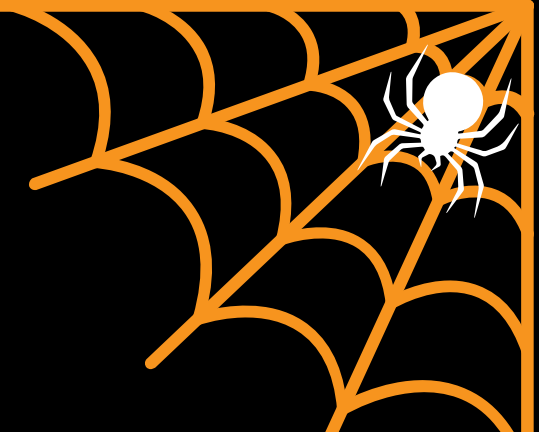


HALLOWEEN PUMPKIN FITNESS CHALLENGE



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Swimmers Lower ab crunches Dumbbell punches Arm circles	2 Bridges Leg lifts Parachute crunch Lying chest press	3 Sit-ups Curl-ups Arm pulses Pile squats	4 Mummy roll-ups Frankenstein squats Werewolf kicks Zombie lunges Witches Broom lung pulse	5 Yoga with Blogilates
6 P.U.M.P.K.I.N	7 Side lunges Single leg toe rise Half-cobra push-ups upper body crunch	8 Starfish abs Toe touches Curl + press Sitting tricep dips	9 Jump squats Squat toe rise Back crusher Chest fly	10 Toe crunches Arm raise w/ dumbbell Squat pulse Wall sit squat + curl-up	11 Mummy roll-ups Frankenstein squats Werewolf kicks Zombie lunges Witches Broom lung pulse	12 Stretching with Blogilates
13 P.U.M.P.K.I.N	14 Swimmers Lower ab crunches Dumbbell punches Arm circles	15 Bridges Leg lifts Parachute crunch Lying chest press	16 Sit-ups Curl-ups Arm pulses Pile squats	17 Side lunges Single leg toe rise Half-cobra push-ups upper body crunch	18 Mummy roll-ups Frankenstein squats Werewolf kicks Zombie lunges Witches Broom lung pulse	19 Yoga with Blogilates
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HALLOWEEN PUMPKIN FITNESS CHALLENGE

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For All Workouts:
Do 5 sets of 20 reps
each for each exercise listed

For the P.U.M.P.K.I.N Workout:

P = Push-ups

U = Up-down planks

M = Mountain climbers

P = Pile squats

K = Kickbacks

I = Inchworms

N = Nothing or a 1 minute break

Do each exercise for 1 minute and try not to pause for that time.
After a minute, take a 15 second break before moving to the next move.
Once each move has been performed, repeat the entire routine 2-3 times.

For Yoga and Stretching:

Simply click the link in this PDF to access teh videos:

[Yoga with Blogilates](#)

[Stretching with Blogilates](#)