

## ABOUT THE AUTHOR



JONATHAN BLAU is certified as a personal trainer by the American College of Sports Medicine. Its certification standards are generally considered the highest in the field of fitness. Before attaining his certification, he studied personal fitness training at UCLA.

Mr. Blau is also an attorney. After he became a lawyer, he found it harder to get to the gym and began working out at home, sometimes while watching TV. Finding that watching shows made his exercising more enjoyable, he wondered if it were possible to strengthen and stretch every major muscle while watching television. After studying nearly every major type of exercise, including weight-training, calisthenics and yoga, he discovered that it was possible and developed the TV Workout.