

# October Spook Takular

## The Spook Takular 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

