



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

# Home Workouts Series

Program: Stretches #1

# 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).



This workout is made up entirely of stretches. Often overlooked, stretching is one of the five components of fitness. Stretching can help posture, stress, mechanical efficiency and overall functional performance.

Stretches are either dynamic (involve motion) or static (involve no motion). In general, dynamic stretches are used before a workout to help prevent injuries and prepare the body for work and static stretches are used after a workout to reduce post workout stiffness.

Your level of flexibility depends on your ability to bend and contort without pain or risking injury. Flexible joints greatly decrease your risk of injury and help enhance your athletic performance.

# Exercise #1: Pole Reach

Weight: sturdy surface (i.e. pole)   Reps: n/a   Level: n/a   Goal: latissimus dorsi

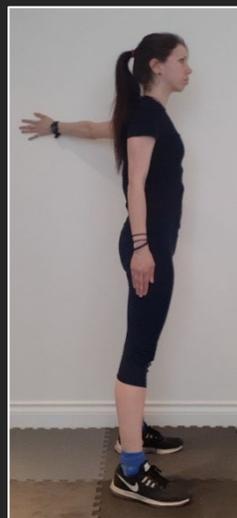
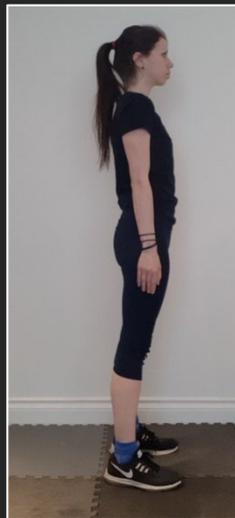
- Stand with the feet apart
- Clasp pole (or object) with both hands
- Pull torso away from the object/pole
- Hold the stretch for 20-30 seconds
- Return to start position



# Exercise #2: 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



# Exercise #3: Triceps Stretch

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

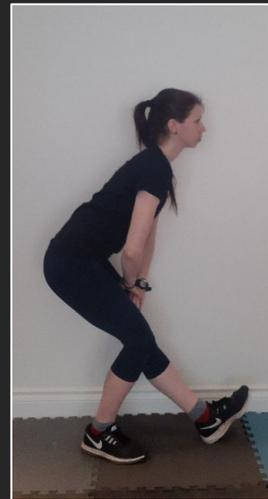
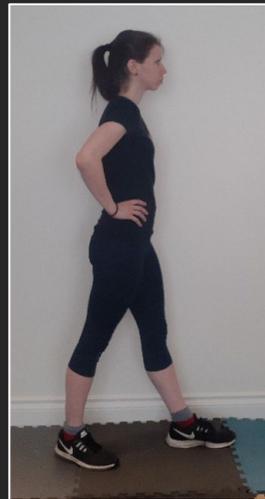
- Stand or sit tall
- Lift one arm above the head and bend the elbow, placing the hand between the shoulder blades
- Use the other hand to gently push the elbow back
- Hold the stretch for 20-30 seconds
- Repeat with the other arm



# Exercise #4: Standing Hamstring Stretch

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

- While standing, extend one leg in front – placing the heel on the floor in dorsiflexion (hands on front leg for support)
- Hip hinge the upper body forward to feel the stretch - extended leg should almost be completely straight to feel the stretch
  - Maintain a straight back while hinging forward
- Hold the stretch for 20-30 seconds
- Repeat with the other leg



# Exercise #5: 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 #6: Cat Stretch

Weight: n/a   Reps: n/a   Level: n/a   Goal: T-spine mobilisation

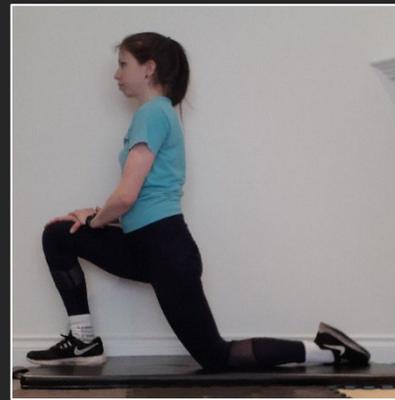
- Kneel on the floor on the hands and knees
- Pull in the abdominals to round the spine - tuck the chin into the chest
- Release the stretch by returning to kneeling in the all-fours position and repeat
- Hold briefly
- Return to start position



