**EXERCISES AND DIAGRAMS** (you can complete these exercises whilst watching TV during the ad breaks or whenever you have a spare few minutes)

**1 Push-ups** **3** **Air** **Squats** **5** **Lunges**

**2 Sit-ups** **4** **Dips on a chair** **6** **Plank/ Bridge**

**EXERCISES AND DIAGRAMS** (you can complete these exercises whilst watching TV during the ad breaks or whenever you have a spare few minutes)

**7 Side Leg Raises 9 Step-ups 11 Star Jumps**

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**8 Hamstring Lifts 10 Wall Squats 12 Burpees**

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**EXERCISES AND DIAGRAMS** (you can complete these exercises whilst watching TV during the ad breaks or whenever you have a spare few minutes)

**13 15 Jogging on the Spot 17 Bicep Curls (need weights)**

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**14 Hopping on the Spot 16 Opposite Arm and Opposite Leg Lifts Tricep Extensions (need weights)**

**EXERCISES AND DIAGRAMS** (you can complete these exercises whilst watching TV during the ad breaks or whenever you have a spare few minutes)

**Shoulder Press (need weights)**

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