

Trick & Treat Fitness Challenge

Join us every day in October for a Trick And Treat Fitness Challenge! Complete the exercises everyday- one trick and one treat. **Please complete the exercises at your own pace and adapt if needed.** Do what you feel comfortable doing. Center for Health & Fitness Personal Trainers have created instructional videos on how to perform a [plank](#), [crunches](#), [leg lifts](#), [Russian twists](#) and [supermans](#).



A Beach Cities Health District Program

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|--|--|
|  |  |  |  |  1 <input type="checkbox"/> Pumpkin push-ups (modified or regular): 30 seconds <input type="checkbox"/> Dead Bugs: 30 seconds |  2 <input type="checkbox"/> Mummy Kicks: 30 seconds <input type="checkbox"/> Dracula Dips (tricep chair dips): 10 reps |  3 <input type="checkbox"/> Witches Wall Sits: 30 seconds <input type="checkbox"/> Frankenstein Flex (curls): 10 reps |
|  4 <input type="checkbox"/> Candy Crunches (crunches): 30 seconds <input type="checkbox"/> Scarecrow Squats: 10 reps |  5 <input type="checkbox"/> Creepy Cardio (your choice: walking, steps, biking, swimming, etc.): 5 minutes |  6 <input type="checkbox"/> REST |  7 <input type="checkbox"/> Zombie Mountain Climbers: 30 seconds <input type="checkbox"/> Werewolf Raises (lateral raise): 10 reps |  8 <input type="checkbox"/> Planks-O-Lantern (modified or regular): 30 seconds <input type="checkbox"/> Living Dead (burpees): 30 seconds |  9 <input type="checkbox"/> Boo-ty Blaster (lunge/squat combo): 30 seconds <input type="checkbox"/> Transylvania Twists (russian twists): 30 seconds |  10 <input type="checkbox"/> Pumpkin Push-Ups (modified or regular): 1 minute <input type="checkbox"/> Dead Bugs: 1 minute |
|  11 <input type="checkbox"/> Mummy Kicks: 1 minute <input type="checkbox"/> Dracula Dips (tricep chair dips): 12 reps |  12 <input type="checkbox"/> Witches Wall Sits: 1 minute <input type="checkbox"/> Frankenstein Flex (curls): 12 reps |  13 <input type="checkbox"/> Candy Crunches (crunches): 1 minute <input type="checkbox"/> Scarecrow Squats: 12 reps |  14 <input type="checkbox"/> Creepy Cardio (your choice: walking, steps, biking, swimming, etc.): 10 minutes |  15 <input type="checkbox"/> REST  |  16 <input type="checkbox"/> Zombie Mountain Climbers: 1 minute <input type="checkbox"/> Werewolf Raises (lateral raise): 12 reps |  17 <input type="checkbox"/> Planks-O-Lantern (modified or regular): 1 minute <input type="checkbox"/> Living Dead (burpees): 1 minute |
|  18 <input type="checkbox"/> Boo-ty Blaster (lunge/squat combo): 1 minute <input type="checkbox"/> Transylvania Twists (russian twists): 1 minute |  19 <input type="checkbox"/> Pumpkin Push-Ups (modified or regular): 1.5 minutes <input type="checkbox"/> Dead Bugs: 2 minutes |  20 <input type="checkbox"/> Mummy Kicks: 1.5 minutes <input type="checkbox"/> Dracula Dips (tricep chair dips): 15 reps |  21 <input type="checkbox"/> Witches Wall Sits: 1.5 minutes <input type="checkbox"/> Frankenstein Flex (curls): 15 reps |  22 <input type="checkbox"/> Candy Crunches (crunches): 1.5 minutes <input type="checkbox"/> Scarecrow Squats: 15 reps |  23 <input type="checkbox"/> Creepy Cardio (your choice: walking, steps, biking, swimming, etc.): 15 minutes |  24 <input type="checkbox"/> REST  |
|  25 <input type="checkbox"/> Zombie Mountain Climbers: 1.5 minutes <input type="checkbox"/> Werewolf Raises (lateral raise): 15 reps |  26 <input type="checkbox"/> Planks-O-Lantern (modified or regular): 1.5 minutes <input type="checkbox"/> Living Dead (burpees): 1.5 minutes |  27 <input type="checkbox"/> Boo-ty Blaster (lunge/squat combo): 1.5 minutes <input type="checkbox"/> Transylvania Twists (russian twists): 1.5 minutes |  28 <input type="checkbox"/> Pumpkin Push-Ups (modified or regular): 2 minutes <input type="checkbox"/> Dead Bugs: 2 minutes |  29 <input type="checkbox"/> Mummy Kicks: 2 minutes <input type="checkbox"/> Dracula Dips (tricep chair dips): 15 reps |  30 <input type="checkbox"/> Witches Wall Sits: 2 minutes <input type="checkbox"/> Frankenstein Flex (curls): 15 reps |  31 <input type="checkbox"/> Candy Crunches (crunches): 2 minutes <input type="checkbox"/> Scarecrow Squats: 15 reps |

