

# Try some Scary New Exercises

With seasonal activities like hay rides, pumpkin picking and trick-or-treating, Halloween is easily one of the most fun times of the year. But it's also the beginning of a season when delectable desserts and other tempting treats become increasingly predominant.

Both are great reasons to step up your exercise game. You can enjoy a few extra treats while also making sure that you won't fall off the workout wagon by incorporating festive themes into your workouts.

## **Spider Plank Push-Ups**

Assume a prone (face down) plank position with hands shoulder-width apart and feet together. Drop down into a push-up while drawing the right knee toward the right elbow. Keep the body as flat as a plank and push yourself back up into the prone upright position. Repeat the movement on the left side. Remember to breathe out while pushing up (the concentric phase) and in during the muscle-lengthening (eccentric) phase.

## **Skeleton Jacks**

Begin with knees slightly bent and explode up into the air into a jumping jack. Extend limbs outward and be sure to land softly and recoil to gain strength for the next rep.