

**TUESDAY APRIL 21, 2020**

### WARM-UP

- **Walk or Jog for 5-10 minutes**

### WOD - Complete 10 Rounds of the follow:

- **200 Meter Run**
- **10 Dumbbell Squats (you choose the weight)**
- **L-Sit (as long as you can up to 30 seconds)**
- **10 Box Jumps**

### COOL-DOWN & STRETCH

- **Walk 1/4 mile**
- **Stretch quads, hamstrings, shoulders, back and 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.*

