

SCARY & SWEATY HALLOWEEN WORKOUT

WARMUP A FEW MINUTES THEN
COMPLETE EACH EXERCISE FOR 30 SECONDS.
3 ROUNDS EACH CIRCUIT.

#1

ZOMBIE RUN (IN PLACE)
PUMPKIN PUSHUPS
BLOODY BURPEES

#3

TOMBSTONE SHOULDER TAPS
SKELETON SKATER JUMPS
MURDEROUS MOUNTAIN CLIMBERS

#2

LETHAL LUNGE (RIGHT)
LETHAL LUNGE (LEFT)
PETRIFYING PLANK JACKS



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