



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

# Home Workouts Series

Program: Full Body #9

# 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

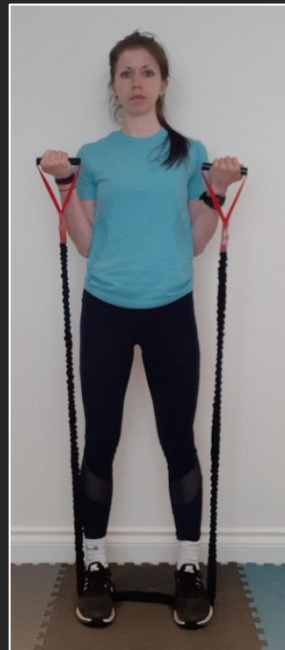
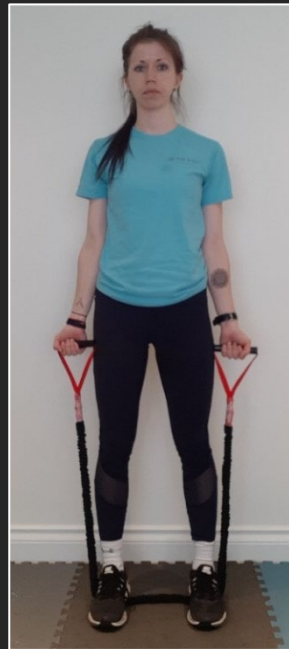
- Begin in a standing position with legs shoulder width apart
- With arms extended in front of you, hold onto a solidly fixed tube
- Perform a squat
- As you come up, perform a rowing motion
- Return to start position



# Exercise #2: Tubing Bicep Curls

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

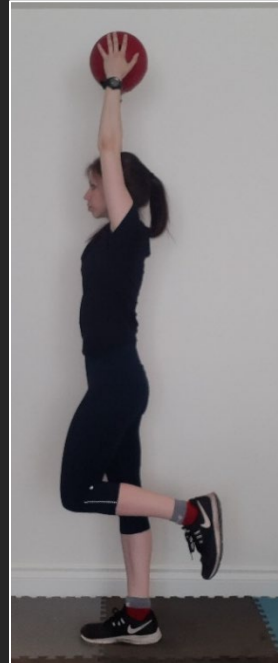
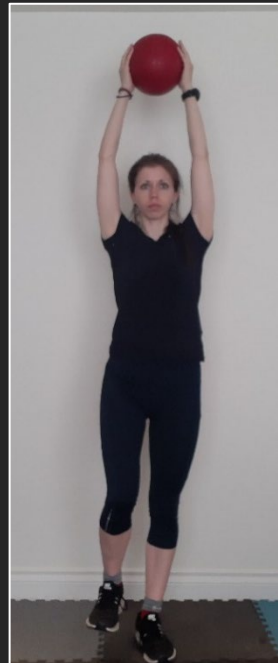
- Stand on the middle of a resistance tube with feet parallel, the upper arms at the side of the body and externally rotated, with the hands at thigh level holding the tubing handles
- Keeping the upper arms at the sides, curl the handles to the shoulders by bending the elbows – elbows should point towards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



# Exercise #3: Single-leg Balance (O/H)

Weight: medicine ball    Reps: 1 per side (30 second hold)    Level: intermediate    Goal: balance

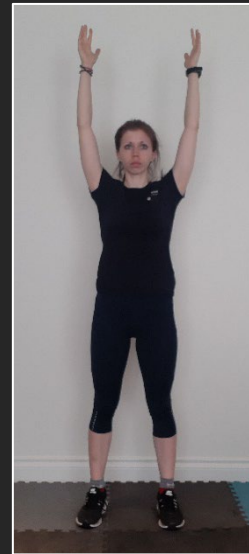
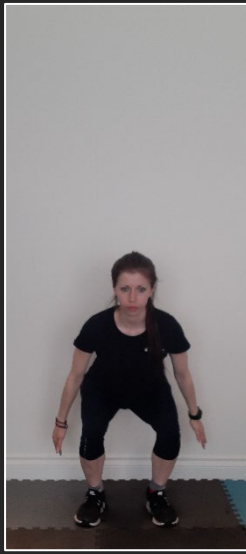
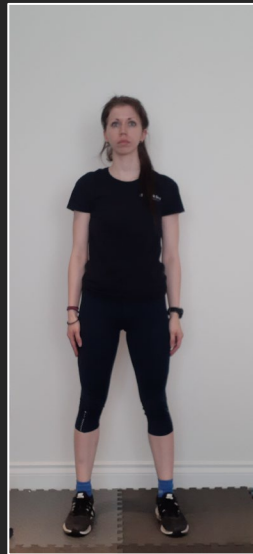
- On one foot, balance with medicine ball directly overhead
- Maintain a neutral spine and stabilize without leaning
- Hold this position for 30 seconds
- Repeat on the other leg



