

# Halloween Fun Workout



## Items Needed:

Long Bands  
Sticks or weighted bars  
Large Stability Ball  
Weights or kettles (light)

Name	Reps/Minute
Halloween Spider Hops	4 passes
Halloween Dracula Hops	20
Halloween Goblin Squats	20
Halloween Witches Brew Stir the Pot	20 each direction
Halloween Witches Broomstick	4 passes
Halloween Mummy Walks	4 passes
Halloween Scaredy Cats	20
Halloween Bat Wing Lifts	20