



Happy Halloween

Get PUMPEd With a Full Body Workout Using PUMPKins

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Please feel free to forward this fitness manual to anyone you feel it could help. The author would appreciate it if you did.

When you think of Halloween, most of us think of getting dressed up in a costume and getting a bunch of treats (candy!). Well I'm in the business of getting people INTO shape, and I've got a trick for you - some intense full body exercises using a pumpkin. Do these workouts a few days per week and you'll help combat all those Halloween calories you're putting into your body.

Why a Pumpkin?

Simply put, a pumpkin can act as a weighted ball. It comes in various weights and sizes and is less expensive than most fitness equipment. Sure pumpkins don't last forever, but they are a fun tool to use for exercising during the Halloween season. Best of all, you can use a pumpkin for conditioning and core strengthening.

A pumpkin can be one of the most effective training tools to use to train your core. The core of your body consists of the abdomen and lower back musculature. The core serves as the foundation for the arms and legs. All movements begin at the core. As you move, your ability to generate force transcends through the core muscles. So as you can see, it is vital that you have a strong core and training with a pumpkin can help develop core strength.

Exercises

Ok, let's get into some exercises that will help build core strength as well as give you a full body workout. Grab your pumpkin and let's go!

Pumpkin Plank: Assume the position of a push up with your hands on a pumpkin and your knees off the ground. Keep your belly button drawn in and hold as long as you can.



Pumpkin Russian Twist: Sit down with your knees bent, and leaning back at an angle. Hold the pumpkin out in front of you at chest level and bring the pumpkin to the left and right side of your body in a twisting fashion.

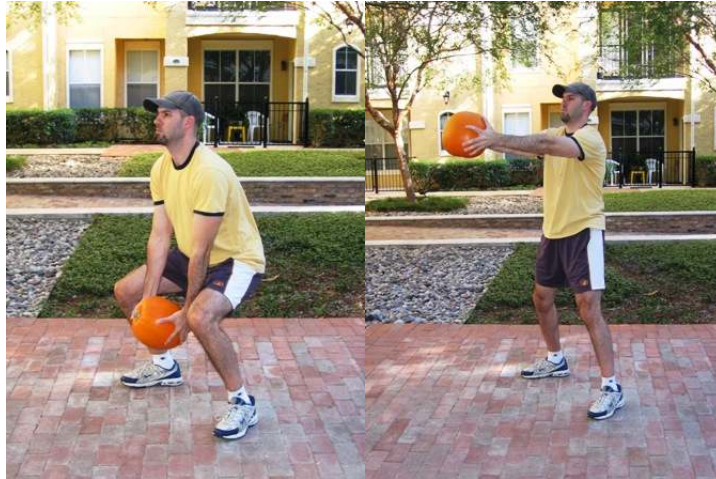


Pumpkin Diagonal Chop: Begin with the pumpkin above your right shoulder at ear level. Chop the pumpkin downward and diagonally outside your left knee. Return to the starting position and repeat. Make sure to work both sides evenly.



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Pumpkin Upward Chop: Take your pumpkin and squat down bringing the pumpkin between your legs. Forcefully swing the pumpkin upwards to shoulder level, keeping your abdominal muscles tight and using them to help stop the acceleration. Return to the starting position.



Pumpkin Downward Chop: Start by standing tall with your knees slightly bent and the pumpkin raised overhead. Forcefully swing the pumpkin downward ending in a squat position and the pumpkin between your legs. Keep your abdominals tight the entire time. Return to the starting position.



Pumpkin Squat Push Press: Start in a squat position with the pumpkin at chest level. Stand up from the squat while simultaneously pushing the pumpkin over your head. Return to the starting position.



Pumpkin Squat Push: Start in a squat position with the pumpkin at chest level. As you rise from the squat, push the pumpkin straight out in front of you. Return the ball to your body as you go back to the squat position.



Pumpkin Lunge with Push Press: Start in a standing position with the pumpkin at chest level. Take a step forward and go down into a lunge position while pushing the pumpkin over your head. As you go back to the standing position, bring the pumpkin back to chest level.



Pumpkin Side Reaching Lunge: Start by standing straight and holding the pumpkin in front of you. Take a step to the right and bring the pumpkin down by your feet. Stand back up in the starting position and repeat to the left side.



Pumpkin Step Up: Start by holding a pumpkin and putting one foot on a step. Letting the leg that's on the step do all the work, step all the way up, without letting your trailing foot ever touch the step. Go back down to the starting position. Repeat and then switch sides.



Pumpkin Push Up: Placing one hand on the pumpkin and the other hand on the floor, get in a push up position with your knees either on or off the ground. Lower your entire body to the ground and return to the starting position. Repeat on that side and then put the other hand on the pumpkin and perform the same number of push ups.



Full Body Pumpkin Exercise Routines

All right, now that you've learned some exercises that you can do with a pumpkin, let's look at some specific training routines. These routines are not etched in stone and you can make adjustments when necessary. If you can't perform the prescribed number of repetitions or continue the exercise for the prescribed length of time, don't worry about it. Take it one day at a time. I also encourage you to develop some of your own routines.

