

JENN MARASCO

— wellness —

HIIT Interval 2 (30 min workout)

Directions: Follow 4 minute pattern of high cardio/moderate cardio/Strength/Active rest (repeat 2x each for 6 TOTAL times) then finish with Cardio/Ab work

Equipment: None needed, weights are optional

Set 1: Repeat x 2

- 1 min High Knees (modify take out hop but keep knees lifting up)
- 1 min Scissor jumps
- 1 min push up x2 then hold plank for 10 seconds (repeat till minute is up)
- 1 min hold squat sit (push heels into floor, engage glutes)

Set 2: Repeat x 2 (R side first, then left, when applicable)

- 1 min R lunge jump (hold lunge w R leg forward, hop up & down on R side)
- 1 min walking lunges
- 1 min Russian twist crunches
- 1 min hold plank

Set 3: Repeat x 2 (R side first, then left, when applicable)

- 1 min burpees
- 1 min jumping jacks
- 1 min slow cross mtn climbers
- 1 min hold R lunge (if you have weight, do curls w both arms)

6 mins Abs

- 1 min side plank- Right
- 30 seconds of tuck in's (lay on back & tuck knees to chest- modify hands go under glutes)
- 1 min side plank- Left
- 30 seconds of tuck in's
- 1 min full plank
- 1 min bicycle crunches
- 1 min full sit ups