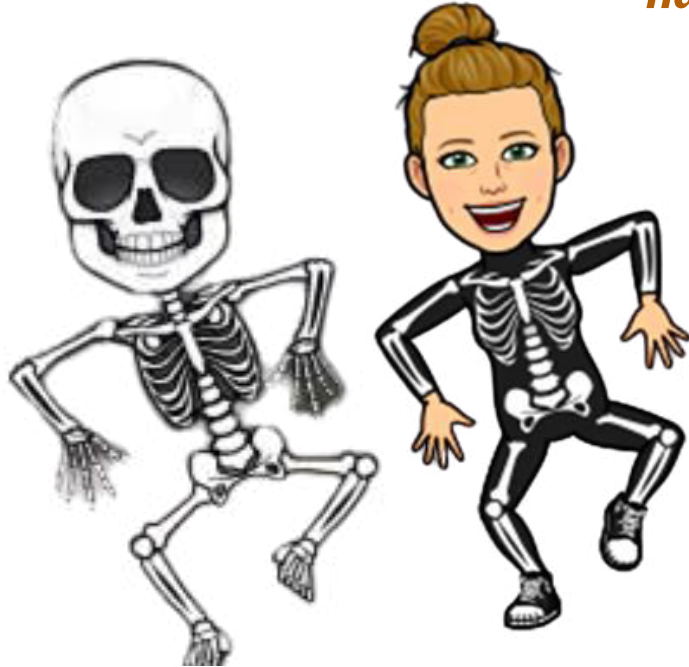


# TIME TO WORKOUT!

*Halloween Edition*



# PUMPKIN CARVING

## WRIST ROLLS



Independent



With Assistance

# TRICK OR TREAT

## MOVE WRIST UP & DOWN



Independent



With Assistance

# UNWRAPPING CANDY

OPEN & CLOSE HAND



Independent



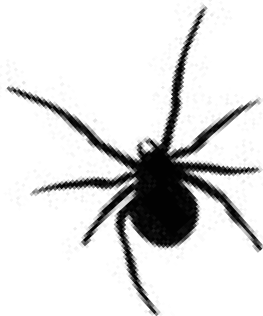
With Assistance

# CRAWLING SPIDERS

## FINGER STRETCH



Independent



With Assistance

# HOWL AT THE MOON

## NECK STRETCH UP & DOWN



Independent



With Assistance

# MOVE LIKE AN OWL

## NECK STRETCH SIDE TO SIDE



Independent



With Assistance

# STIR YOUR POTION

## ARM CIRCLES



Independent



With Assistance



# FLY LIKE A BAT

## SIDE ARM RAISES



Independent



With Assistance

# MOVE LIKE A SKELETON

## SINGLE ARM OVERHEAD REACH



Independent



With Assistance

# MOVE LIKE A ZOMBIE

## FRONT ARM RAISES



Independent



With Assistance

# MOVE LIKE FRANKENSTEIN

## LEG RAISES (OR ARM)



Independent



With Assistance

# SCARE LIKE A GHOST

ARM(S) UP AND YELL BOO!



Independent



With Assistance

# DRACULA'S CAPE

## TWIST IN YOUR SEAT



Independent



With Assistance

# FULL MOON RISING

LEAN FORWARD AND SIT UP



Independent



With Assistance