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THE GREAT PUMPKIN WORKOUT FOR RUNNERS

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The Great Pumpkin Workout For Runners



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OCTOBER 2018, WORKOUTS

Let's face it, the only difference between an 8lb medicine ball and an 8lb pumpkin is the taste. Now that autumn weather has finally arrived in Texas, I am celebrating by sharing a fun pumpkin workout for "workout Wednesday;" Just replace your medicine ball with a pumpkin for these exercises

The Great Pumpkin Workout For Runners



Perform 8-12 reps of each exercise with little to no rest between moves. Rest for one minute once you complete them all, then repeat two or three more times.

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LUNGE WITH TWIST



Hold a pumpkin with straight arms in front of your chest, with your feet hip-width apart and your toes pointed straight ahead, engage your core and keep your back straight. Take one large step with your right leg to lunge forward until your front knee is lined up over your ankle and your back knee is nearly touching the floor. Do not allow your knee to move forward over your toes. Twist your torso towards your forward leg. Return to center and push up to starting position. Repeat on the other leg. Perform 8-12 reps on each leg.

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PUMPKIN ROW



Hold pumpkin and lean forward by hinging at the hip. Keep your back flat and pull the pumpkin in by bending your elbows, keeping them close to your body. Lower weight to return to starting position. Perform 12 reps.

PUMPKIN SINGLE LEG DEADLIFT



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Hold a pumpkin with both hands, balance on one leg, keep your standing knee soft (slightly bent) and perform a deadlift by hinging at your hip while keeping your back straight and neck neutral. Extend your free leg behind you in line with your body. Lower your body until your back is parallel to the floor, or as low as you can go without rounding your back. Return to starting position and repeat on the other side. Perform 8-12 reps on each leg.

BRIDGE WITH PUMPKIN CHEST PRESS



Lie on your back with your knees bent and your feet flat on the floor. Hold the pumpkin at your chest and as you raise your hips off the floor straighten your arms to press the pumpkin to the ceiling. Brace your core and flex your glutes for two seconds at the top, then slowly lower your hips back to the floor and return the pumpkin to your chest. Perform 12 reps.

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PUMPKIN SQUAT



Hold a pumpkin at chest level. Start with your feet hip-width apart, push your hips back and lower until your thighs are parallel to the floor like you are sitting back in a chair until your elbows touch your knees (or as low as your flexibility will allow). In the low position, engage your core, squeeze your glutes and push up to standing. Take a deep breath in as you lower to the squat and breathe out as you return to standing. Perform 8-12 reps

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PUMPKIN TWIST



With your back a 45-degree angle and your heels off the ground, twist your torso to one side and touch the pumpkin to the ground, return to center and pause, then repeat on the other side. Place your heels on the ground if it's too difficult. Perform 8-12 reps on each side.

Indoors or out, carve out some time for this pumpkin-themed circuit. When you're finished with your workout, you can celebrate by making a pie.

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The great pumpkin workout exercises. Save to your favorite Pinterest board for later.

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I am a NASM personal trainer and RRCA adult distance running coach that specializes in strength training for runners. I offer in-person training in the Fort Worth Shredshed, online run coaching and nutrition coaching. If you are interested in a more in-depth running or strength training plan, please contact me. Have questions? I'd love to help. While I am a certified personal trainer, I am not your personal trainer. Since I don't know your exercise abilities, injury background or medical history, please see your doctor before beginning any new exercise program. This is an opinion blog. No information in this blog is intended to be taken as medical advice or prescription. Please see your doctor and/or registered dietitian for any health concerns.

Coach Lea

