UMassAmherst | Campus Recreation

GET YOUR DAILY 30 WITH CAMPUS RECREATION

THURSDAY APRIL 9, 2020

WARM-UP

- Walk or Jog 1/2 Mile

WOD - COMPLETE 4 ROUNDS OF THE FOLLOWING:

- 10 Burpees
- 100 Meter Run (Jog or Walk Fast if preferred)
- 10 Air Squats
- 100 Meter Run (Jog or Walk Fast if preferred)
- 10 Push-Ups
- 100 Meter Run (Jog or Walk Fast if preferred)
- 10 Sit-Ups
- 100 Meter Run (Jog or Walk Fast if preferred)

COOL-DOWN & STRETCH

- Walk 1/2 Mile
- Stretch Legs for 1 Minute
- Stretch Arms for 1 Minute
- Perform 1 Minute of Deep Breathing

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.