

October

2014



Spooktacular Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			45 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters	Rest Day	45 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters	45 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters
5	6	7	8	9	10	11
Rest Day	45 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters	Rest Day	45 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters	Rest Day	45 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters	45 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters
12	13	14	15	16	17	18
Rest Day	50 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters	Rest Day	50 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters	Rest Day	50 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters	50 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters
19	20	21	22	23	24	25
Rest Day	60 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters	Rest Day	60 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters	Rest Day	60 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters	60 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters
26	27	28	29	30	31	
Rest Day	75 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters	Rest Day	75 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters	Rest Day	75 Sec of Each Pumpkin Pickin' Squats Frankensteins, Grave Diggers Creepy Crawlers, Lurky Lunges, BOOty Lifters	

