



The “Spooky Sweat” Workout



Here's a fun, Halloween-inspired workout that anyone can do, regardless of fitness level! It mixes full-body movements with a spooky theme, making it enjoyable and challenging. **Aim for 2-3 rounds of the following exercises, with 30-60 seconds of rest between rounds.**

Zombie Walk (Walking Lunges)

Imagine you're a zombie! Walk forward with slow, exaggerated steps, keeping your core tight. Lower into a lunge with each step.

Duration: 1 minute

Pumpkin Smash (Squat Jumps)

Pretend you're smashing a pumpkin as you squat down and explode up into a jump. Land softly and go right into the next rep.

Duration: 30 seconds

Creepy Crawlers (Mountain Climbers)

Assume a plank position, and crawl forward with your legs as if you're a creepy crawler on the hunt! Drive your knees toward your chest quickly.

Duration: 45 seconds

Ghost Swings (Standing Toe Touches)

Stand with feet shoulder-width apart. Swing your arms down toward your toes, then reach back up like you're floating! Keep your core engaged.

Duration: 1 minute

Witch's Broomstick (Plank with Arm/Leg Lifts)

In a high plank, lift your right arm and left leg, hold for a second, then switch. Balance like you're riding a broomstick!

Duration: 1 minute

Haunted House Run (High Knees)

Sprint in place by driving your knees up toward your chest, like you're being chased out of a haunted house!

Duration: 30 seconds

Frankenstein Kicks (Straight-Leg Kicks)

Keeping your legs straight, kick one leg up while reaching your opposite hand toward your foot. Alternate legs as you walk forward.

Duration: 1 minute