

A Full Body Pumpkin Workout for the Family

Description

Happy Halloween! If you partake, that is, otherwise, happy weekend! Iâ€™m just dropping in to share a fun and quick full body workout the whole family can do. Just choose the pumpkin appropriate for your level and get to it!

With the fall and winter season among us, we all have pumpkin on the mind. Carving for Halloween, eating for Thanksgiving and Christmas, and every day in between (at least for me). The odds are you have one of these globular gourds in your home.

Why not put it to use before carving/eating for a full body workout you can do anywhere thereâ€™s a pumpkin laying around? Whether you do one round or ten, itâ€™s sure to get your blood flowing!

Perform each of the following:

- **10 x Bent Pumpkin Row**
- **10 x Front to Back Lunge on Right Leg Holding Pumpkin to Chest**
- **10 x Front to Back Lunge on Left Leg Holding Pumpkin to Chest**
- **10 x Squat to Overhead Pumpkin Press**

Thatâ€™s one round. Rest 30 â€“ 60 seconds and show that pumpkin no mercy! Hereâ€™s the video in case a visual reference is helpful, or if you just want to laugh at me exercising with a pumpkin.

The pumpkin you saw in the video will be gutted today and will be Averyâ€™s first time getting her hands dirty with guts as we perform our first family carving. Iâ€™m keeping it tradition with triangle eyes and a jagged tooth this year, but I promised something better next year.

Hope you and your family all give this full body pumpkin workout a try. If you do, please let me know how you liked (or didnâ€™t like) it. Of course, if you donâ€™t have a good squash laying around weights, a medicine ball, or body weight will work too.

Have a great weekend!

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