

Coppell's Best Personal Trainer Shares 3 Great Pumpkin Exercises to Burn Belly Fat

Local Coppell fitness expert and owner of Great Shape Fit Club Boot Camps, Concita Thomas, loves to piggyback on current events to invigorate her fitness boot camp workouts. She shares how to burn fat instead of gain weigh this holiday season.

Oct. 10, 2009 - [PRLog](#) -- Local Coppell fitness expert and owner of Great Shape Fit Club Boot Camps, Concita Thomas, loves to piggyback on current events to invigorate her fitness boot camp workouts. This fall, Thomas will be holding her first annual Fall Festival Charity Boot Camp event with 75% of proceeds going to the Susan G Komen – Dallas County Affiliate. Campers don costumes while performing pumpkin exercises.

Concita says: “You can approach the fall in one of two ways. The first option is to go nuts with all of the eats and treats. The second is to indulge in moderation and offset any extra caloric consumption with a seasonal pumpkin workout. I recommend the later... it’s a lot more figure-friendly!”

Pumpkins can be used just like medicine balls for an unlimited number of exercise options. Concita likes to take it one step further and use total body exercises that combine upper body, lower body, and core movements into one big bang for your buck exercise.

She has provided her top three total body pumpkin exercises that guarantee to help you burn fat and build muscle in minimal time. She recommends performing at least one circuit of the following three pumpkin exercises, with little to no rest between movements, for every festive, fall treat you eat:

1) Pumpkin Swings: Holding a pumpkin in your hands with your arms extended, stay on your heels and push your hips back while bringing the pumpkin underneath your body while keeping your eyes up and chest out. Then push your hips forward and swing the pumpkin up to chest level being sure to squeeze your glutes at the top of the movement. Repeat for 10 total reps.

2) Pumpkin Curl to Squat to Presses: Holding a pumpkin in your hands with your arms extended, curl the pumpkin to your chest as your squat down until your front thighs are parallel to the floor with your eyes up and your weight on your heels. Then simultaneously stand up and press the pumpkin overhead. Repeat for 10 total reps.

3) Pumpkin Burpees: Holding a pumpkin in your hands with your arms extended, squat down to the floor, then jump your legs out to assume a push-up position. Perform a push-up with your hands on the pumpkin and then reverse the movement to stand back up. Repeat for total 10 reps.

Concita will be holding her first annual Fall Festival Charity Boot Camp Workout on Friday, October 30th at 7:30 pm at The Coppell Dance Centre. The registration deadline is Friday, October 23rd. Attendees will also be heading over to a special after party at Guero's Mexican restaurant following the workout. For more information on this event, please go to our event page at <http://greatshapefitclub.blogspot.com/2009/10/fall-festiv...> . Great Shape Fit Club Boot Camps can also be reached via email at greatshapefitclub@gmail.com and via phone at 214-257-0146.

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About Great Shape Fit Club: Great Shape Fit Club is a comprehensive fat loss boot camp program that includes all of the tools and support that you need to get the great shape that you want. Our boot camp

program is a fitness program for women that is run by women who know exactly what it takes to get in great shape.

Each boot camp coach is a certified professional trainer who understands the science behind getting you in the best shape of your life. In addition to being a certified trainer, each coach has her own practical experience with weight loss and body transformation. We understand first hand the emotional and motivational side of embarking upon a fat loss journey. We also understand the unique demands of a woman's busy schedule and offer practical insight on time management strategies to boost your level of success on our program.

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