

# 4. The TV workout!

## Exercises you can do in front of the TV



### A TV SQUATS

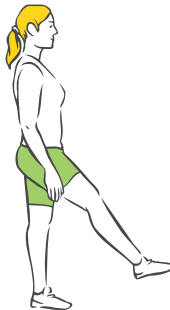
Sitting in front of the TV on your sofa or armchair, move forward to the edge of your seat. Sit tall with your feet flat on the floor hip width apart, with your weight into your heels and knees in line with your ankles. How hard this is will depend on how low your seat is! Use your hands to help you lift but push your weight through your heels and legs.



As you stand up tall, focus on pulling in your tummy muscles, squeeze your buttocks and push your hips forward until your legs are straight and your buttocks are completely squeezed. Next lower back down the way you came but don't sit down completely. Hover 4 – 10 inches from your seat and then repeat the move. Start by doing 4 squats and add a squat each time you do this workout until you can do 20 squats!

### B STANDING BALANCE

Stay standing after your squats. Think about your posture and connect to your core muscles. Pull up through your pelvic floor - imagine drawing your pubic bone and tailbone together and pulling them up inside you. You'll know if you're doing it right if your tummy naturally comes in as you do this. This inner strength will now help you to stay more balanced as you try to peel one foot off the floor. If you feel unstable, go behind your chair and use the back of the chair as a support. To keep your hips completely balanced, imagine a



stake running from one hip to the other. Try taking your foot behind you and squeezing your bottom! Hold for as long as you can balance and change legs.

### C THE DUMB WAITER

Sitting tall and on the edge of your seat (see posture tips) place your hands in front of your waist, your arms at right angles as if carrying a tray in your hands. Keep your elbows locked into the ribs, part the hands and squeeze the shoulder blades together, keeping them lowered down the back of the rib cage. Connect to your core muscles (see 'standing balance' above) as you do this. Hold for a few seconds, release and repeat 8 – 12 times.



### D THE HIP AND BACK STRETCH

Sitting tall on the edge of your seat, cross your right leg over your left. Turn your torso towards your right, placing your left hand on the outside of your right thigh. Keeping a tall posture, gently press your right thigh to the left with your left hand, and try to rotate gently further to the right with your upper body. Keep your hips facing square to the front. Take deep breaths, hold the twist for 30 – 60 seconds and then change sides.



Go back and repeat each exercise for a 10 minute workout.

**ALSO TRY: KEEP FIT CLASSES, PILATES, CHAIR FITNESS CLASSES, GENTLE CIRCUIT TRAINING AND GENTLE TONING WORKOUTS**

# How to exercise safely

- Wear comfortable clothing that allows your skin to breathe and a good pair of supportive training shoes
- Ladies should always wear a supportive sports bra – doesn't matter how big or small you are!
- Aim to eat a small meal 2 hours before a workout or a snack, like a banana, 20 minutes before
- Drink water before, during and after your workouts
- Make sure you pick activities to suit your fitness level. See the 'activity zone' table
- Spread out your workouts over the week and aim to alternate days where you do more GREEN or more RED exercise. Always have a day where you completely rest from GREEN and RED, doing more gentle BLUE or YELLOW zone activities
- If you are pregnant or recently had a baby you need to keep your intensity low and should always consult with a doctor before exercising. Some exercise will need to be adapted to suit you so please get help from a qualified instructor
- Always warm up and cool down for intense workouts (GREEN and RED). YELLOW and BLUE workouts have their own built-in warm up phase
- If you feel any pain when exercising stop immediately and re-assess what you are doing
- If your muscles feel achy the day after a workout, take it easier the next day. Do some more gentle workouts from the YELLOW and BLUE zones

