

MONDAY APRIL 20, 2020

WARM-UP

- Do a complete 5 minute full body warm-up

WOD - WORKOUT OF THE DAY

- 10 Minutes EMOM (Every Minute on the Minute)
 - Deep Overhead Squat - holding a towel in your hands with arms straight overhead
 - Perform 15 Deep Squats with straight arms and towel tight at the top of each minute
 - Rest for the remainder of that minute and begin again on the next minute
- Bulgarian Split Squat - 5 Sets, 60 Seconds each
 - Min 1: 3 sec lowering 1 sec pause at bottom 1 sec drive up
 - Min 2: 1 sec lowering 3 sec pause at bottom 1 sec drive up
 - Min 3: 1 sec lowering 1 sec pause at bottom 3 sec drive up
 - Min 4: 2 sec lowering 0 sec pause at bottom 2 sec drive up
 - Min 5: none 60 sec hold at bottom none

COOL-DOWN & STRETCH

- Complete a 5 minute cool-down and stretch of 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.