

**FRIDAY APRIL 10, 2020**

### WARM-UP - COMPLETE 2 ROUNDS OF THE FOLLOWING:

- 30 Sec. Job in Place
- 25 Jumping Jacks
- 30 Walking Lunges with Twist
- 30 Sec. High Knees
- 5 Arm Circles Each Direction

### WOD - 20 MINUTE AS MANY ROUNDS AS POSSIBLE(AMRAP) OF:

- 5 Kick-Up to Handstand Each Leg
- 5 Pistol Squats Each Leg (Use a chair or couch if you cannot go all the way down)
- 10 Push-Ups

### COOL-DOWN & STRETCH

- Shoulder Rolls - 30 Sec. Each Direction
- Neck Rolls - 30 Sec. Each Direction
- Quad Stretch - 30 Sec. Each Leg
- Pectoral Stretch - 30 Sec. Each Side

Log onto: [www.umass.edu/campusrec](http://www.umass.edu/campusrec) for all of our virtual programming information

*When participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge the University of Massachusetts and Campus Recreation from any and all claims or causes of action, known or unknown, arising out of Campus Recreation programming and services.*

