



# JACKED -O- LANTERN

**An Interactive Pumpkin Workout and Pumpkin Carving Activity**

**Presented by COMM**

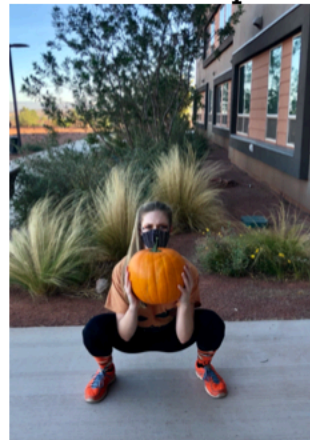
**Bonus Recipes at the End!**

## The Workout:

**Pumpkin Push-Ups:** Place both hands on your pumpkin while in plank form and slowly lower yourself down, bending your arms to at least 90 degrees, then push yourself back up. Do 2 sets of 10 pushups.



**Goblet Squats:** Holding your pumpkin at chest level, squat down, bending your knees to at least 90 degrees if possible, then stand back up. Do 2 sets of 15 goblet squats.

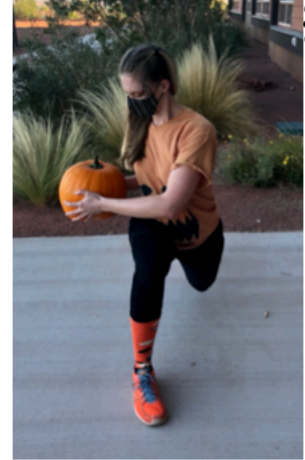
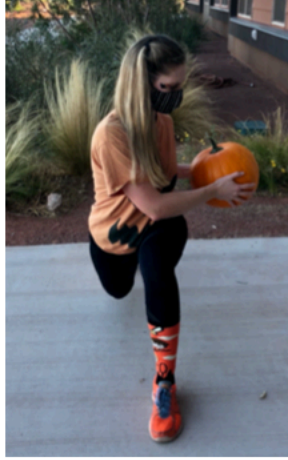
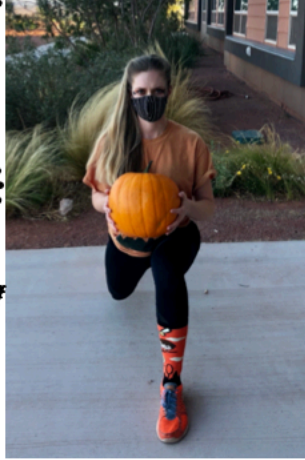


**Side Lunges:** Holding your pumpkin at chest level, take a large step out to the right side and bend your right knee to at least 90 degrees, keeping your left leg straight. Return to center. Repeat, lunging out with your left leg. Do 2 sets of 10 side lunges on each leg (aka 2 sets of 20 lunges total).





**Twisting Lunges:** Holding your pumpkin at chest level, take a step forward with your right leg and bend your knee to 90 degrees. Twist towards your right side, return to center, and return to standing. Do 2 sets of 10 on each leg.



**Overhead Triceps Extension:** Hold your pumpkin with two hands over your head and slowly bend your elbows to at least 90 degrees, keeping your upper arm directly vertical. Slowly return to the starting position. Do 2 sets of 15.



**Pumpkin Swings:** Hold your pumpkin with your arms straight down while you move into a squat. As you stand back up, swing your arms forward. Squat back down as your arms swing back down and repeat. (Similar to a kettle bell swing). Do 2 sets of 15.



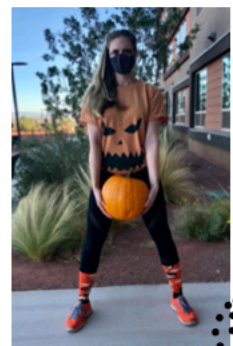
**Seated Russian Twists:** Sit on the ground (on a padded surface if you prefer) while holding your pumpkin with both hands in front of you. Slowly lean backwards until you are balancing on your tailbone, keeping yourself steady by contracting your abdominal muscles. Twist the pumpkin to your left, then to your right, taking a moment to pause at center after each twist. Do 2 sets of 20 twists total.



**Sit-Ups:** Lay flat on your back with your knees bent and feet planted on the floor. Hold your pumpkin in both hands extended over your head with your arms parallel to the floor. Contract your abdominal muscles and sit up, keeping your feet planted, and bring the pumpkin between your knees. Return to the ground slowly. Do 2 sets of 15 sit-ups.



**Sumo Squats:** Hold your pumpkin in both hands with your arms extended, your legs wider than hip distance, and your toes turned slightly out. Slowly squat down and set the pumpkin on the floor before standing up. Squat back down, pick the pumpkin back up, and return to standing. This counts as 1! Do 2 sets of 10 sumo squats.





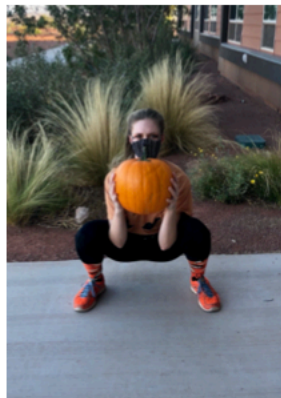
**Sit-Ups to Toes:** Lay flat on your back with your legs extended up in the air, perpendicular to your body (it's okay if they're not perfectly straight). Holding the pumpkin in two hands with your arms extended upwards, contract your abdominal muscles to extend your pumpkin to your toes, and return to resting. Do 2 sets of 10.



**Uneven Pumpkin Push-Ups:** Get in plank position with your right hand on the ground and your left hand on your pumpkin (this arm will need to be bent to make sure your back and shoulders are level). Slowly lower yourself to the ground until your right arm is at least at 90 degrees, then push yourself back up. After you complete your 8 push-ups, repeat on the other side. Do 2 sets of 8 push-ups on each side (aka 2 sets of 16 push-ups total).



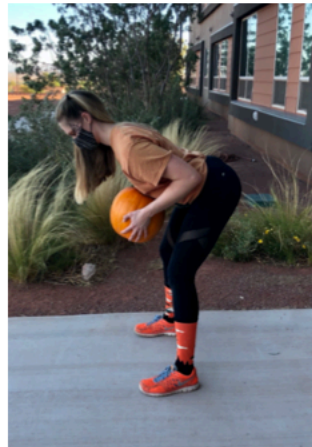
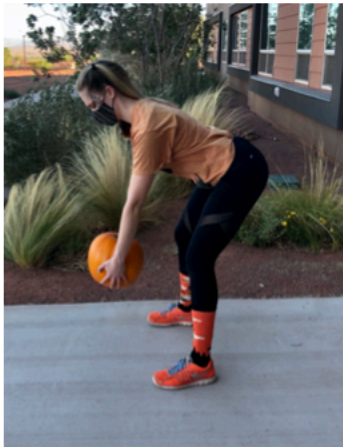
**Squash Squat Press:** Holding your pumpkin at chest level, squat down until your knees are at least to 90 degrees. Stand back up, and when your legs are straight, press your pumpkin directly above your head. Lower the pumpkin back to chest level. This is 1! Do 2 sets of 10 squat presses.



**Pumpkin Plank Taps:** Get in plank position with both of your hands on the ground and your pumpkin at least 6 inches in front of your hands. One at a time, extend one arm and tap your pumpkin then return to center and repeat on the other side. Do 2 sets of 30 taps total.



**Pumpkin Rows:** Stand with your feet shoulder width apart and your knees slightly bent. Bend forward at your hips about 90 degrees and let your arms extend towards the floor with your pumpkin in your hands. Using your back muscles, bring your pumpkin into your chest, then extend your arms again. Do 2 sets of 12 rows.



**Great job!**



## Optional Pumpkin Carving:

Great job completing your workout! Now that you're all done, create your own carved pumpkin design (anatomy themed or not) so you can get crafty and make a post-workout snack. Don't forget to save the pumpkin seeds if you want to use any of the recipes listed below!

When you're done with your pumpkin carving, snap a picture and post it to social media with the hashtag **#RVUSUFallHealthFair** or email your photo to **marketing@rvu.edu** to receive credit for participation and be entered in a drawing to win prizes.

## Pumpkin Seed Recipes:

For all seed recipes:

- Clean off pumpkin seeds (doesn't have to be perfect)
- Preheat oven to 350 F
- Prepare seeds as desired (recipes below)
- Spread onto an ungreased baking sheet and bake 15-20 minutes or until golden, stirring once during baking process

Flavors — toss seeds with desired ingredients prior to baking:

- **Basic**
  - 2 tbsp melted butter + 1/4 tsp salt + 1/4 tsp black pepper
- **Sweet**
  - 2 tbsp melted butter + 1 tbsp brown sugar + 1/2 tsp cinnamon
- **Savory**
  - 2 tbsp melted butter + 1 tsp seasoning salt + 1 tsp white vinegar
- **Spicy**
  - 2 tbsp melted butter + 1/2 tsp Cajun seasoning + 1/2 tsp lime zest
- **Maple**
  - 2 tbsp melted butter + 1 tbsp brown sugar + 1 tbsp maple syrup + pinch salt
- **Italian**
  - 2 tbsp melted butter + 1/4 cup Parmesan + 1/2 tsp Italian seasoning
- **Cocoa**
  - 2 tbsp melted butter + 1 tbsp sugar + 1/2 tbsp cocoa powder + pinch salt

Did you know?  
Pumpkin seeds are rich in antioxidants and are a good source of magnesium and iron — this makes them a healthy and yummy snack!

A decorative border surrounds the text, featuring a dotted line path with small black bat silhouettes and orange pumpkin icons at the corners.

# Don't forget!

Snap a picture of your carved pumpkin, your pumpkin seeds, you doing the Jacked-O-Lantern workout, or a combination of the three and post it to social media with the hashtag **#RVUSUFallHealthFair** or email your photo to **marketing@rvu.edu** to get credit for your participation and be entered in a drawing to win prizes!

Thank you to the following sites for helping inspire this content:

- <https://www.appleandeve.com/>
- <https://www.pillsbury.com/everyday-eats/snacks/how-to-roast-pumpkin-seeds?crlt.pid=camp.wihw1p2nvdjg>
- <https://www.goodmorningamerica.com/wellness/story/festive-full-body-pumpkin-workout-50697649>
- <https://www.popsugar.com/fitness/photo-gallery/35888891/image/35889592/Uneven-Push-Up>
- <https://www.healthline.com/nutrition/11-benefits-of-pumpkin-seeds>