

The ad break workout




Why not make the most of your time at home and use the ad breaks of your favourite TV shows to get moving? Four commercial breaks in one hour-long programme is around 12 minutes of workout time! Perform each of the below exercises for 30 – 40 seconds to complete all four per ad break.




Jumping jacks

- 1 Stand with your feet together and arms by your side.
- 2 Jump your feet out whilst raising your arms over your head.
- 3 Jump back to starting position and repeat.



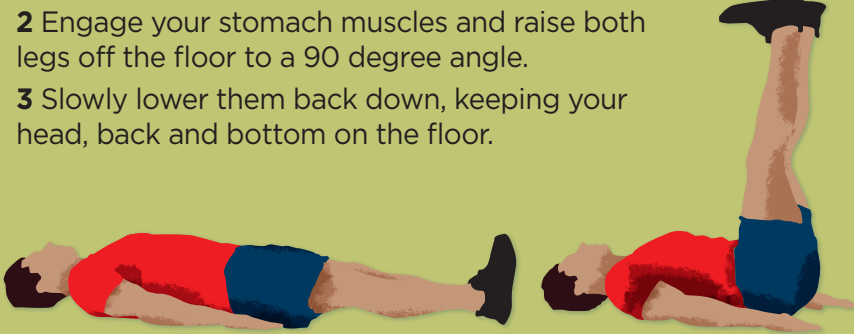
High knees

- 1 Stand with your feet hip-distance apart and arms by your side.
- 2 Sprint on the spot, aiming to lift your knees as high as you can (hip-height is desirable).



Mountain climbers

- 1 Start in a press up position, your body forming a straight line.
- 2 Bring one knee to your chest and back to the starting position.
- 3 Change legs and repeat.



Leg raises

- 1 Lie flat on your back with your arms by your side.
- 2 Engage your stomach muscles and raise both legs off the floor to a 90 degree angle.
- 3 Slowly lower them back down, keeping your head, back and bottom on the floor.

Although these exercises are designed to challenge your body, you shouldn't feel pain when performing them. If you do feel pain, talk to your doctor or physiotherapist. They will make sure you're doing them correctly or may suggest a different exercise.