
































October Spooktakular

The Spooktakular Instructions

Find the picture of a skeleton, pumpkin, or a vampire bat for the day. For example, Oct. 1 has a skeleton. On that day, you will do the skeleton workout.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					 1	 2
 3	 4	 5	 6	 7	 8	 9
 10	 11	 12	 13	 14	 15	 16
 17	 18	 19	 20	 21	 22	 23
 24	 25	 26	 27	 28	 29	 30
 31						

Skeleton

- 20 Squats
- 20 Alternating Lunges
- 20 Flutter Kicks

Jack-O-Lantern

- 25 Mountain Climbers
- 20 Squats
- 30 Second Plank

Vampire Bat

- 20 Jumping Jacks
- 20 Step-ups
- 20 Scissor Abs

Choose Your Spook Level

Spooky!
1 round of exercises

Spookier!
2 rounds of exercises

Spookifest!
3 round of exercises

