

# HALLOWEEN WORKOUT



complete circuit 3 times



**15 WALKING LUNGES**

**31 SECONDS JUMPING JACKS**

**15 BICEP CURLS & SHOULDER PRESSES**

**31 SECONDS MOUNTAIN CLIMBERS**

**15 SQUATS**

**31 SECONDS SPEED SKATERS**

**15 PUSH-UPS**

**31 SECONDS FROG JUMPS**

**15 DUMBBELL ROWS & TRICEP KICKBACKS**

**31 SECONDS PLANK**



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Always modify based on your fitness level. Seek your physicians approval if you have any medical conditions or physical limitations that could be compromised. If you have any questions about the exercises or need alternate moves, please email me at [debby.schiffer@targetingwellness.com](mailto:debby.schiffer@targetingwellness.com)