

# JENN MARASCO

— *wellness* —

## **Cardio/ Strength Tabata (22 min workout)**

*(a tabata is 20 seconds work, 10 seconds of rest for 8 rounds)*

### **Tabata 1 (4 mins)**

Jack up/ Jack down  
rest 10 holding a squat

Star Jump up/ jack down  
rest 10 seconds holding a squat

### **Tabata 2 (4 mins)**

Skater lunges  
push up 10 seconds

Burpees  
trice push up 10 seconds

### **Strength (2 mins)**

20 bicep curls w/ squats  
20 lateral raises while doing lunges (arms out to side and lift)  
IN PLANK 20 rows (switching arms each time)  
30 bicycle crunches

**Repeat the tabatas above**

### **ABS**

plank hold center 1 min  
side plank w/ drops 30 seconds  
other side 30 seconds