



Body & Soul
health and fitness

Home Workouts Series

Program: Intermediate Full Body #3

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).

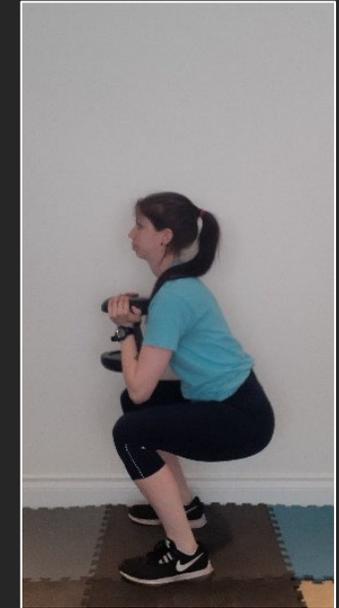
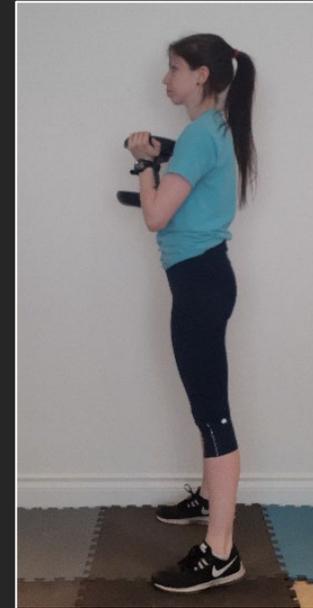
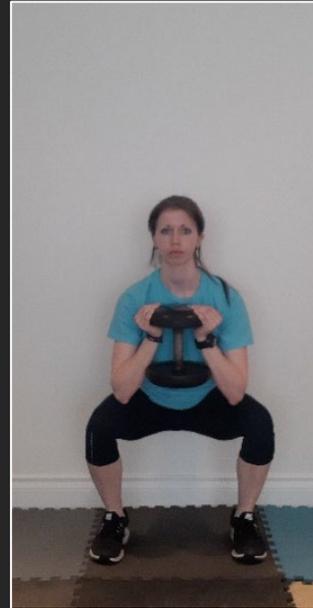
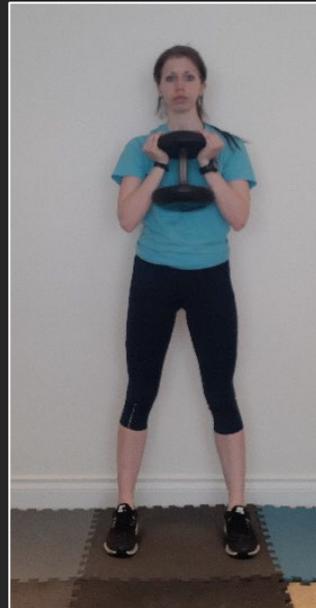


1. Begin your workout with a brief (5-10 minute) warm-up followed by some dynamic stretching
2. Perform 10-15 reps (or enough that you are close to fatigue by the last rep) of the first exercise listed in the workout
3. Take a 30 second break and then move on to the next exercise
4. Once you have completed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

Weight: dumbbell of your choosing Reps: 10-15 Level: intermediate - advanced Goal: legs and glutes

- Select a dumbbell (or object of your choosing) that is comfortable to hold and of a weight you can perform squats with – use your discretion
- Holding the dumbbell (or object) in a goblet position, come down into a squatting position
 - Maintain a lengthened spine throughout the movement
- Hold squat briefly before returning to start position



Exercise #2: 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 #3: Spiderman Plank

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

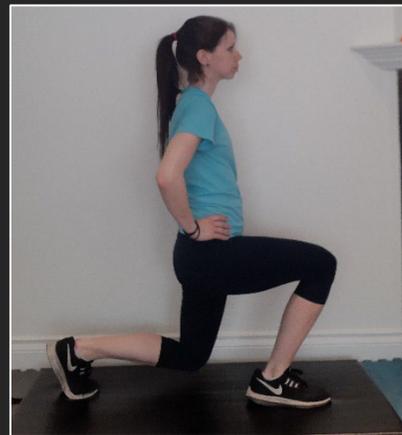
- Adopt a plank position – hands should be directly beneath the shoulders, and elbows should be extended (to increase difficulty, perform on your forearms)
 - To reduce difficulty, consider performing this exercise using the bench (hands or forearms resting on the bench)
- Keep one foot on the floor 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 #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: 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 #6: Bird-dog

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

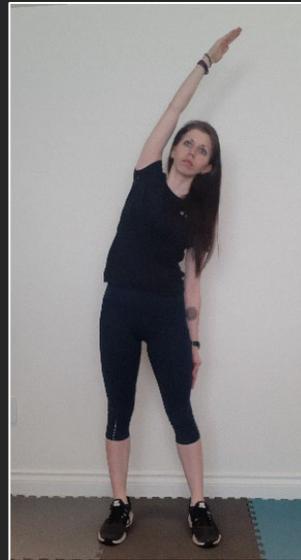
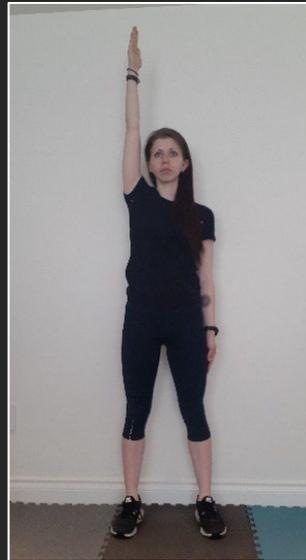
- Kneel on the floor supported on the knees and hands, with torso parallel to the floor (knees and hips bent 90 degrees, and arms extended straight down)
- Maintaining balance on one hand and the opposite knee, extend the one arm up until it is in line with the torso while also raising the opposite leg up in line with the torso, extending the hip and knee
- Hold for 5 seconds
- Return the raised hand to the floor by lowering the arm, while also lowering the raised leg down and in by bending the hip and knee 90-degrees
- Repeat the movement with the opposite arm and leg
- Continue to raise and lower the opposing arms and legs, alternating sides with each repetition



Exercise #7: 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 #8: 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 #9: 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

