



Exercise of the Month

August, 2017

The Ultimate TV Workout

Purpose: Complete a workout while watching your favorite television show.

Target Muscles: Total Body

How it Works: With each commercial break lasting between 2-3 minutes, the goal is to complete as many rounds as possible (AMRAP) of each circuit before the commercial break is over.

Commercial #1 AMRAP: Warm up

- 10 Jumping Jacks
- 10 Butt Kicks
- 10 High Knees

Commercial #2 AMRAP:

- 5 Push-ups
- 10 Mountain Climbers

Commercial #3 AMRAP:

- 10 Body Weight Squats
- 10 Lunges (*alternate legs*)

Commercial #4 AMRAP:

- 20 Russian Twists
- 10 Crunches

Commercial #5 AMRAP:

- 20 Second Wall Sit
- 10 Single Leg Deadlift
(*all on one leg, switch each set*)

Commercial #6: Cool Down

Stretch!



From Corporate Fitness Works Team Leader, Bryce Holliday

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