



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

# Home Workouts Series

Program: Stretches #2

# 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.

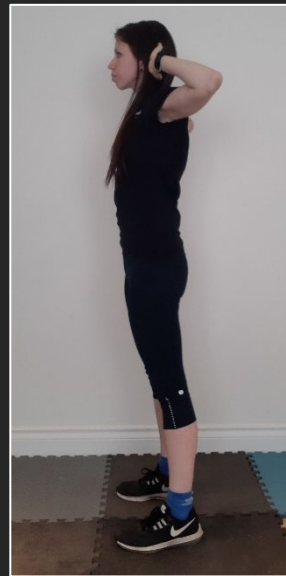
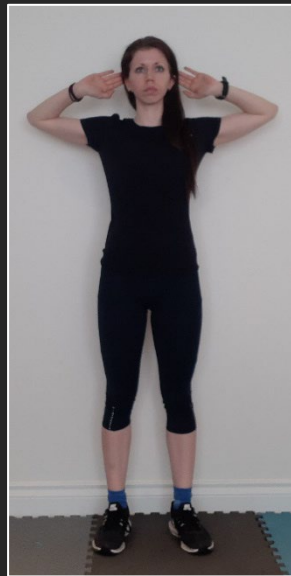
Stretches are either dynamic (involve motion) or static (involve no motion). In general, dynamic stretches are used before a workout to help prevent injuries and prepare the body for work and static stretches are used after a workout to reduce post workout stiffness.

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: Chest Expansion

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

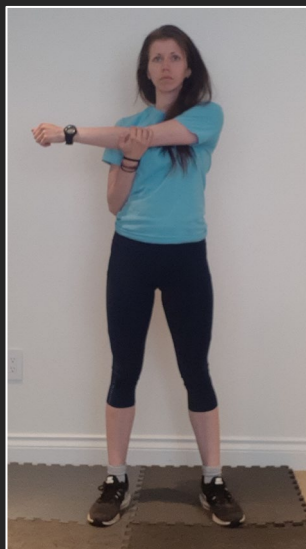
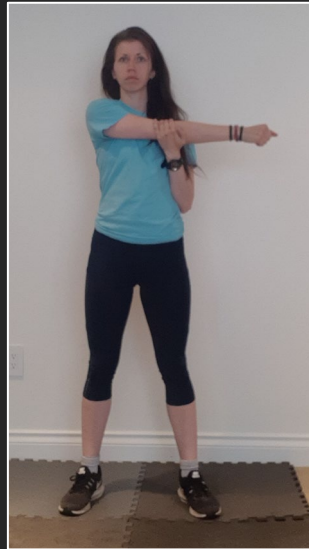
- Stand with feet apart and the arms next to the body
- Hold elbows at shoulder height with the fingers near the ears
- Squeeze the shoulder blades together and pull the elbows back
- Hold the stretch for 20-30 seconds
- Return to start position



# Exercise #2: Shoulder Stretch

Weight: n/a   Reps: n/a   Level: n/a   Goal: posterior shoulder

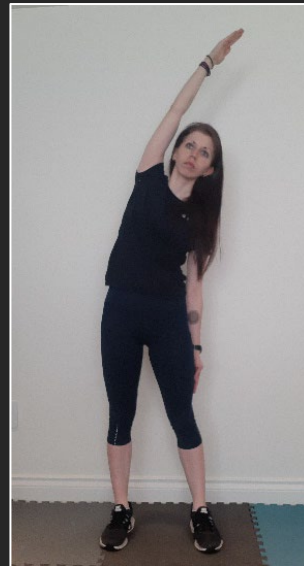
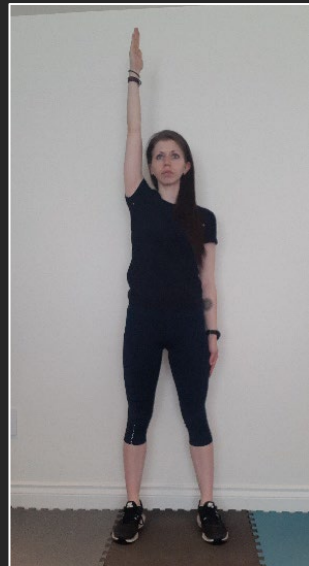
- Stand with feet shoulder-width apart
- Bring one arm across the body at chest height and hold it in place with the opposite arm
- Hold the stretch for 20-30 seconds
- Repeat with the other arm



