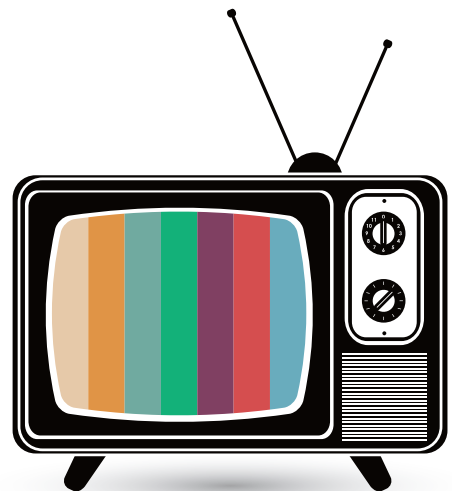


# Miss Farah's TV Workout



For this game we'll be using our TV to guide us through a fun workout. So pick your favorite channel, stretch & get ready. Follow this guide for 30 mins!

What's on TV:	Exercise to Follow:
Food/restaurant commercial	10 jumping jacks
Animal on the TV	10 squats
Movie trailers	10 sit ups
Toy commercial	10 push ups
Cars on the TV	5 lunges each leg



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