

JENN MARASCO

— wellness —

Cardio Strength 2 (approx. 45 mins)

Directions: Warm up with a 5 min jog, then for set 1- start with each numbered exercises and complete 8 of each then count down (7, 6, 5, 4, 3, 2, 1) then move on to next set of two exercises.

Equipment: dumbbells & Matt

Target Muscles: Glutes, quads, biceps, shoulders/back, core

Warm up: jog for 5 mins

Set 1: LADDERS

1) 8 push ups & 8 squat jumps
work down to 1 & 1

1 min water break

2) 8 sprints & 8 Squat thrusts

1 min water break

3) 8 Russian jumps & 8 deadlifts to bicep curls

4) 8 mtn climbers & 8 dumbbell rows on single leg

5) 8 sumo burpees & 8 lunge w/ flys

Set 2: Legs & ABs

-Leg drop (drop both legs down together then R/L)

-knee w/ side kick

-triple pulsing squats w/ lift

-plank front/side/side

-reverse crunches

REPEAT