

GET YOUR DAILY 30 WITH CAMPUS RECREATION

MONDAY APRIL 13, 2020

WARM-UP - COMPLETE 3 ROUNDS OF THE FOLLOWING:

- 30 Sec. Jog in place
- 30 Sec. Jumping Jacks
- 30 Sec. Squats
- 30 Sec. High Knees
- 30 Sec. Reverse Lunges; Alternate Legs

WOD - COMPLETE AS MANY ROUNDS AS POSSIBLE IN 20 MINUTES:

- 5 Burpees
- 10 Squat Jumps
- 15 Dips
- 20 Push-Ups
- 30 Sit-Ups
- 40 Step-Ups
- 50 Walking Lunges
- 60 Sec. Plank

COOL-DOWN & STRETCH

- 5 Deep Breaths with Squat & Arms Overhead
- 30 Sec. Runners Lunge; 30 Sec. hold each leg
- 30 Sec. Forward Fold grab opposite elbow.
Do this stretch for each side
- 30 Sec. Hamstring Stretch each side

Log onto: 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.