

WEDNESDAY APRIL 15, 2020

WARM-UP

- Complete a 5 minute warm-up

WOD - Complete 4 Sets of 10 Reps for Each Exercise:

- Spiderman Push-Ups
- Reverse Burpees
- V-Ups
- Sumo Squats with Double Pulse at bottom position
- Pike Push-Ups (Feet up on chair or couch, make a "V" with your body)
- L-Sit Practice (Place hands lightly on the ground outside your knees, lift and lower legs 10 times)
- Shrimp Squats

COOL-DOWN & STRETCH

- Complete a 5 minute cool-down and stretch of your body
- Be sure to stretch the muscles you worked

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.