

A woman with blonde hair tied back, wearing a bright orange tank top, black leggings, and light purple sneakers, is standing on a grey exercise mat. She is holding a large orange pumpkin with both hands above her head, arms fully extended. She is in a squat position with her feet wide apart. The background shows a green lawn, a stone retaining wall, a large green bush, and a grey house with white-trimmed windows. To the left, there is a tree with vibrant red autumn leaves. The overall scene is outdoors in a residential setting during the fall season.

PUMPKIN WORKOUT

1. Squat Thruster

Walking Workout Pumpkin Spice Update

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Promotional Strategy James F. Engel,Martin R. Warshaw,Thomas C. Kinnear,1991 *Wisconsin Annual Events* ,1992
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magazine authorities that readers trust comes this big 576 page reference that is one of the few books that provides advice
on commonly experienced modern day fatigue rather than chronic fatigue syndrome Plus it includes an exclusive recipe
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