# Exercise #7: Kneeling Lunge

Weight: n/a   Reps: n/a   Level: n/a   Goal: hip flexors

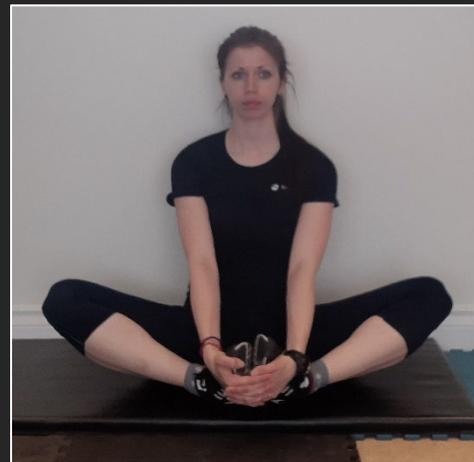
- Kneel on one leg
- Step out with the front foot and gently press the hips forward - place hands on the front thigh for support (if necessary)
- Keep body weight distributed between both legs
- Hold the stretch for 20-30 seconds
- Repeat with the other leg



# Exercise #8: Butterfly Stretch

Weight: n/a   Reps: n/a   Level: n/a   Goal: hip adductors (inner thighs)

- In a seated position, bring the soles of your feet together – feet are approximately 1 foot from your groin
- Allow the knees to fall out to the side
- Holding your ankles, and maintaining a straight back, hinge forward (some clients may not need to hinge forward to feel the stretch)
- Hold the stretch for 20-30 seconds
- Release the ankles and return to seated position



# Exercise #9: Lying Quad Stretch

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

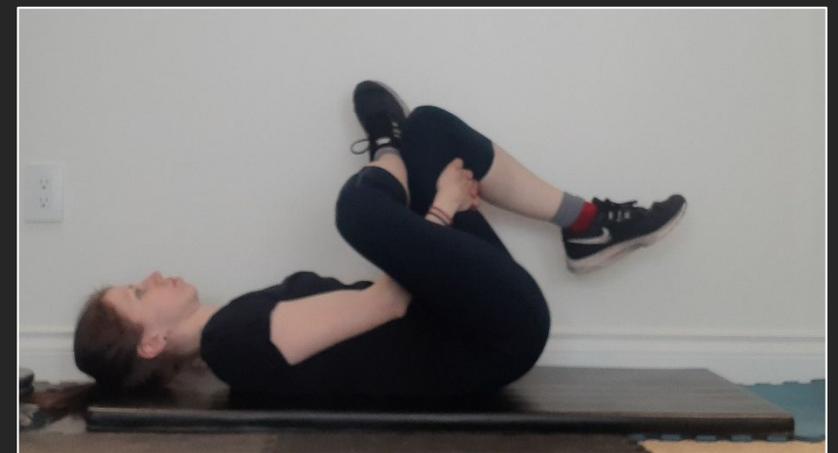
- Lie on your side
- Flex one knee and raise your heel toward your buttocks
- Grasp your raised ankle and pull the heel towards your buttocks
- Hold the stretch for 20-30 seconds
- Repeat with the other leg



# Exercise #10: 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 #11: Thoracic Spine Rotation

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

- Lay on your side with both legs bent together – arms are also together
- Extend your arms out (one across the floor and one up and across the body)
- Follow the arm extending across the body with your eyes (moving your head to watch the hand)
- Hold briefly
- Continue on the same side for desired reps before alternating sides

