

GET YOUR DAILY 30 WITH CAMPUS RECREATION

Try our 30-minute workout of the day to keep your body healthy and balanced! Please make sure you have plenty of space and stay hydrated throughout! Remember the goal is 30 minutes of exercise so vary rounds and workouts as necessary. 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 5/18	TUESDAY 5/19	WEDNESDAY 5/20	THURSDAY 5/21	FRIDAY 5/22
DO FOR TIME	COMPLETE 1 ROUND (Rest as needed)	CONTINUE UNTIL COMPLETE CYCLE (Down to 1 Push-Up, 20 Sit-Ups)	COMPLETE 4 ROUNDS	COMPLETE AS MANY ROUNDS AS POSSIBLE IN 20 MINUTES (With or without weights)
Push-ups: <ul style="list-style-type: none"> • 50-40-30-20-10 Kettlebell swings: <ul style="list-style-type: none"> • 10-20-30-40-50 Air Squats: <ul style="list-style-type: none"> • 50-40-30-20-10 	50 Burpees 50 Mountain Climbers 50 Walking Lunges 50 Sit-Ups 50 Squats 50 Push-Ups 50 Burpees	20 Push-Ups, 1 Sit-Up 19 Push-Ups, 2 Sit-Ups 18 Push-Ups, 3 Sit-Ups 17 Push-Ups, 4 Sit-Ups 16 Push-Ups, 5 Sit-Ups Continue until: 1 Push-Up, 20 Sit-Ups	5 Burpees 10 Push-Ups 15 Jump Squats 20 Sit-Ups 25 Hip Thrusts 30 Lunges 35 Jumping Jacks 40 Mountain Climbers	10 KB Deadlifts 10 Push-Ups 10 KB High Pulls 10 KB Push Press 10 Push-Ups 10 Goblet Squats 10 Front Squats

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.