

Get a Great Workout -- Sitting on Your Couch

Finally! Here's a workout for slackers that actually works. If you find it tough to motivate yourself to get off the sofa, you're going to love this one ...

JANUARY 9, 2013 | by [SARAH CARRILLO](#) | [20 COMMENTS](#)

COUCH EXERCISES

{ SEATED SCISSORS }

- 1 — Move to the edge of the couch and sit up, keeping your posture straight.
- 2 — Extend your legs straight out in front of you. Keeping your legs straight, cross your legs back and forth (like scissors).
- 3 — Do 50 back and forth motions (or as many as you can).
- 4 — To make the move even more intense, criss-cross your arms in front of you at the same time.

Seated scissors

Tara Zimliki, personal trainer and bootcamp instructor in New Jersey says this move targets both your legs and stomach -- a double whammy. And if you move your arms at the same time you can add in even more muscles.

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