



The Pumpkin Workout

By Zach Hunt

www.SpokaneFitnessCoach.com

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Why A Pumpkin?

Pumpkins come in all sorts of shapes and sizes. You can just go down to the store and pick up the right size and shape for you to provide an extra challenge during your workouts. You can even progress to heavier pumpkins as you get better with the exercises.

They can be used in almost anyway a medicine ball would, except for maybe throwing them, I wouldn't recommend that. They're less expensive than any other fitness equipment you could possibly buy and they're a multipurpose tool. After you're done using them to exercise you can eat them as part of a healthy meal.

You can use them for a full body workout, and condition your arms, legs, and core. They don't last forever, but they sure a fun tool to use for exercising during the summer months.

They're just all around perfect!

Selecting A Pumpkin

Small: 5+ pounds

Smaller and miniature pumpkins are best used for conditioning exercises using the full body musculature during a single exercise. Also good for beginning and younger exercisers.



Medium: 10+ pounds

Middle of the line pumpkins are best to start with for most exercisers. Can be used for all exercises during a single workout in a circuit fashion. Provides a metabolic and muscular challenge.



Large: 15-20+ pounds



The largest and heaviest pumpkins often come in awkward shapes and provide an especially difficult challenge. Experienced exercisers should consider these pumpkins to ensure an effective workout.

The Exercises

The follow 15 exercises are great full body and overall cardiovascular conditioning exercises that can be used in a circuit, in straight sets, or on their own. Each exercise is accompanied with a description and pictures. Got your pumpkin? Let's get to work....

1. Lunge With Rotation

Standing with the pumpkin in your hands, lunge forward on one leg. Extend your arms up and out and rotate to the same side of leg that you stepped forward with. Repeat motion alternating each rep with opposite side.



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2. Russian Twist

Sit on ground with pumpkin in hands. Raise feet up off ground and with your arms extended rotate your arms and upper body to either side touching the pumpkin to the ground.



3. Squat & Press

Standing with your feet shoulder width apart and pumpkin in your hands, squat down and press and pumpkin out at chest level. Stand back up and return the pumpkin near your chest.



4. Straight Arm Rotations

Standing with your feet shoulder width apart and pumpkin in your hands, extend your arms up and out and hold the pumpkin in front of you. Rotate your arms and upper body from side to side, pivoting your opposite foot for more range of motion.



5. 1-Arm Pumpkin Push-ups

Place your pumpkin on the ground and get in a push-up position with one hand on the pumpkin. Lower your body toward the ground and press back up with the one hand on the pumpkin and the other on the ground. Repeat with both sides.



6. Bent-Over Row

Standing with your feet shoulder width apart and pumpkin in your hands, bend over slightly with a slight bend in your legs. Hold pumpkin at arms length with hand underneath. While keeping your back in a fixed position row the pumpkin toward your chest, then back down.



7. 1-Leg Forward Reach

Standing on one leg and pumpkin in your hands, reach out in front of you with pumpkin. Use your opposite leg as a counter balance and bend over to allow for maximum reach and extension of your arms. Return back slowly and under control. Repeat with opposite leg.



8. Pumpkin Crunches

Lay down on your back with your knees bent and pumpkin in your hands. Crunch up and push pumpkin up into the air. Slowly lower back down, keeping a little tension on your abs in the bottom position.



9. Side Reaching Lunge

Standing with your feet shoulder width apart and pumpkin in your hands, step horizontally out. Squat down on your outer leg, while keeping your inner leg completely straight and straddling your leg with both hands holding the pumpkin. Push off with outer leg and repeat same action to the opposite side.



10. Pumpkin Swings

Standing with your feet shoulder width apart and pumpkin in your hands squat down, holding the pumpkin between your legs. Thrust arms up above head while extending your legs to end up standing with arms extended upward.



11. Pumpkin Getup

Lay down on back with pumpkin resting on your chest. Press pumpkin up and off chest, then get up off ground slowly using only your legs. (Hint: first start with crunch then roll over your legs and stand up.)



12. Pumpkin Plank

Place the pumpkin on the ground and place both hands on either side of the pumpkin. Hold your upper and lower body in a straight line without letting your hips sag. Suck in and tighten your abs and hold.