# Exercise #3: Lat Stretch

Weight: n/a   Reps: n/a   Level: n/a   Goal: latissimus dorsi

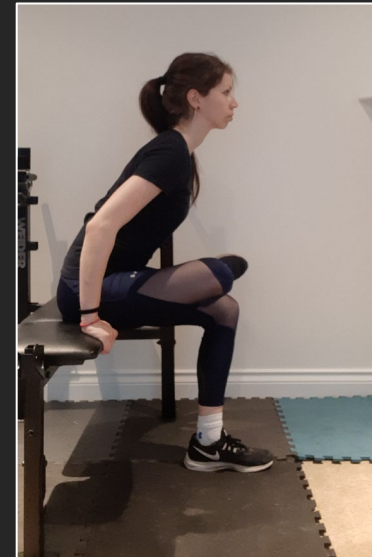
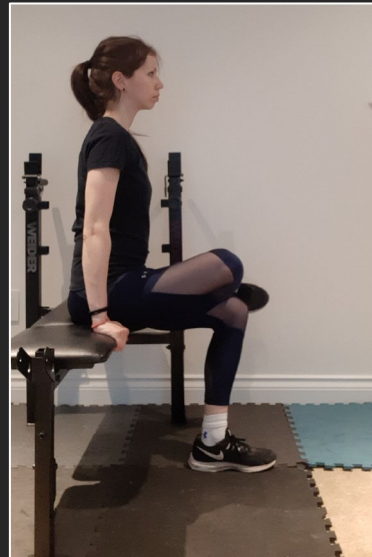
- Stand upright with one arm reaching above your head
- Slightly bend towards the opposite side slowly
- Continue to lengthen the rib cage up
- Hold briefly
- Repeat on the opposite side



# Exercise #4: Glute Stretch (w/ bench)

Weight: bench    Reps: n/a    Level: n/a    Goal: glutes

- Sit on a bench with one foot on the floor and the other leg crossed over top (ankle resting on the thigh) – hands holding the bench for support
- Hip hinge the upper body forward to feel the stretch
- Maintain a lengthened spine
- Hold this position for 20-30 seconds
- Repeat on the other leg





# Exercise #5: 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



# Exercise #6: Seated Hip Hinge

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

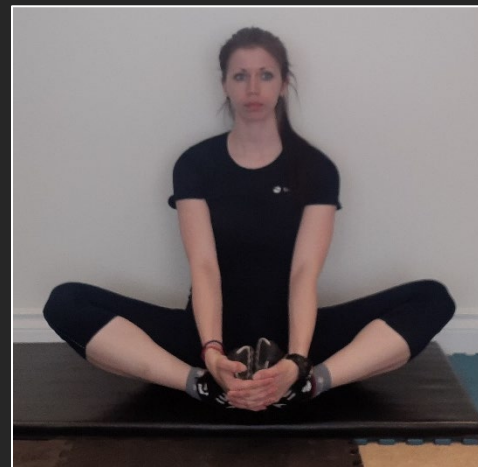
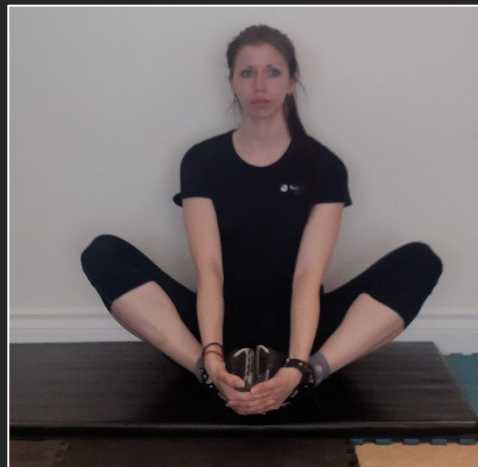
- Sit on the floor with one leg straight and the other leg bent at the knee with the heel touching the inside of the opposite thigh
- Keep the extended leg straight and – maintaining a straight back – lower your upper torso towards your thigh
- Hold the stretch for 20-30 seconds
- Repeat with the other leg



# Exercise #7: 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 #8: Cat Stretch

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

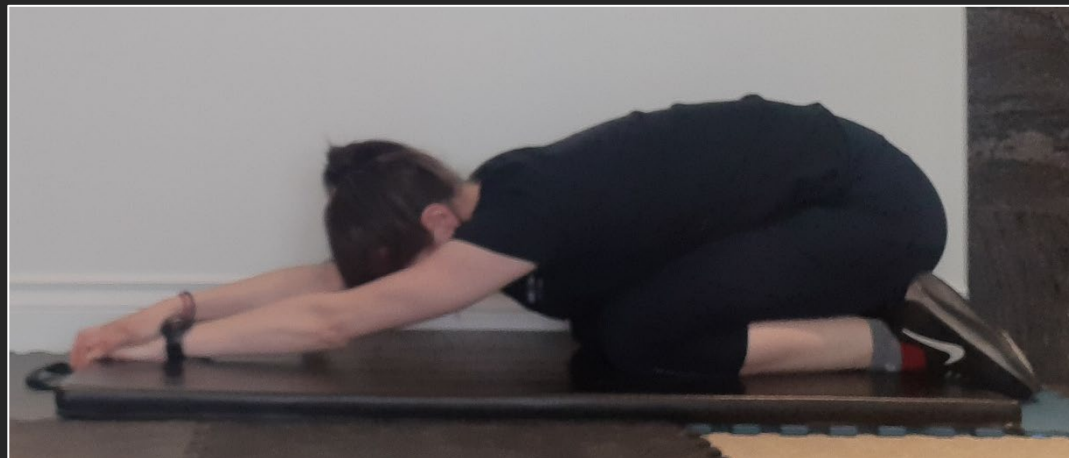
- Kneel on the floor on the hands and knees
- Pull in the abdominals to round the spine - tuck the chin into the chest
- Release the stretch by returning to kneeling in the all-fours position and repeat
- Hold briefly
- Return to start position



# Exercise #9: 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 #10: 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

