

Commercial Exercises



Whenever you are watching TV, playing video games, or on the computer look at this list and find something you can do during any kind of breaks such as commercials. Think of your goals and where you need to work, each category has exercises to build that part of your fitness. Remember you want to be active as much as possible so make time away from TV's and computers to move more.

Upper Body Strength (Muscular Strength and Endurance)

Easy Wall Push-ups try to do at least 20 on an empty wall

Medium Knee push-ups try to do at least 20 with good form

Pro Regular Push-ups with good form aim for at least 10

Abdominal Strength(Muscular Strength and Endurance)

Easy Curl ups use good form for each one aim for 20-30

Medium Leg lifts lift legs 6 inches off the ground aim for 10-20

Hard Bicycles touch opposite elbow to opposite knee aim for 10-20

Cardiovascular Endurance

- Jog in Place (inside)
- Jumping Jacks(inside)
- Skiers (inside)
- Snowshoe
- Ski
- Snowboard
- Walk
- Play a sport
- Jump rope

- Play hard in the snow

Date	Activities	Level
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Easy =5 minutes Medium=10 minutes Pro= 20+ minutes

Commercial Activity Log

Student Name _____