

## **GET YOUR DAILY 30 WITH CAMPUS RECREATION**

**TUESDAY MARCH 31, 2020**

### **WARM-UP - COMPLETE 3 ROUNDS OF THE FOLLOWING:**

- 50 Jumping Jacks
- 10 Push-Ups
- 10 Air Squats
- 30 Sec. Each Side Lunge Stretch
- 30 Sec. Each Direction Arm Windmill
- 60 sec. Butterfly Stretch
- 30 Sec. Each Direction Shoulder Rolls

### **WOD - COMPLETE FOR TIME**

- 50 Push-ups
- 40 Lunges
- 30 Sit-Ups (or Crunches)
- 20 Air Squats
- 10 Burpees
- 20 Air Squats
- 30 Sit-Ups (or Crunches)
- 40 Lunges
- 50 Push-Ups

### **COOL-DOWN & STRETCH**

- 3 Deep Breaths
- Forward Fold
- Lateral Lunge Stretch (Each Side)
- Shoulder Rolls (Each Direction)
- Quad Stretch (Each Leg)
- 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.*

