

WEDNESDAY MAY 6, 2020

WARM-UP

- Complete a Fast Walk or Jog for 1/4 Mile

WOD - Complete 1 Round of the Following :

- 400 Meter (.25 mile) Run or Walk
- 50 Overhead Plate (or laundry detergent) Walking Lunges
- 50 Deadlifts (Kettle Bells, Dumbbells, or Barbells)
- 40 Dumbbell Step-Ups
- 30 Push-Ups
- 30 Sit-Ups
- 20 Burpees
- 20 Box Jumps
- 10 Dumbbell or Barbell Thrusters
- 10 Pull-Ups
- 400 Meter (.25 mile) Run or Walk

COOL-DOWN & STRETCH

- Walk for 5 Minutes
- Stretch all muscles you used for at least 30 seconds each muscle

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.

