



# Kids Challenge

VIRTUAL EDITION

## Muscle Mania: Halloween Candy Workout

Gather up your Halloween Candy, divide it according to the categories below, and count how much you have in each category to find out how many of each exercise you have to do! For every piece of candy in your "Other Candy" category, do 30 seconds of a cardio exercise for each piece of "Other Candy." If you don't have Halloween candy, do 10 of each exercise listed and 2 rounds of cardio exercises for 30 seconds each.

### Hard Candy = High Knees

Example: Jolly Ranchers, Suckers, Life Savers, Gobstoppers, Nerds, Sprees

### Bubble Gum = Burpees

Example: Bubbalicious, Bazooka, Bubble Yum, Juicy Fruit, Dubble Bubble

### Chewy Candy = Crunches

Example: Starbursts, Tootsie Rolls, Now & Laters, Air Heads, Gummy Bears, Fruit Snacks, Laffy Taffy, Skittles, Dots

### Chocolate = Calf Raises

Example: Hershey's Kisses/Bar, Junior Mints, M&Ms, Milk Duds, Reese's Cups, Kit Kat, Snickers, Milky Way, Twix

### Other Candy = Cardio Exercise Of Your Choice

Cardio Exercise examples: running in place, jumping jacks, ice skaters, squat jumps, fast feet, washing machines, high knees, butt kicks, etc.

Got questions? Get answers at the Workout Wednesday Club or by emailing [KidsRunRVA@sportsbackers.org](mailto:KidsRunRVA@sportsbackers.org)