

# Halloween Decathlon

Complete 10 Halloween-themed exercises!

## WARM-UP

31 MINUTE ZOMBIE WALK/RUN OR 31-MINUTE WICKED WITCH RIDE (BICYCLE RIDE)

31 WALKING FRANKENSTEIN'S



13 VAMPIRE V-UPS



13 'BOO'TY LIFTERS



13 EXPLODING PUMPKINS



31 SEC SCARED BLACK CATS



13 MUMMY RAISES



13 CORPSE CRUNCHES



31 SEC SPIDER CRAWL



13 AXE CHOPS



Welborn Foundation  
Wellness & Fitness Center