

EMPLOYEE WELLNESS PRESENTS

HALLOWEEN

Family Fun Workout



3 EXERCISES X 10 REPS X 3 SETS

DO 10 REPETITIONS OF EACH EXERCISE. REST AND REPEAT TWICE MORE FOR A TOTAL OF THREE SETS TO COMPLETE EACH CIRCUIT.

CIRCUIT ONE

JUMPING JACK-O-LANTERNS, MUMMY KICKS, PUMPKIN PICKERS

CIRCUIT TWO

SPIDER CRAWLS, SKELETON STEPS, VAMPIRE V-UPS



CIRCUIT THREE

CANDY GRAB CRUNCHES, WITCHY WALL SIT, TRICK-OR-TREAT TROT



DEPARTMENT OF
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OSUWELL



**DISCOVER
WELLNESS**