

GET YOUR DAILY 30 WITH CAMPUS RECREATION**MONDAY MAY 4, 2020****WARM-UP - 3 ROUNDS, 30 SECONDS EACH ROUND**

- Jog in Place
- Lateral Lunges
- Jumping Jacks
- Squats

**WOD - 15 MINUTES AMRAP: (As many rounds as possible)
of the Following Exercises within the 15 minutes:**

- 15 Burpees
- 15 Sit-Ups
- 15 Box Jumps

COOL-DOWN & STRETCH - 5 - 10 MINUTES

- Walk for 5 Minutes
- Stretch Legs, Abdominals, Shoulders & Chest
 - Be sure to stretch all the muscles you worked

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.

