

# Success Fitness Chicago

STAY HEALTHY – STAY ACTIVE – STAY FIT – HAVE FUN

## T.V. Work Out

For each type of commercial, complete a different exercise. You will need light hand weights or you can use soup cans. You'll be feeling energized by the time your favorite show comes back on!

Medical-Drugs

March in place

Food-Beverage

Biceps Curl

Car

Chair Squat

Movie/TV Preview

Shoulder Press

Clothing

Leg Extension

**Carol Longman, A.C.E. Certified Personal Trainer**

Private in-home & small group training  
Aquatic Fitness  
Fitness Assessments  
Pelvic & Core Strength Training

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