



## **Watching TV can be GREAT for you and your family!**

We have all heard that an important step in becoming Fit 4 Life is reducing our screen time. However, there is no reason to not take advantage of the screen time that we do spend in front of the television with our families. Follow this simple ab workout plan\* during the commercial breaks of an hour long show to take the next step in becoming Fit 4 Life. These are exercises that the whole family can do! Plus, if your family enjoys a little friendly competition, make each exercise a contest to see who can do the most repetitions of each exercise, or you can keep a chart to track your individual progress through a season of your favorite show.

\*Make your own workout plan for other muscle groups using your favorite exercises (lunges, push ups, hula hoops, jumping rope, etc.) Then you can alternate muscle groups throughout the week.

### **Commercial Break 1 : SIDE CRUNCHES**

With your legs together, lie on a couch on your left side. Bend your knees. With your right hand behind your head, your elbow pointing toward the ceiling, bring your left arm across your waist. Contract the oblique muscles on your right side. Then lift your shoulder off the couch. Bring your rib cage toward your hip. Hold. Then lower slowly. Repeat. Then switch sides. Note: use a mat or the floor if your couch is not firm enough).

#### **Aerobics Time:**

Do crossover punches until the show returns - stand, twist from your waist, and alternately punch your fists crosswise from your body.

### **Commercial Break 2 : STATIC JUMPS**

Go down into the pushup position, arms about shoulder width apart. Now jump both your feet forward so that they land between your hands. Kick back again into the pushup position and repeat. Remember to exhale when you jump your feet, inhale when you go back. Do as many reps as you can before your show starts again. No aerobics time required here, this exercise is the whole package. These at home ab exercises will get you into shape yet.

### **Commercial Break 3 : JACK KNIFE TIME!**

Lie flat on your back with your arms stretched out over your head. Now lift your upper body and legs at the same time and touch your legs with your hands in the air above your abdominals. Do not jerk - **never jerk** when doing any exercise that requires you to bend your back. Keep your knees only slightly bent during the exercise - your legs should be almost straight.

### **Commercial Break 4 : TWISTERS**

Time to target the obliques again with some twisters. Stand with your feet shoulder width apart, maybe a little closer. Spread out your arms to your sides. Now twist to the left. As you twist, your left arm swings behind your back to touch more or less on the kidneys. Your right arm comes across to touch your left shoulder. Twist back the other side, right arm this time touching left kidney area, left arm touching right shoulder. Stay relaxed throughout this exercise and breathe easily. This will put some movement on the obliques. Remember, fat accumulates slower and disappears wherever there's frequent enough movement.

### **Commercial Break 5 : LYING LEG SCISSORS**

Lie on your back and position your hands by your sides, palms flat on the ground. Lift your legs off the ground about 5 or 6 inches. Keep them straight if you can, otherwise slightly bent is fine too. Keep your legs in the air, then open them wide, and close them, crossing your legs at the ankles. Alternate by first crossing your left leg over your right, then opening them wide and crossing the right over the left, etc.

### **Commercial Break 6 : CRUNCHES!**

Hold each crunch for a two count. Remember, don't lock your hands behind your head. Just hook your fingers behind your ears for stability, not to pull on.

Do 10 crunches. For variation you can do different crunches each time you perform this routine.

#### **Aerobics Time:**

Knee lifts: While standing, alternate bringing your right elbow down to meet your raised left knee, then your left elbow to meet your raised right knee. Repeat until it's show time.