



# 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

Corporate Fitness Works, Inc.