

THURSDAY APRIL 16, 2020

WARM-UP

- Walk 1/4 Mile

WOD

- Walk or Jog 2 Miles around your neighborhood
 - During the 2 miles pick up your pace for either 30 second intervals or 1 minute intervals
 - Pick-up pace for 30 seconds then slow your pace for 30 seconds or pick-up your pace for 1 minute then slow your pace for 1 minute

COOL-DOWN & STRETCH

- Walk 1/4 Mile
- Stretch Legs for 1 Minute
- Stretch Arms for 1 Minute
- Perform 1 Minute of Deep Breathing

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.

