

Hand out the sweets and stay on your feet!

Halloween Workout Guide

Each exercise should be completed for 30 seconds (or more!).

MOANA	ZOMBIE	WONDER WOMAN	BEAUTY & THE BEAST	PENNYWISE
<p>It's burpees for you! Agility is key on the ocean.</p>	<p>Time for some push-ups. At least your arms will stay in place.</p>	<p>Prove your power by holding a plank.</p>	<p>High knees! Like you're being chased by townsfolk with pitchforks.</p>	<p>Run in place. Like scary clowns are following you.</p>
DEVIL/ANGEL	POLICE/COP	GUARDIANS OF THE GALAXY	STRANGER THINGS	DESPICABLE ME
<p>Ping-pong between territories with squats!</p>	<p>Do some toe touches. It's the law! (Not really.)</p>	<p>Shoot for the stars with some mountain climbers.</p>	<p>Hide from the Demogorgon with some triceps dips.</p>	<p>Army crawl to get some minion perspective.</p>
DRESSED AS A PAIR	GHOST	FAMILY COSTUME	CAPTAIN UNDERPANTS	LEGO MOVIE
<p>Work out both legs with side lunges.</p>	<p>Swing some windmills. Add a weight and "boo" for more impact!</p>	<p>Do jumping jacks to celebrate they could agree!</p>	<p>Hold a wall sit. Because, why not?!</p>	<p>Start "building" by jogging steps anywhere in your house.</p>