

The TV Commercial Workout

For Every

- Car Commercial
- Shopping Commercial
- Restaurant Commercial
- Jewelry Commercial
- Travel Commercial
- Health/Beauty Commercial
- Movie Trailer
- TV Show Commercial
- Fitness Commercial
- PSA
- Miscellaneous

Do

- Jog In Place
- 30 Crunches
- 30 Jumping Jacks
- 20 Squats or Lunges
- Plank for Entirety
- 20 Hip Raises
- 30 Russian Twists
- 40 High Knees
- 10 Leg Lifts, Each Side
- Exercise of Choice
- Water Break