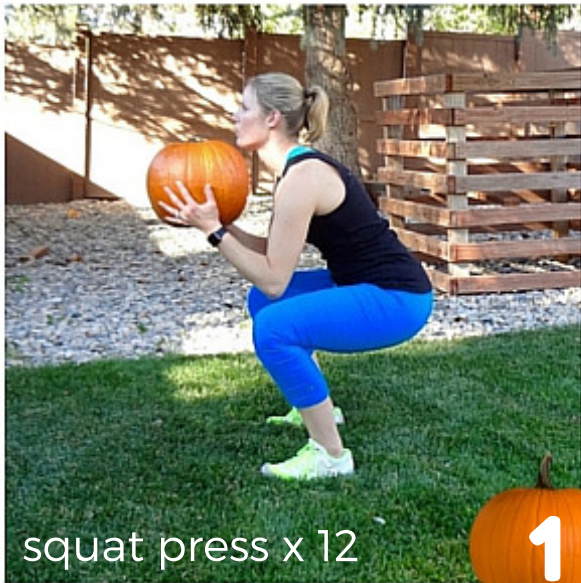




Fall Pumpkin Workout



squat press x 12



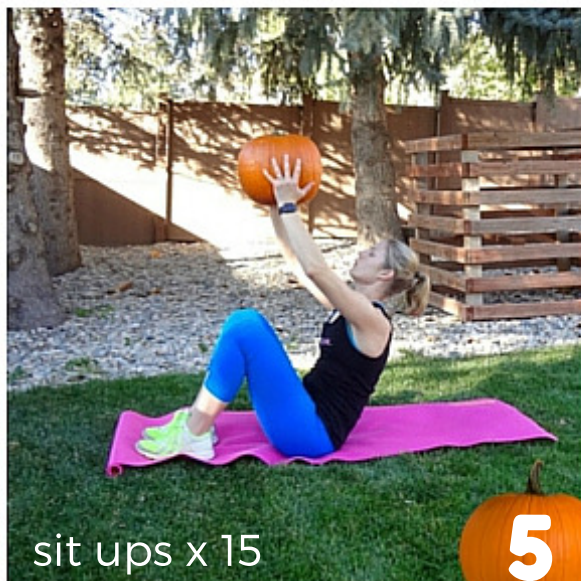
plank taps x 10/side



single leg RDL x 10/leg



bent over row x 12



sit ups x 15



push-ups x 12-15