Core Circuit

Chopping is one of the best movements to develop your abdominals and improve your core strength. Try this circuit of chopping movements and finish it off with the Pumpkin Russian Twist and the Pumpkin Plank for a killer core blast!

1. Diagonal Pumpkin Chops x 20 reps each side
2. Pumpkin Upward Chop x 20 reps
3. Pumpkin Downward Chops x 20 reps
4. Pumpkin Russian Twist x 15 reps each side
5. Pumpkin Plank x 60 seconds
6. Repeat 1-5 for three cycles

Leg and Shoulder Blast

Most of the leg exercises shown are done in combination with a shoulder movement, to make them a true full body exercise. Try this leg and shoulder circuit and finish strong with the Pumpkin Push Up.

1. Pumpkin Step Up x 15 reps on each leg
2. Pumpkin Squat Push Press x 15 reps
3. Pumpkin Side Reaching Lunge x 15 reps
4. Pumpkin Squat Push x 15 reps
5. Pumpkin Push Up x 15 reps on each side
6. Repeat 1-5 for three cycles

Interval Training

Tabata intervals are a type of interval training that will really boost your metabolism and help you lose fat. If you are strapped for time, this is the workout for you! The intervals consist of exercising hard for 20 seconds, followed by 10 seconds of rest. This cycle is repeated 8 times for a 4 minute workout. Hey, you have no excuses not to workout now!

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Here are some sample interval routines:

Pumpkin Step ups and Push Ups

- Pumpkin Step Ups Right Leg x 20 seconds
- Rest 10 seconds
- Pumpkin Push Ups Right Hand x 20 seconds
- Rest 10 Seconds
- Pumpkin Step Ups Left Leg x 20 seconds
- Rest 10 seconds
- Pumpkin Push Ups Left Hand x 20 seconds
- Rest 10 Seconds
- Pumpkin Step Ups Right Leg x 20 seconds
- Rest 10 seconds
- Pumpkin Push Ups Right Hand x 20 seconds
- Rest 10 Seconds
- Pumpkin Step Ups Left Leg x 20 seconds
- Rest 10 seconds
- Pumpkin Push Ups Left Hand x 20 seconds
- Rest 10 Seconds

Pumpkin Push Squat and Push Ups

- Pumpkin Push Squat x 20 seconds
- Rest 10 seconds
- Pumpkin Push Up Right Hand x 20 seconds
- Rest 10 seconds
- Pumpkin Push Squat x 20 seconds
- Rest 10 seconds
- Pumpkin Push Up Left Hand x 20 seconds
- Rest 10 seconds
- Pumpkin Push Squat x 20 seconds
- Rest 10 seconds
- Pumpkin Push Up Right Hand x 20 seconds
- Rest 10 seconds
- Pumpkin Push Squat x 20 seconds
- Rest 10 seconds
- Pumpkin Push Up Left Hand x 20 seconds
- Rest 10 seconds

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Pumpkin Upward Chop and Plank

- Pumpkin Upward Chop x 20 seconds
- Rest 10 seconds
- Pumpkin Plank x 20 seconds
- Rest x 10 seconds
- Pumpkin Upward Chop x 20 seconds
- Rest 10 seconds
- Pumpkin Plank x 20 seconds
- Rest x 10 seconds
- Pumpkin Upward Chop x 20 seconds
- Rest 10 seconds
- Pumpkin Plank x 20 seconds
- Rest x 10 seconds
- Pumpkin Upward Chop x 20 seconds
- Rest 10 seconds
- Pumpkin Plank x 20 seconds
- Rest x 10 seconds

11 Minute Complete Full Body Workout

Another way to get a complete full body workout is to do all of these exercises in a row in a circuit fashion. You can perform each exercise for 45 seconds and rest for 15 seconds in between exercises. One entire circuit will take 11 minutes. Perform 2 sets of this circuit with about 2 minutes of rest in between. On the exercises that require 2 “sides”, like the step ups, push ups, diagonal chops, lunges, etc., perform one side the first set, and the second side the second set.

Here is how it will look

Pumpkin Push Up x 45 seconds
Pumpkin Lunge with Push Press x 45 seconds
Pumpkin Diagonal Chop x 45 seconds
Pumpkin Step Up x 45 seconds
Pumpkin Plank x 45 seconds
Pumpkin Squat Push Press x 45 seconds
Pumpkin Upward Chop x 45 seconds
Pumpkin Side Reaching Lunge x 45 seconds
Pumpkin Downward Chop x 45 seconds
Pumpkin Squat Push x 45 seconds
Pumpkin Russian Twist x 45 seconds

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One Final Thought

I hope you enjoyed this training manual using a pumpkin as your equipment. I wanted to drive home the point that you don't need any fancy equipment to get a great workout. You don't have to waste time driving to the gym, waiting in line for the equipment that you want to use, and then drive home again. You don't need to waste money on gym memberships. And as these short routines prove, you don't need a whole lot of time either, to get an effective workout. All you need is a little creativity and a lot of heart and desire.

I outlined several exercise routines in this manual. Do not perform the same exercises and routines in every workout. Mix things up. Be creative and make up your own routines. Have fun with it!

The journey to optimal health is never ending. I encourage you to stick with it, never give up and keep climbing to the top of the mountain.