



Body & Soul
health and fitness

Home Workouts Series

Program: Full Body #8

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: Tubing Squats

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

- Stand upright with feet parallel and spaced shoulder width apart and a resistance band placed just above the knees
- Keeping the torso upright, and the feet shoulder width apart, lower the body towards the ground by pushing the hips back, and bending the knees 90-degrees
 - Be sure to keep tension on the tube throughout the entire exercise (don't let the tubing pull the knees inward)
- Push through the heels, extend the knees and hips and return the body to the starting 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: Pallof Press

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

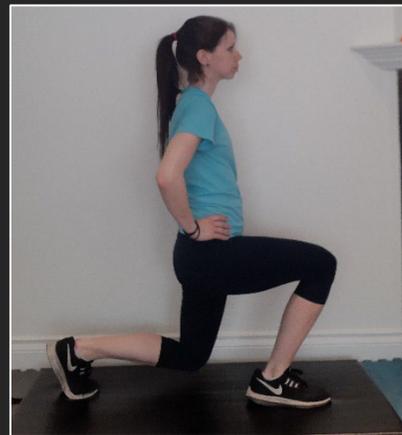
- Using both hands to grip a tube or cable handle, stand far away enough to feel tension on the tube
- Turn 90 degrees in either direction so that the cable crosses in front of your body
- Stand in a semi-squat stance - feet shoulder width and knees and hips slightly bent - then press the cable out in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

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

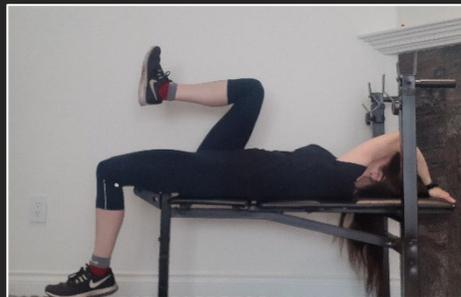
- Stand upright with feet parallel
- Step forward with one leg, and lower the body towards the ground by bending both legs until back knee hovers just above the floor (or as low as you feel comfortable)
- Return to the upright position by pushing down on front heel, extending the front leg, and pushing the back foot off the floor
- When approaching upright, swing the back foot through without touching the ground, and immediately lunge forward
- Continue walking/lunging forward



Exercise #5: 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 #6: 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 #7: Plank

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

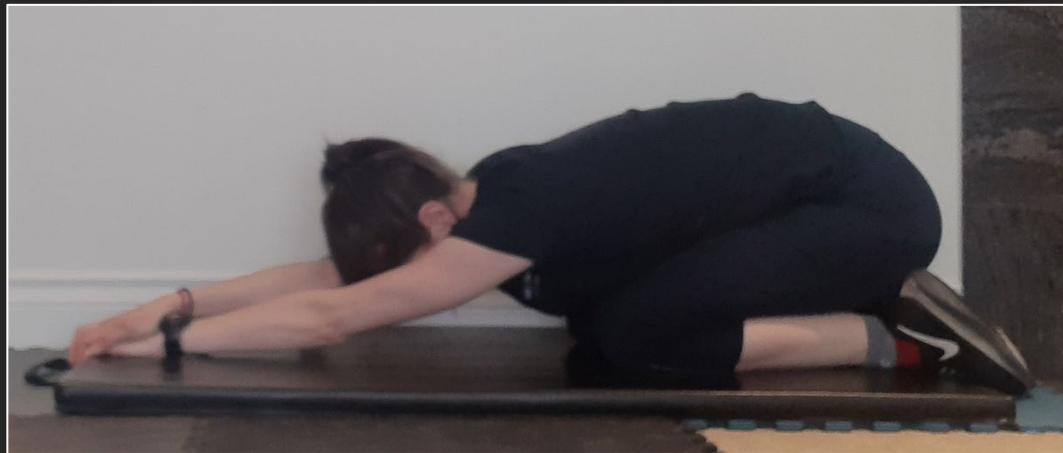
- Adopt a plank position on the floor, supported on the feet in the back, the legs and hips extended and in line with the torso, and the elbows in the front and directly under the shoulders
- Keep the core tight, and maintain a straight line from head to feet
- Hold the plank position until you are close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



Exercise #8: Child's Pose

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

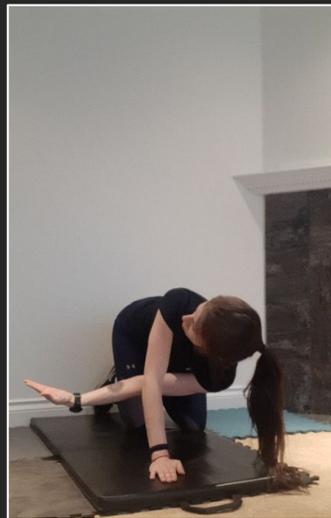
- From all fours, push your hips back and bring your arms around the side of the body or extend forward for a deeper stretch
- Rest and breathe, allowing your body to completely relax
- Knees can be kept together or wide apart to allow space for torso – do what feels most comfortable
 - If you have knee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



Exercise #9: Kneeling Thoracic Spine Rotation

Weight: n/a Reps: 6-10 (per side) Level: n/a Goal: T-spine mobilisation

- Kneel on the floor on the hands and knees
- Bring one arm across (under) the body (palms up)
- Hold briefly
- Extend the same arm up towards ceiling, following with eyes (moving your head to watch the hand)
- Hold briefly
- Complete all reps with the same arm before switching to the opposite arm



Exercise #10: Hip Flexor - Quad Stretch

Weight: bench or sturdy surface Reps: n/a Level: n/a Goal: hip flexors and quads

- Rest one foot on the bench with the knee on the floor and the other leg in a lunge position
- Hold for 20-30 seconds, ensuring the hip flexors and quads are stretched
- Maintain a neutral spine - do not arch your back
- Repeat with the other leg

