

WEDNESDAY APRIL 22, 2020

WARM-UP

- Walk or Jog for 5-10 minutes

WOD - Complete 1 Round as quickly as you can of the following:

- 400 Meter Run
- 50 OH Walking Lunges - 25 each leg (hold something heavy overhead)
- 50 Deadlifts (hold 2 heavy things)
- 40 Step-Ups (dumbbell or something in each hand ie; jug of water)
- 40 KB Swings (use water jug, kettlebells or dumbbells)
- 30 Push-Ups
- 20 Burpees
- 20 Box Jumps
- 10 Dumbbell Thrusters
- 10 Pull-Ups or Bodyweight Rows
- 400 Meter Run

COOL-DOWN & STRETCH

- Complete a 5 minute cool-down and stretch the muscles you used

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.*

