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9 Exercises You Can Do with a Pumpkin

Pumpkins are basically just orange medicine balls with stems. And since it's Halloween today, let's make your workout a little bit more festive with this routine! Pumpkins are the cutest weights and props you'll ever see (read: totally Instagram-worthy!). Give it a try with this workout.

Perform each exercise for one minute. After you complete all exercises rest and repeat the routine.



1. Pumpkin Jacks

Grab your pumpkin and do some jumping jacks pressing the pumpkin over your head.

2. Pumpkin Squats

Keep your feet shoulder-width apart, weight in your heels and pumpkin in your hands. Sit your butt back and down. Press through your heels and squeeze through your glutes as you stand up.

3. Pumpkin Swings

You can perform these with one hand or both hands. Feet should be shoulder-width apart, weight in your heels and pumpkin in your hands. Come down into a squat with the pumpkin toward the floor. Swing the pumpkin to either shoulder height or overhead as you come to a standing position. Repeat.

4. Pumpkin Lunge Twist

Start standing with your right foot forward and left foot back, pumpkin in your hands. Lunge down and twist over the front right knee. Return to the starting position; repeat the lunge and twist. When you're done with one side, switch to left leg forward and repeat, twisting to the opposite side.

5. Pumpkin Dead Row

This is a combination of a deadlift and a row. Start standing with the pumpkin in your hands with both feet planted about hip-width apart. Hinge from the hips, lowering the pumpkin out in front of you. Row the pumpkin toward you. Lower the pumpkin and return to standing. Repeat.

6. Pumpkin Push-Ups

Place one hand on the pumpkin and one hand off. Lower down and then press up. Repeat 30 seconds, then switch to the other side for the remaining 30 seconds.

7. Pumpkin Burpees

Raise the pumpkin over your head, then bring it to the ground. Step or hop back, perform a push up if you can. Then stop or hop forward. Repeat.

8. Pumpkin Curl Press

Start standing with the pumpkin in your hands and arms extended out in front of you. Keep your feet hip-width apart. Knees should not be locked. Curl the pumpkin toward you, then press it over your head. Return to start and repeat.

9. Pumpkin Twist

This is similar to the Russian twist. Grab your pumpkin and hold it in front of your chest while in a seated position. Lift your feet off the floor. Twist the upper body to the right, and then to the left, taking the pumpkin with you. Repeat back and forth. Make sure to twist the entire upper torso, not just the pumpkin!