



TAKE ON THE PUMPKIN DICE LATTE CHALLENGE!



Sweeten your exercise routine by taking the **PUMPKIN DICE LATTE** fitness challenge!

What you'll need:

- **Pumpkin** - With the help of an adult, find a pumpkin you can *safely* lift off the ground and over your head. You should also be able to hold the pumpkin with extended arms in front of you for at least 10 seconds.
- **Dice** - Go to your game closet to find a single dice.

Directions:

Complete each of the following exercises ([Go to **keepingkidsinmotion.com** for a video of each exercise](http://keepingkidsinmotion.com)):

- **Spooky Squats** – Hold your pumpkin by your chest. Slowly complete a squat. Remember to keep your shoulders back and push off your heels.
- **Jack-o-Lantern Jacks** – Complete jumping jacks holding the pumpkin over your head.
- **Pumpkin Press** – Stand with your feet shoulder width apart. Push your pumpkin above your head then down to your chest for one repetition.
- **Pumpkin Seed Sit-ups** – Lie flat on your back holding the pumpkin on the ground with extended arms over your head. Lifting one leg, curl up and touch your toe with the pumpkin. Repeat this move while alternating legs.
- **Boogedy Boogedy Burpees** – Complete a burpee while holding your pumpkin with two hands.
- **Frankenstein Kicks** – Hold the pumpkin out in front of you with extended arms. Alternating legs, gently kick the pumpkin with your toes.

Roll the Dice:

Roll a single dice prior to each exercise. Add 10 to the number rolled in order to determine the total repetitions.

Roll	Add 10	Repetitions
1	+ 10	11 Repetitions
2	+ 10	12 Repetitions
3	+ 10	13 Repetitions
4	+ 10	14 Repetitions
5	+ 10	15 Repetitions
6	+ 10	16 Repetitions

Complete the **PUMPKIN DICE LATTE** challenge throughout October. Using the calendar below, write your initials for each day you complete the routine. At the end of the month, have your parents sign the bottom of the sheet, and return it to Ms. Starks. Students completing at least 12 days will be listed as a Fitness Eagle and receive a toe token. Record your walking and running miles also!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 REST	6
7		9	10	11 REST	12	13
14	15	16	17 REST	18	19	20
21	22	23 REST	24	25	26	27
28	29 REST	30	31	Student(s): _____ Parent Signature: _____ Days Complete: ____ Grade(s) _____		

