

# JENN MARASCO

— wellness —

## High Intensity Intervals Workout (20 minute workout)

10 min set (rotating b/t cardio and strength)

1 min Jacks

1 min lunge w/ a front leg lift

1 min MTN climbers

1 min squat w/ a glute lift

1 min burpees

1 min plank up/downs

1 min pi yo lunges

1 min plank spiders

1 min frog jumps

1 min russian twist for abs (sit in a crunch position and rotate your torso to engage obliques)

**REPEAT x 2**