



# The Couch Potato Workout

Getting ready to watch the big game or snuggled in for your favorite shows during the winter months? Try these exercises to get up and moving to boost your metabolism.

Perform 10-15 reps of each exercise during commercial breaks or time outs!

## Squats - works your quads, hamstrings, and glutes

To perform couch squats, sit on the edge of the couch with your feet slightly wider than shoulder-width apart. Without using your arms stand up squeezing your butt muscles as you rise. Next, slowly lower yourself down as low as possible and right before you touch the couch stand back up again and keep repeating.



## Couch Push Ups - works your chest and triceps

Facing your couch, get into a push-up position with either your feet or your knees on the floor and your hands shoulder-width apart on the edge of the couch. Bend at your elbows, lowering your chest to the couch before



repeating. To make harder put your feet on the couch and hands on the floor!

## Leg Raises - works your hip flexor and abdominals

Sit on the very edge of the couch. Next, shift back slightly so that your back is in a horizontal position and your balance is slightly off-center. Try raising and lowering both your legs off the floor as high as you can. Perform with just one leg at a time if it is too difficult.



## Triceps Dips - name says it all, works your triceps

Sitting on the edge of the couch, place your hands on either side of you, gripping the edge. Extend your legs outward and balance yourself with only your hands on the couch. Bending your elbows, lower yourself as much as possible so your bottom moves closer to the floor. Hold for a moment then straighten your arms to lift yourself back to starting position, repeat.



## Crunches - works your core muscles

Lie on the floor in front of your couch with your legs bent and calves resting on the cushion. Cross your arms over your chest or behind your head for support and lift your chest and shoulders toward the couch. Look up at the ceiling to keep your chin off your chest and abs engaged. Hold then slowly lower and repeat.

