Wellness Where You Are

TV Workout - Examples

<table>
<thead>
<tr>
<th>Baseball Game</th>
<th>Commercials – for the duration of the commercial</th>
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<tbody>
<tr>
<td>Score: Plank (30 seconds)</td>
<td>Insurance Commercial: Alternating Reverse Lunges</td>
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<tr>
<td>Strike Out: 10 Squats</td>
<td>Food/Restaurant/Beverage: Jumping Jacks</td>
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<td>End of inning: High Knees (30 seconds)</td>
<td>Product (e.g. cell phone, toy): Plank Shoulder Taps</td>
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<tr>
<td>Foul: 8 Plank T-Rotation (each arm)</td>
<td>Political Ad: Toe Taps</td>
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<tr>
<td>Walked Batter: 8 Skater Lunges (each leg)</td>
<td>TV Show/Movie Ad: Bicycles</td>
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<tr>
<td>Home Run: 8 Burpees</td>
<td>Automotive: Alternating Side Lunges</td>
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<tr>
<th>Streaming TV Show</th>
<th>Cooking Competition</th>
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<tbody>
<tr>
<td>Frequent Word/Phrase: 12 Hydrants (each leg)</td>
<td>Contestants Judged: 10 Bridge Hip Raises</td>
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<tr>
<td>Climatic/Exciting Music: 12 Y &amp; I Raises (each)</td>
<td>Burn or Spill: 10 Wide Push-ups</td>
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<tr>
<td>Character Eats/Drinks: 12 Hip Dips (each side)</td>
<td>Panic About Time: 10 Dead Bugs</td>
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<td>Disagreement: 6 Kangaroo Hops</td>
<td>Throw Something Out: 1 minute Jump Squats</td>
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<tr>
<td>Between Episodes: 2 minute walk</td>
<td>Judges Compliment: 10 Superman Pulldowns</td>
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Bodyweight Exercise Options

Upper Body
- Standard Push-up
- Wide Push-up
- Narrow Push-up
- Dips
- Superman Pull Down
- Inchworm w/ Shoulder Taps
- Inchworm to Push-up
- Bear Crawl
- Lateral Bear Crawl
- Y Raises
- I Raises
- Plank Shoulder Taps
- Plank Up/Down

Core
- Plank
- Hip Dips
- Plank Jacks
- Plank Leg Lifts
- Side Hip Raise
- Bicycles
- Dead Bug
- Leg Lifts
- Flutter Kicks
- Scissor Kicks
- Butterfly Sit-up
- Starfish Sit-up
- Mason Twists
- Superman

Lower Body
- Lunges
- Reverse Lunges
- Static Lunge
- Pulse Lunge
- Bulgarian Split Squat
- Side Lunge
- Skater Lunge
- Step Up
- Squat
- Single Leg Dead Lift
- Glute Bridge
- Glute Bridge March
- Hydrants
- Donkey Kicks
- Kneeling Hip Circles

Cardio Bodyweight
- Mountain Climber
- Jumping Jacks
- Jump Squats
- 180 Jump Squats
- Jump Rope
- Run in Place
- Kangaroo Hops
- Burpees
- Toe Taps
- High Knees