

TUESDAY APRIL 28, 2020

WARM-UP

- **Perform a 5-10 minute warm-up of your choice**

WOD - CORE CRUSHER:

- **Complete 3 Rounds of 10 repetitions of each exercise**
 - **Lying Straight Leg Raises**
 - **Plank Knee to Elbow Crunches - 10 Each Side**
 - **V-Ups**
 - **30 Second Plank**
 - **Side Plank 20 Seconds each side**
 - **Mountain Climbers**
 - **Windshield Wipers - 10 each side**

COOL-DOWN & STRETCH

- **5 - 10 Minutes of cool-down including;**
 - **Walking, up dog, down dog and hip flexor stretch**

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.

