

# The Pumpkinator Workout



Grab a pumpkin! It's  
your new medicine ball!

- 20 squats with pumpkin overhead
  - 1 minute plank on pumpkin
- 20 overhead presses with pumpkin
  - 1 minute plank on pumpkin
- 20 lunge twists with pumpkin
  - 1 minutes plank on pumpkin
- 20 uneven push-ups on pumpkin

**Repeat 3 scary times!**

Courtesy of [fitinheels.com](http://fitinheels.com)