

JENN MARASCO

— wellness —

HIIT Interval 4 (40 mins)

Directions: Complete each exercise for one min

Equipment: none

Target Muscles: quads, inner thighs, glutes, abs

Warm Up (5 mins)

- 1 min jumping jacks
- 1 min side lunge (rotate R/L)
- 1 min squat to lunge
- 1 min jumping jacks
- 1 min plank

Set 1: repeat 5x (25 mins)

- 1 min burpee
- 1 min sumo walk fwd/back
- 1 min sumo burpee
- 1 min curls fwd & side while step lunge (alt. R/L)
- 1 min side lunge to hop

rest 1 min then repeat

Set 2: repeat 2x (10 mins)

- 1 min mtn climbers
- 1 min leg drops
- 1 min plank spiders
- 1 min plank flys (modify- lateral jacks)
- 1 min jack up to lateral jack

rest 1 min then repeat