

GET YOUR DAILY 30 WITH CAMPUS RECREATION

Try our 30-minute workout of the day to keep your body healthy and balanced! Remember the goal is 30 minutes of exercise so vary rounds as necessary. Please make sure you have plenty of space and stay hydrated throughout! Always perform at least a 5-10 minute warm-up and be sure to include 5-10 minutes of cool-down, breathing and stretching at the end of your workout.

MONDAY 5/11	TUESDAY 5/12	WEDNESDAY 5/13	THURSDAY 5/14	FRIDAY 5/15
COMPLETE 1 ROUND	COMPLETE 1 ROUND	COMPLETE 6 ROUNDS	COMPLETE 2 ROUNDS	COMPLETE 5 ROUNDS
100 Jumping Jacks 50 Lunges 50 Squats 100 High Knees 50 Butt Kicks 25 Lateral Lunges 25 Straight Leg Raises 100 Crunches	10 Burpees 20 Push-Ups 30 Air Squats 40 Lunges 50 Sit-Ups 60 Mountain Climbers 70 High Knees 80 Bicycles 90 Hip Thrusts 100 Double-Unders	24 Air Squats 24 Push-Ups 24 Walking Lunges 200 Meter Run	25 Burpee 25 Push-Up 25 Jumping Jack 25 Sit-Up 25 Kick to Hand Stand	10 Hollow Body Rocks 10 V-Ups 10 Tuck-Ups 10 Sec Hollow Hold 1 Minute Rest

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.