

JENN MARASCO

— *wellness* —

HIIT Interval 3 (25 mins)

Directions: 5 exercises repeated 5 times

Equipment: none needed (weights optional)

Target Muscles: Glutes, Quads, Oblique's, Outer Thighs, shoulders

Set 1: repeat 5x

1 min PiYo Lunge Jumps

1 min butt kicks

1 min plank spiders

1 min side lunge hop

1 min push up to low squat

rest 30 seconds to 1 min (as needed) then repeat