

# Couch Potato Assignment

Instructions for this assignment are listed below:

1. Choose a show.
2. Watch it.
3. During each commercial break do an exercise (there will be at least 3).

Do as many repetitions as you can during the commercials for each exercise:

- Commercial #1 - [Hand Release Push-Ups](#)
- Commercial #2 - [Sit-ups \(Elbows to Knees\)](#)
- Commercial #3 - [Burpees](#)
- Commercial #4 - Lunges (Get your knee close to the ground)
- Commercial #5 - Squats
- Commercial #6 - Jumping Jacks

Do these exercises 3 times on 3 different days. Check off each day and record your number of repetitions.

Day of the Week		Day of the Week		Day of the Week	
<u>Exercises</u>	<u># of Reps</u>	<u>Exercises</u>	<u># of Reps</u>	<u>Exercises</u>	<u># of Reps</u>
# 1 Push-Ups		# 1 Push-Ups		# 1 Push-Ups	
#2 Sit-Ups		#2 Sit-Ups		#2 Sit-Ups	
#3 Burpees		#3 Burpees		#3 Burpees	
#4 Lunges		#4 Lunges		#4 Lunges	
#5 Squats		#5 Squats		#5 Squats	
#6 Jumping Jacks		#6 Jumping Jacks		#6 Jumping Jacks	

Parent Signature:

