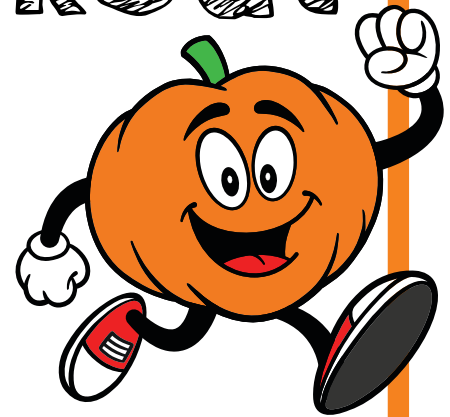


# Pumpkin Workout



P is for 10 push ups.



U is for 10 up and down squats.



M is for marching in place for 30 seconds.



P is for plank position for 10 seconds.



K is for kick your legs for 30 seconds.



I is for invent an exercise.



N is for ninety seconds of running in place.