# Exercise #4: Jump

Weight: n/a   Reps: 10-15   Level: advanced (plyometric high intensity cardio)   Goal: lower body

- Stand upright with the legs shoulder-width apart – arms at your side
- Push the hips back and move into a squatting position
- Jump straight up into the air – off both feet – by explosively extending the knees and hips, pushing off the toes (raise your arms overhead as you jump)
- Absorb the landing by bending the knees
- Minimize the time spent on the ground and move immediately into the next jump





# 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: 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: Full Inchworm

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

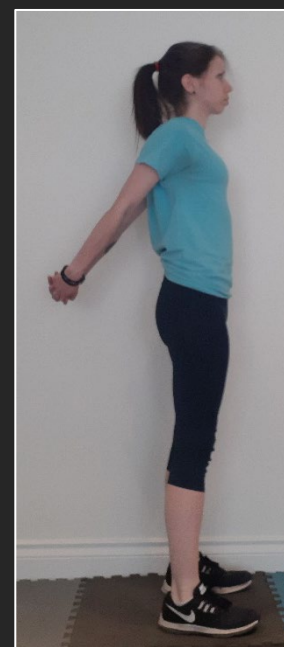
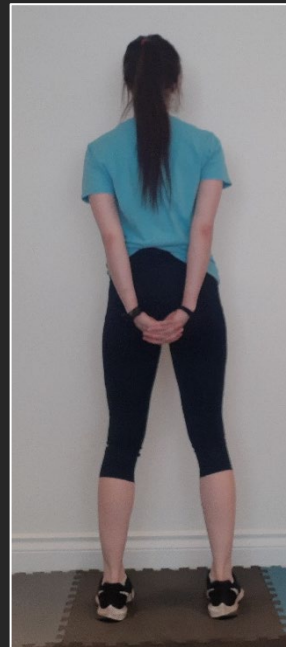
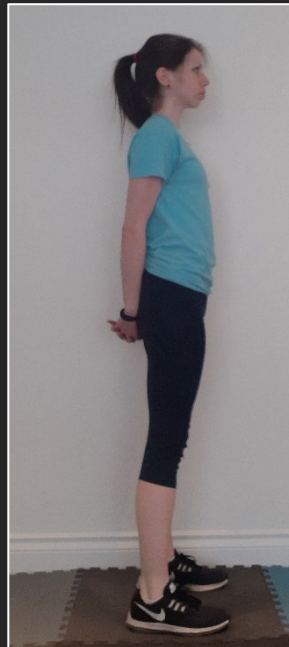
- Adopt a modified plank position, supported with both hands and both feet on the floor, arms raised over the head with elbows extended, hips bent at a 90-degree angle, glutes pointing up towards the ceiling, the torso nearly inverted, and the legs straight
- Keeping the legs extended, walk the hands 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 #8: Arms Behind & Open

Weight: n/a   Reps: n/a   Level: n/a   Goal: anterior shoulders

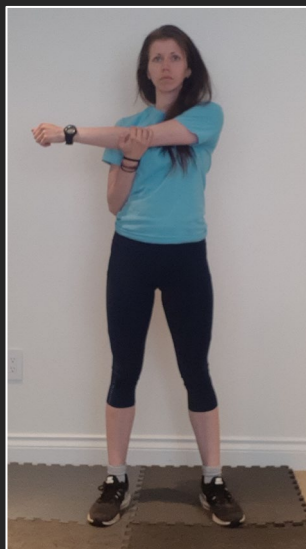
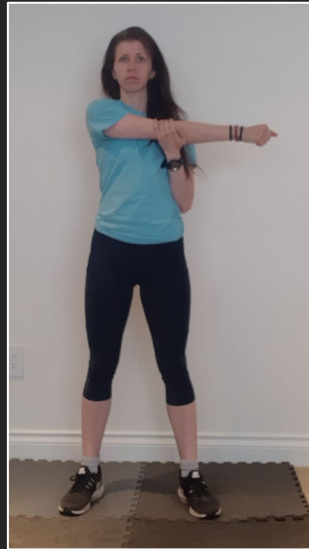
- Stand with the feet shoulder-width apart
- Clasp the hands together in the small of the back and lift upwards to open the chest
- Hold the stretch for 20-30 seconds
- Return to start position



# Exercise #9: 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



# Exercise #10: 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 #11: 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

