

# October Spooktacular

## The Spooktacular 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				

## Choose Your Spook Level

**Spooky!**  
1 round of exercises

**Spookier!**  
2 rounds of exercises

**Spookifest!**  
3 round of exercises

**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

