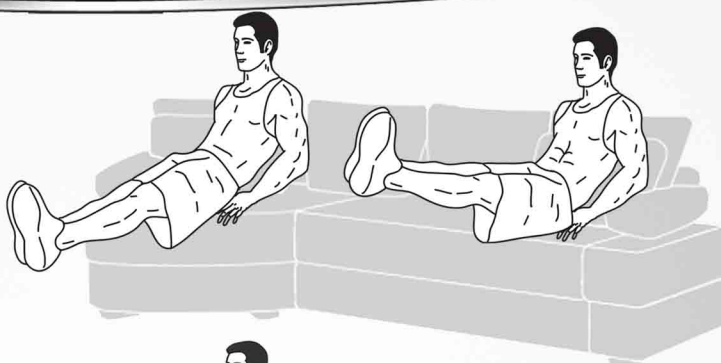


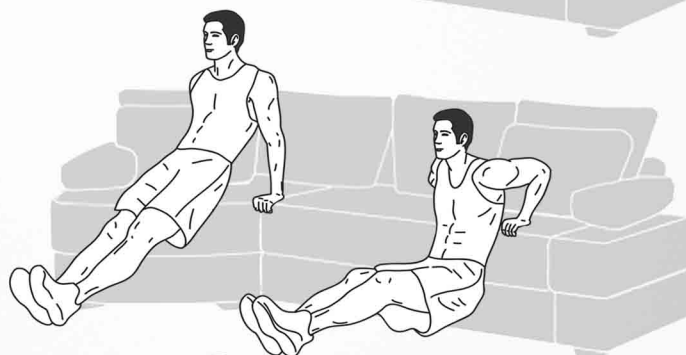
# TV WORKOUT

**10 REPS  
EACH**  
during  
commercial  
breaks or every  
20 minutes

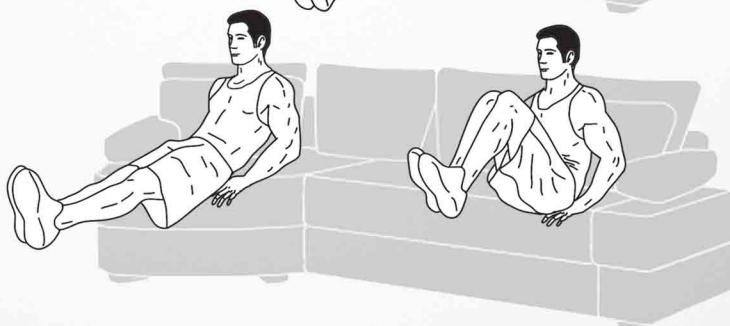
**1** leg raises



**2** tricep dips



**3** leg pull-ins



**4** scissors

