

THE Ghouling

HALLOWEEN WORKOUT

Whether you'll be dressing up for a spooky night out or passing out treats to young ghosts and goblins, get into the spooky spirit with this fun Halloween twist on your usual exercise routine. Complete the circuit below by doing 15 reps of each exercise and repeating the circuit three times. Happy Halloween!

Don't forget to start with a warmup! 5 minutes of cardio or "Jack-o-lantern jumping jacks" are a great way to get your body warm.

Goblin Squats >

A Halloween twist on the classic goblet squat

Start by holding a free weight (kettlebell, dumbbell or whatever you can find) in front of your chest. Perform a squat by slowly lowering your hips from standing position to the position of sitting in a chair, hold for one second and then swiftly standing back up. Keep your back flat, weight in your heels, and feet at hips width apart.

DEADlifts >

Stand with your feet hip-width apart, knees slightly bent. Hold a kettlebell, weight, or heavy object with both hands down by your hips. Slowly hinge at your hips while pushing your glutes back and bending slightly at your knees. Once you are at the bottom of the hinge, hold for a second and then push through your heels to explode back up to a standing position. As you do this movement, make sure to keep your back flat and core tight.

"Boo"ty Lifters >

A Halloween twist on the classic glute bridge

Lay on your back with both feet planted on the ground directly under your knees. Quickly lift your pelvis toward the ceiling by engaging your glutes and tightening your core. Hold at the top for a few seconds and slowly lower back toward the floor. For added intensity try adding weight on top of your hips or elevate your feet up on a step or bench.

Walk the Plank >

Start from a standing position, reach your arms down to the ground and walk your hands out so that you're in a plank position, then walk your hands back toward your feet and stand up.

Devil's Press >

A Halloween twist on a weighted burpee

Begin in a push-up position with hands gripping dumbbells palms facing inward (if you don't have dumbbells place a weight or object in front of you to pick up as you get ready to stand). Perform a push up (modify by lowering to knees) to begin the movement. Transition the push-up into a squat position by jumping feet forward to either side of the dumbbells or placed weight/object. Keeping a neutral torso, and open chest - squeeze your glutes and fire your hips forward, at the same time as extending your legs. Use this momentum to press the dumbbells or weight/object into an overhead position. Return to the starting position by lowering the dumbbells or weight/object and jumping out to a plank position, this is one rep.

Skull Crushers >

Start lying on your back on a flat bench or mat. Hold two dumbbells or one free weight/object in your hands with your palms facing inward directly above your upper chest. Slowly lower weight/weights toward your forehead by bending at the elbows. Focus on keeping elbows in and forming a 90-degree angle. Lift weights back to starting position by extending arms.

Bat Wing Row >

Lie with your stomach on a flat or inclined bench, if you do not have a bench, you may do this exercise standing while hinged at the hips. With arms extended, hold weights directly under your shoulders with palms facing back. Pull your shoulders back and row the weights up towards your chest until your thumbs are in your armpits. Squeeze your shoulder blades together at the top of the movement and hold for one or two counts. Slowly lower and repeat. You may use one free weight, heavy object, or a resistance band if you do not have dumbbells.

Vampire V-Ups >

Lie on your back with your arms extended above your head. Keep your legs straight and feet together. Point your toes and engage your core to lift your feet about 6 inches off the floor. Exhale as you engage your core to lift your torso and legs at the same time to create a 'V' shape with your body. Arms should be reaching towards your shins. Inhale, while slowly lowering your body back down to the floor. Aim to keep feet about 6 inches off the floor.

Dead Bug >

Start lying on your back with your legs lifted so your knees are directly over your hips and your arms extended toward the ceiling directly above your shoulders with palms facing inward. On an exhale, slowly lower your right arm and left leg until they're just above the floor. On an inhale, bring them back to the starting position. Repeat on the opposite side, this counts as one rep. Hold weights to increase difficulty.

Pro-Tip: Decrease reps to 10 or remove/decrease weight to modify exercises. To make it more challenging, increase weight and/or shorten rest time between exercises.