

FRIDAY APRIL 17, 2020

### WARM-UP

- Complete a 5 minute warm-up

### WOD - Complete 5 Sets of 10 Reps for Each Exercise:

- Burpee Tuck Jump
- Lying Leg Raise
- Reverse Lunges
- Push-Ups
- 30 Second Plank
- Incline Clap Push-Ups
- Hip Thrust

### 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](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.*

