

WEDNESDAY APRIL 8, 2020

WARM-UP - Complete 3 Rounds of the Following:

- Bird-Dog Stretch - 5 Each Side
- Plank Rotations - 5 Each Side
- RDL's 5 Each Leg

WOD - Complete 3 Rounds of the Following:

- 10 Each Leg Bulgarian Split Squats
- 20 Calf Raises
- 10 Incline Push-Ups
 - Hands on step/chair/couch
- 20 Hip Extensions
- 10 Jump Squats
- 20 Single Leg Glute Bridge - 10 Each Leg

COOL-DOWN & STRETCH

Hold All Stretches for 30 Seconds

- Runners Lunge - Each Leg
- Hamstring Stretch - Each Leg
- Calf Stretch - Each Leg

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.