13. Mountain Climbers

Place the pumpkin on the ground and hands on either side of the pumpkin. Make a running motion with your legs as quickly as you can, keeping only one foot on the ground at any one time.



14. Barrier Jumps

Place the pumpkin on the ground and use as a barrier to jump from side to side. Jump off and land on both feet.



15. Pumpkin Jump Thrust

Standing with your feet shoulder width apart and pumpkin in your hands, crouch down toward the ground. Reach out and place pumpkin on ground and keep your hands on it. Kick your legs back and perform a push-up. Kick your legs back in and jump up.



The Pumpkin Workout

Combine any number of the pumpkin exercises in any combination to create a variety of fun and intense workouts. Here are some options:

Circuits

Perform the exercises in either double sets or triple sets. Group exercises into 2 and 3 exercise circuits. Start with the first exercise of a circuit and go straight through the rest of the circuit without stopping. Rest at the end of the circuit for 1 minute. Once you complete 3 sets of a circuit of exercises move on to the next circuit.

Ladders

Start with 5 reps of each exercise. Then move up to 6 reps. Then 7, 8, 9, 10. Then count back down to 5 again. Feel free to start at 1, end at 20, count by 5's, or whatever.

Straight Sets

One exercise after the other in straight sets. Starting back at beginning once through with all exercises.

Timed

Time how long it takes you to complete a specific workout then go back and try to beat that time performing the same workout.

Example Routine

- 1) Pumpkin Swings
- 2) Mountain Climbers
- 3) Barrier Jumps

Rest For 60 Seconds

- 4) Pumpkin Getups
- 5) Bent-Over Row
- 6) 1-A Pumpkin Push-ups

Rest For 60 Seconds

- 7) Side Reaching Lunge
- 8) Russian Twist
- 9) 1-L Forward Reach

Perform each circuit three times before moving on to the next circuit. Each exercise will be performed 3 times for a total of 27 exercises.

Tips For An Effective Pumpkin Workout

1. Determine what your goals are for exercising. Are you training just for general heart and bodily health? Do you want to get slim, trim and sexy? Are you preparing for an athletic event? Or are you just wanting to have some fun? Your goals will determine how you structure your routine, how often, how much, and what type.
2. Perform the exercises in a circuit without stopping. Rest at the end for 1-2 minutes for partial recovery, then repeat the exercises through again. Repeat for 1-4 times depending on experience and level of fitness. Done properly this is an excellent 10-20 minute workout.
3. Start off with the full body exercises using a range of 10-15 reps. As you improve use all the exercises in lower rep ranges as well (6-10 reps).
4. Even though its a fun workout, allow for plenty of rest between strength workouts – a minimum of 24 hours.
5. A great workout is only a part of the fitness puzzle. Healthy eating along with plenty of motivation to keep you going are also a crucial part of the fitness puzzle. If you need help with these areas consult with an experienced fitness professional to get you on the road to fitness.

Want More Great Fitness & Nutrition Tips?

I hope you enjoyed this pumpkin workout manual. It's just an example of how easy getting a great and effective workout can be, all from the comfort of your own home or office or backyard, or just wherever you want to workout. Please feel free to forward this booklet to anyone else you feel would benefit from it. Your friends, co-workers, group members or anyone else you can think of.

Now you know there is no need for fancy equipment or multi-thousand-dollar machines to get a great workout. You don't have to waste time driving to a gym or studio. You only need about 15 minutes and an appetite for fitness.

This workout will get you started on the road to health and fitness with a better body and a better life. I encourage you to stick with the fitness lifestyle, and as you do you'll reap the benefits for the rest of your life.

For additional nutrition and fitness tips go now to www.SpokaneFitnessCoach.com for a FREE subscription to the Transform Journal. The Transform Journal is a weekly email newsletter where you'll get the inside scoop on what it really takes to achieve a fit and healthy body.

Each issue is packed with fitness, nutrition, and motivational tips as well as answers to commonly asked questions, to help you succeed on your journey to a better body and a better life!!

As an added bonus you will also get the Special Report: "The Fitness Truth" (\$15 Value), which reveals the 4 critical elements of a successful fitness program that will guarantee you optimal health and a body to be proud of.

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