Let's Get Scary Strong!

It's spooky season! While Halloween is only on one day, many are happy to spend the days leading up to October 31st celebrating. As we busily prepare as a UD community for our costumes and fun activities, we don't want to forget to keep our bodies moving. Why not draw on the excitement and fun of the holiday with a Halloween-themed workout or incorporating candy crusher moves to stay active when trick-or-treating? Be creative and switch up your workouts with some effective full-body workouts you can do at home or at the haunted mansion at the end of the road.

PUMPKIN workout:

P- Phantom Push-Ups

U- Unnerving Upper cuts

M- Monster Mountain Climbers

P- Petrified Plank

K- Killer Glute Kickback

I- Inchworms

N- Nightmare In and Out Abs

Spooky Circuit Workout: Perform each exercise and give yourself 15-20 seconds of rest between each movement. Repeat circuit 2-3 times.

- 25 Jack-O-Lantern Jumping Jacks
- 15 Scary Squats
- 30 Spider Crawls
- 20 Dead Bugs
- 10 Boo Burpees
- 15 Candy Crusher Crunches
**Monster Moves**: Pair the following exercises together with no rest in between sets. Perform each exercise for 45 seconds. After you do three sets of each pair, give yourself a minute to recover.

- **Frankenstein Walks**
- **Dead Bugs**
  - REST -
- **Ghost Fliers**
- **Skeleton Jump Squats**
  - REST -
- **Full Moons**
- **Count Dracula**
  - REST -
- **Mummy Walking Lunes**
- **Vampire V-Ups**

If you are planning on treat-or-treating this Halloween and are looking for fun ways to stay active while doing it, you have to check out these candy crushers!

**Before trick-or-treating:**

- Dance to your favorite Halloween-themed songs! Classic songs like the Monster Mash or Ghostbusters theme songs are great options! For a complete family-friendly list, click [here](#).

**While out trick-or-treating:**

- Have mini races. Race your kids up each driveway. This will also help your kids get some exercise.
- Try these Halloween-themed moves in between doorbell rings:
  - **Monster Walk** – This is a good warm-up activity!
  - **Spider Lunge** – Get your whole body moving with this unique way to perform lunges.
  - Creepy crawler – Work out your upper body with [this exercise](#).

For more ways to sneak exercise into your Halloween night check out this [website](#).