

UMassAmherst | Campus Recreation

GET YOUR DAILY 30 WITH CAMPUS RECREATION

FRIDAY APRIL 24, 2020

WARM-UP

- Complete a 5 minute warm-up

WOD - COMPLETE 5 ROUNDS OF THE FOLLOWING:

- Jump Rope
 - 60 Double-Unders or 120 Single jump ropes
- 40 Alternate Reverse Lunges
- 20 Burpees

COOL-DOWN & STRETCH

- Complete a 5 minute cool-down and a full-body stretch holding each stretch for at least 30 seconds

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.

