

TV COMMERCIAL WORKOUT

Watch your favorite TV Show. Each time a commercial comes on, use the chart below to see what exercise you should complete.

COMMERCIAL TYPE	EXERCISE
Cars	20 Sit-Ups
Fashion or Shopping	Jog in place during the entire commercial
Food or Restaurants	30 Jumping Jacks
Jewelry	Hold a Plank for 20 seconds
Travel	10 Push-Ups
Health or beauty products	25 Ski Jumps (side to side)
Movies	25 Bell Jumps (forward and backward)
Upcoming TV Show	Butterfly stretch for 30 seconds
Fitness or Diet	Choose your favorite exercise and perform it 20 times
Commercial with Animals	20 Arm Circles
Toys or Games	25 Mountain Climbers
Other	Take a water break