

GET YOUR DAILY 30 WITH CAMPUS RECREATION

MONDAY MARCH 30, 2020

WARM-UP - COMPLETE 2 ROUNDS OF THE FOLLOWING:

- 30 Sec. Jog in Place
- 10 Reverse Lunges with Twist
- 30 Sec. High Knees
- 10 Up-Downs (Pause in Plank for 2 counts)

WOD - COMPLETE 5 ROUNDS OF THE FOLLOWING:

- 20 Squats
- 20 Sec. Plank
- 20 Russian Twists
- 40 Jumping Jacks
- 20 Sit-Ups (or Crunches)
- 20 Lunges
- 20 Knee Pull-Ins (Alt. lying on back)
- 40 Butt Kicks

COOL-DOWN & STRETCH

- 3 Deep Breaths with Slow Squat
- 30 Sec. Childs Pose
- 30 Sec. Down Dog
- 30 Sec. Up Dog
- Seated Forward Fold
- 3 Deep Breaths

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.

