

Sitting through the ads during your evening chill out doesn't need to be a waste of time. Rather than watch and be convinced to buy something you don't need, break out some of these moves. Don't forget to listen to your body and modify the movements if needed.

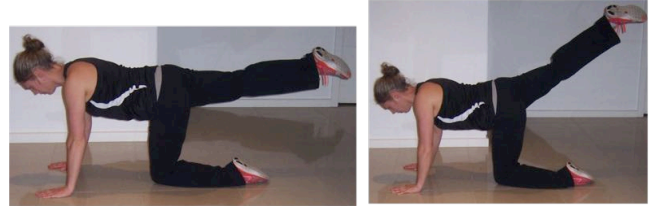
Lunges

- Place your hands on hips, step back and lunge down until knees are bent at 90 degrees.
- Push back to the starting position then lunge back with the opposite leg.



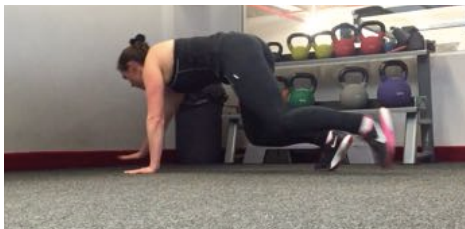
Single Leg Lifts

- Start on all fours, then take one leg straight out behind you.
- Squeeze your butt as you lift this leg as high as is comfortable, then return to being straight out behind you (not all the way to the ground).
- Repeat on each leg.



Bear Crawls (Forward and Reverse)

- Crouch down on hands and feet, crawl forward moving opposite hand and foot forward.
- When you run out of room, reverse the action to move backwards.
- Movement is more important than coordination, so just do what you can without thinking about it too much.



Plank and Side Plank

- Ensure to keep a neutral spine, if you feel pain in your back come out of the plank, lift your hips and reset the position.
- For side plank, ensure your elbow is directly under your shoulder.
- Hold each plank for as long as possible.



Iguanas

- Start in a push up position, then move one hand and the opposite foot slightly forward.
- Do one push up then move opposite hand and foot forward.
- Push up and again step forward with opposite hand and foot.
- Push up before reversing the direction and repeating the process.



Glute Bridges

- Lie on your back with knees bent, feet flat on the floor and arms out to the sides with palms up.
- Slowly raise your hips so your body forms a straight line from your knees to your shoulders. Squeeze your butt at the top then slowly lower down.
- Make this exercise harder by lifting one leg in the air and repeating on each side.
- You should feel this in your butt, not in your back.

