

NO TRICKS. JUST TRAINING.

Scarily simple ways to stay active this Halloween.

DON'T LET YOUR FITNESS GO GHOST

A LITTLE MOVEMENT GOES A LONG WAY

Halloween is here, bringing darker evenings, colder weather and plenty of tempting treats. But staying active during the spooky season doesn't have to mean following a frightening workout routine or spending hours in the gym.

Whether you're squeezing in a quick home workout, heading out for an autumn walk or trying something new, there are plenty of simple ways to keep moving as the seasons change.

The key is finding a balance that works for you. Fitness shouldn't feel like a punishment for enjoying your favourite Halloween treats, and one indulgent evening certainly won't undo your progress. Instead, focus on keeping movement enjoyable, maintaining a routine that suits your lifestyle and making time for the activities that leave you feeling your best.

This Halloween, forget the fitness frights. Keep moving, enjoy the season and remember that consistency matters more than perfection.

THIS WEEKS FOCUS

- MOVE — Keep your routine alive.
- CHALLENGE — Try a spooky workout.
- BALANCE — Enjoy the treats without the guilt.

THE MONSTER WORKOUT.

NO EQUIPMENT. NO EXCUSES. JUST MOVEMENT.

Looking for a way to bring a little Halloween spirit into your fitness routine? A simple bodyweight circuit can be a fun way to get moving without needing expensive equipment or a trip to the gym.

Combining movements such as squats, lunges, push-ups and mountain climbers can help challenge different muscle groups while keeping your heart rate elevated.

The beauty of circuit training is its flexibility. You can adjust the number of repetitions, take longer breaks or change the exercises to suit your fitness level and experience. For an extra challenge, try completing several rounds while maintaining good technique.

Alternatively, keep things light and focus on enjoying the movement rather than pushing yourself to exhaustion.

This Halloween, the only thing you need to conquer is your next workout one movement at a time.

SPORTO'S SPOOKY CHALLENGE

THE 15-MINUTE MONSTER CIRCUIT

Complete 3 rounds of the following exercises.

Zombie Squats 12 reps
Monster Mountain Climbers 20 total
Ghostly Push-Ups 8–10 reps
Pumpkin Lunges 10 total
Haunted Plank 30 seconds

Rest for 30–60 seconds between rounds, or longer if needed.

Warm up first and adjust movements to your ability.

NO TRICKS. JUST REPS.





