

# JENN MARASCO

— wellness —

## **Burpee Love Cardio Workout**

Equipment: none

### Warm Up

- Walk or jog 5 mins
- Walking lunge 50 yards or in step lunge (20x alt. R&L)
- Butt Kick 30 Seconds

### Cardio (24 mins)

Every 4 mins on the minute- The faster you finish the more time you rest before the next round starts

- 80 Jumping jacks
- 8 burpees
- 4 x 25m sprints (or on treadmill run at fast past for 25 seconds- 7x)
- 8 Burpees
- 4 x 25m sprints

### Cool Down

- 1 min plank
- 30 crunches
- 30 bicycles crunches