

FALL FIT CLUB ACTIVITY

Pumpkin Patch Workout

Put on some Halloween tunes and get your Pumpkin Patch workout on!

P is for 10 Push Ups

U is for 15 Up and Down Squats

M is for Marching in Place - 30 seconds

P is for Plank position - 20 seconds

K is for Kicks - do side kicks - 30 seconds

I is for Invent a Pumpkin exercise - do 10

N is for 15 Narrow Squats



Water & Stretch Break!



P is for 10 Plank Jacks

A is for Arm Circles - 30 seconds

T is for 10 Tuck Jumps

C is for 12 Crunches

H is for High Knees - 20 seconds

Want to do more?
Pick a word from
below, create exercises for
it & do that as a bonus
activity!

HAYRIDE

CORN MAZE

SCARECROW

Got questions? Get answers by emailing us:

KidsRunRVA@sportsbackers.org