

## Motion Zone: Watching TV

### Abdominal Exercise

Lie on the floor with your knees bent and back flat.

Beginners – place your hands across your chest.

Look at the ceiling while lifting your chest and shoulders off the floor..

Lower back down.

Repeat 12-15 times. Work up to doing three sets.

### Couch Squats

Stand with your feet shoulder width apart.

Pull in your stomach and lower yourself down to the couch.

Lift back up.

Repeat 12-15 times.



## Muscle Groups Worked for Couch Squats

