

# October 2015 Monthly Challenge Options

- Eat a serving of both fruits and vegetables, with every meal of the day, at least 3 times a week for the month of October 2015.



- Complete the "Spooktacular 30 Day Total Body Challenge" for the month of October 2015

## Spooktacular 30 Day Total Body Challenge

By Kimmie Fitness

Week 1 - 1 set		Week 2 - 2 sets		Week 3 - 3 sets		Week 4 - 3 sets		Week 5 - 3 sets																					
1 10 Creepy Crawlers 10 Scared Black Cats 10 Broom Rides 10 BOOty Lifters 10 Black Widow	2 10 Creepy Crawlers 10 Scared Black Cats 10 Broom Rides 10 BOOty Lifters 10 Black Widow	3 10 Creepy Crawlers 10 Scared Black Cats 10 Broom Rides 10 BOOty Lifters 10 Black Widow	4 10 Creepy Crawlers 10 Scared Black Cats 10 Broom Rides 10 BOOty Lifters 10 Black Widow	5 10 Creepy Crawlers 10 Scared Black Cats 10 Broom Rides 10 BOOty Lifters 10 Black Widow	6 <b>REST</b>	7 12 Creepy Crawlers 12 Scared Black Cats 12 Broom Rides 12 BOOty Lifters 12 Black Widow	8 12 Creepy Crawlers 12 Scared Black Cats 12 Broom Rides 12 BOOty Lifters 12 Black Widow	9 12 Creepy Crawlers 12 Scared Black Cats 12 Broom Rides 12 BOOty Lifters 12 Black Widow	10 14 Creepy Crawlers 14 Scared Black Cats 14 Broom Rides 14 BOOty Lifters 14 Black Widow	11 14 Creepy Crawlers 14 Scared Black Cats 14 Broom Rides 14 BOOty Lifters 14 Black Widow	12 14 Creepy Crawlers 14 Scared Black Cats 14 Broom Rides 14 BOOty Lifters 14 Black Widow	13 <b>REST</b>	14 16 Creepy Crawlers 16 Scared Black Cats 16 Broom Rides 16 BOOty Lifters 16 Black Widow	15 16 Creepy Crawlers 16 Scared Black Cats 16 Broom Rides 16 BOOty Lifters 16 Black Widow	16 16 Creepy Crawlers 16 Scared Black Cats 16 Broom Rides 16 BOOty Lifters 16 Black Widow	17 16 Creepy Crawlers 16 Scared Black Cats 16 Broom Rides 16 BOOty Lifters 16 Black Widow	18 16 Creepy Crawlers 16 Scared Black Cats 16 Broom Rides 16 BOOty Lifters 16 Black Widow	19 16 Creepy Crawlers 16 Scared Black Cats 16 Broom Rides 16 BOOty Lifters 16 Black Widow	20 <b>REST</b>	21 18 Creepy Crawlers 18 Scared Black Cats 18 Broom Rides 18 BOOty Lifters 18 Black Widow	22 18 Creepy Crawlers 18 Scared Black Cats 18 Broom Rides 18 BOOty Lifters 18 Black Widow	23 18 Creepy Crawlers 18 Scared Black Cats 18 Broom Rides 18 BOOty Lifters 18 Black Widow	24 18 Creepy Crawlers 18 Scared Black Cats 18 Broom Rides 18 BOOty Lifters 18 Black Widow	25 18 Creepy Crawlers 18 Scared Black Cats 18 Broom Rides 18 BOOty Lifters 18 Black Widow	26 18 Creepy Crawlers 18 Scared Black Cats 18 Broom Rides 18 BOOty Lifters 18 Black Widow	27 <b>REST</b>	28 20 Creepy Crawlers 20 Scared Black Cats 20 Broom Rides 20 BOOty Lifters 20 Black Widow	29 20 Creepy Crawlers 20 Scared Black Cats 20 Broom Rides 20 BOOty Lifters 20 Black Widow	30 20 Creepy Crawlers 20 Scared Black Cats 20 Broom Rides 20 BOOty Lifters 20 Black Widow

### BOOty lifters

Laying on the ground, with your feet shoulder width apart and your shoulder blades back and down. Lift up your heels supporting your glutes.

Bring your feet back down **BOOty** touching the ground, then repeat.

### Black Widow

Tones the shoulders, abs, waistline, triceps, chest, thighs & SPIDER WOMAN STRENGTH! :)

### Creepy Crawler

Tones the triceps, hips & shoulders

Begin in a table top position with your abs engaged. Inch your body forward about 20 creep steps.

### Scared Black Cat!

Tones the lower abs, waistline, shoulders & thighs

Begin in the plank position on your hands, abs engaged with your wrists in line with your shoulders.

Inhale keeping your abs engaged. Lift up your tailbone to the sky separating your lower abs.

Exhale as you bring your feet up, inhale on the way down.

### Broom Ride

Tones the thighs, lifts the butt, works the core & waistline

Begin in a plank position with your wrists in line with your shoulders and underneath your chest.

Lower your body into a push-up, while bringing one knee up to your elbow separating the waistline!

www.facebook.com/pages/kimmie-fitness

If you have any questions or concerns regarding the challenges, please feel free to schedule a time to talk with me. I want to help you meet these challenges!

Location: <https://hyperdrive2.hyperoffice.com/Personal/Brandi/POSITIVE PULSE WELLNESS/MONTLY CHALLENGES/2015>

Original: 9/23/2015

Revised: