Exercise #6: Glute Bridge

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

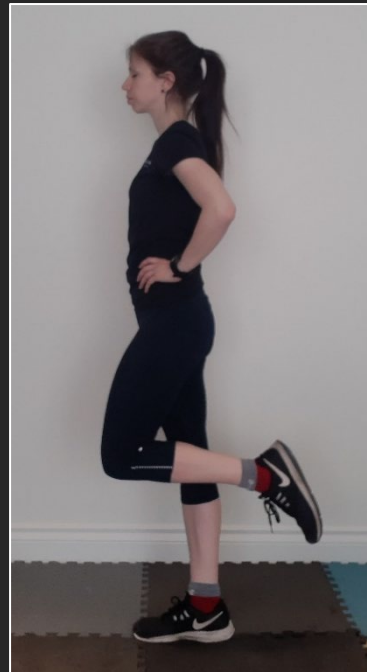
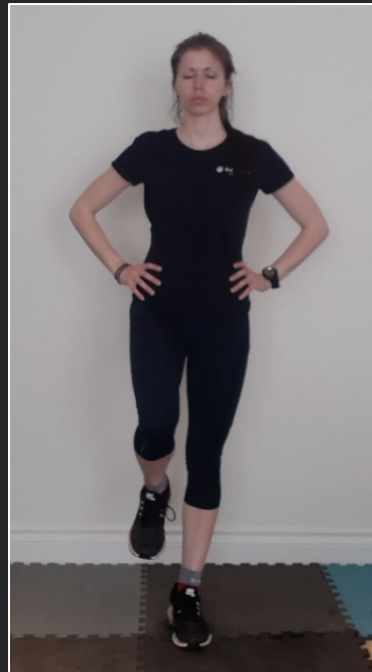
- Lie back on the floor with knees bent at a 90-degree angle and feet flat on the floor
- Extend the hips, raising them off the floor and making a straight line from knees through to shoulders - squeeze the glutes
- Lower the hips back to the floor



Exercise #7: Single-leg Balance (eyes closed)

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

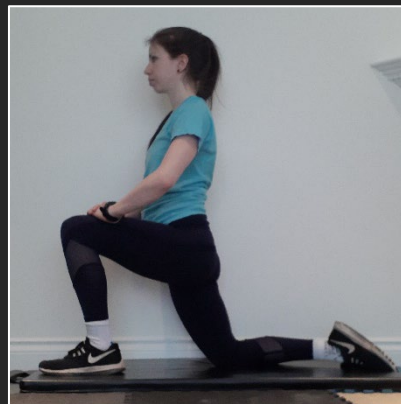
- On one foot, balance with your eyes closed
- Maintain a neutral spine and stabilize without leaning
- Hold this position for 30 seconds
- Repeat on the other leg



Exercise #8: 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 #9: Calf Stretch

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

- Place hands on a wall at shoulder height and extend one leg back – keep this leg straight
- Bend the front knee and lean forwards, keeping the back knee straight and pushing the heel down into the floor
- When you can feel a stretch in the back leg, hold for 20-30 seconds
- Repeat with the other leg



Exercise #10: Chest Reach

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

- Stand next to a wall with feet apart and the arms next to the body
- Raise the arm out to the side – at shoulder height
- Hold on to a stationary object (i.e. a door, cabinet or wall) and slowly rotate the upper body away from the hand
- Hold the stretch for 20-30 seconds
- Repeat with the other arm

