

JENN MARASCO

— wellness —

Cardio Crazy Workout 1

Directions: Do each set 2x through - to modify take out jumps and go through 1 x

Equipment: mat

Target Muscles: quads, glutes, shoulders, abs

WARM UP

- 30 jumping jacks
- 30 walking lunges

Set 1: Cardio (complete all moves 1 x through)

- 50 lateral jacks
- 20 burpees
- 25 planks shoulder taps
- 50 scissor jumps (like jump lunges but not as deep and FAST with arms moving!)
- 25 mtn spiders
- 100 jump rope
- 20 180 degree squat jumps

Set 2: Tabata 1

20 secs star jumps

10 secs rest

20 secs push ups

10 secs rest

repeat for 4 mins

Set 3: Tabata 2

20 secs of jump overs

10 sec rest

20 secs mtn climbers

10 secs rest

ABS

- 1) crunch beat (hand above head, feet off floor, shoulders off matt, pump feet 8x w one on top and switch)
- 2) single bridge (Hold glute bridge w/ one leg up and rotate leg in circles)
- 3) Leg drops