

**GET YOUR DAILY 30 WITH CAMPUS RECREATION**

**MONDAY APRIL 27, 2020**

## WARM-UP

- Walk or Jog for 5 Minutes
- Do some light stretching of full body
- Do some deep breathing

## WOD

- Complete 4 Rounds for 5, then 10, then 15, then 20 reps each time of the following:
  - Jump Squats
  - Burpee with Push-Up
  - Bodyweight Rows
  - Plank Up-Downs

## COOL-DOWN & STRETCH

- Do a 5 - 10 Minute Stretch of:
  - Legs
  - Abdominals
  - Arms & Shoulders
- Be sure to stretch all 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.*

