

# #SAFERATHOME WORKOUT

## Sitcom Workout

30 minutes Cardio during your favorite show  
10 each exercise during commercials

### CARDIO: JOG IN PLACE

1. Bicep Curls
2. Deadlifts
3. Lateral Raises
4. Double Leg Raises
5. Oblique Twists

### Modified Version

### CARDIO: MARCH IN PLACE

1. Bicep Curls
2. Deadlifts
3. Lateral Raises
4. Crunches
5. Oblique Twists

Courtesy of Y Group Fitness Instructor, Jodeen.  
Questions? Email [fitness2@ymcajanesville.org](mailto:fitness2@ymcajanesville.org).

