

**WEDNESDAY APRIL 29, 2020**

### WARM-UP - Complete 3 Rounds of 30 Seconds each:

- Jog
- Jumping Jacks
- Walk out to Plank
- Squats

### WOD - Complete 3 Rounds of the Following:

- 10 Burpes
- 20 Push-Up open to Side Plank
- 30 Russian Twists
- 40 Thrusters
- 50 Walking Lunges
- 60 Second Plank

### COOL-DOWN & STRETCH

- Hold each stretch for 30 Seconds
  - Quad Stretch
  - Hamstring Stretch
  - Pigeon Pose
  - Chest Stretch
  - Forward Fold
  - 3 Deep Breaths

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.*

