

HALLOWEEN

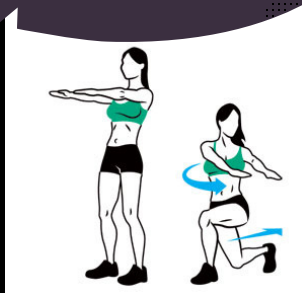
October Challenge

Scare away the extra sugar and calories from candy this Halloween with the following exercises! Complete 3 rounds of 30 seconds for a quick 10 minute workout.

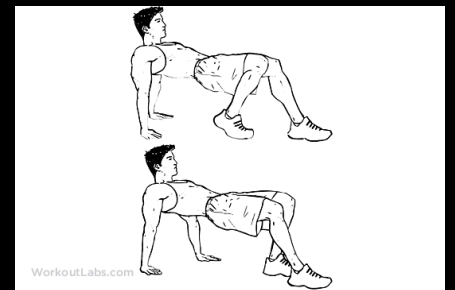
Monster Walk
(Monster Walk
Stretch)



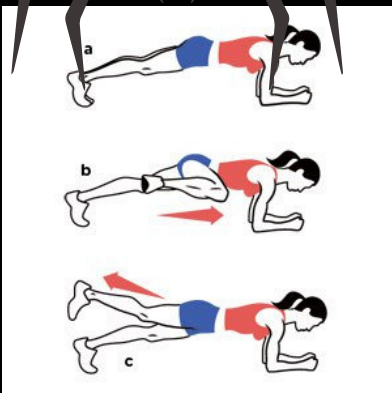
Witch Ride (Walking
Lunges with a Twist)



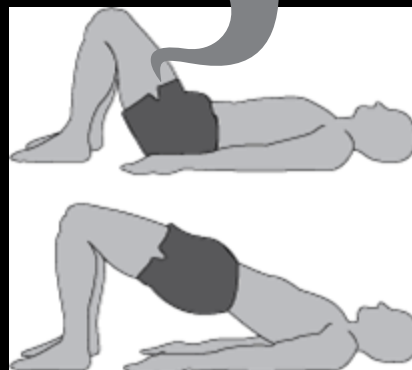
Creepy Crawlers
(Crab Walk)



Spider Climb
(Spider Plank)



BOOty Lifters
(Glute Bridges)



Scared Black Cat
(Plank with Pike)

