



# **HALLOWEEN HIIT CHALLENGE**

**Here are the exercises for this weeks challenge**

**Zombie Moving Squats (1min)**

**Spider Push Ups(1min)**

**Deadlifts & Jumping Jacks (1min)**

**Jumping Jacks & Shoulder Raises (1min)**

**Rear Lunges with Bicep Curls (1min)**

**Tricep Dips & Calf Raises (1min)**

**Killer Crunches (1min)**

**(Repeat x3)**

**21 Min  
Challenge**