

XLathlete.com

TV Workout Circuit

If you are unable to get to the gym while at home, or are simply looking for an extra workout during the day, you can exercise during your favorite TV show! By doing a simple circuit of body weight exercises during the commercial breaks, you can experience an adequate workout.

Commercials typically run for 15 to 30 seconds each, and during a 30 minute show, they will add up to about 8 minutes. Each commercial break will last between 2 to 3 minutes, during which time you can perform an exercise during each individual commercial. When the commercial starts, you begin the exercise, and when it ends, you cease the exercise. When the next commercial starts, you begin another exercise, and so on until the break is over.

30-Minute Show

(Perform twice for 60 Minutes)

Commercial Break 1

1. [Trunk Rolls](#)
2. [Toe Reach Squat](#)
3. [High Knee Pulls](#)
4. [Frankenstein \(In Place\)](#)
5. [Body Weight Squats](#)
6. [Tuck Jumps](#)
7. [Body Weight Lunge](#)
8. [3-Way Hamstring Touch](#)



Commercial Break 2

1. [Push Up](#)
2. [Clap Push Up](#)
3. [Isometric Chest Hold](#)
4. [Bench Dip \(Use Couch or Chair\)](#)
5. [Bench Dip Isometric Hold](#)
6. [Bench Glute Lift \(Use Couch or Chair\)](#)
7. [Bench Glute Lift Isometric Hold](#)
8. [Supine Bent Knee Rotation](#)

Commercial Break 3

1. [Body Weight Squats](#)
2. [Squat Jump](#)
3. [Isometric Squat Hold](#)
4. [Body Weight Lunge](#)
5. [Single Leg T RDL](#)
6. [Sit Up](#)
7. [Alternating V Up](#)
8. [Sit Up With Twist](#)

Commercial Break 4

1. [Push Up](#)
2. [Push Up Twist](#)
3. [Alternating Superman](#)
4. [Side Touch](#)
5. [Pike Toe Drag](#)
6. [Push Up Scapula Shrug](#)
7. [Laying Wall Shakes](#)
8. [Isometric Split](#)