

## 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 6/1	TUESDAY 6/2	WEDNESDAY 6/3	THURSDAY 6/4	FRIDAY 6/5
TRY SOMETHING NEW AND SPEND 20 MINUTES ACTIVE	COMPLETE 2 ROUNDS	TABATA WORKOUT (Complete 8 rounds of each exercise – working for 20 Seconds, resting for 10 Seconds)	COMPLETE 4 ROUNDS	COMPLETE 3 ROUNDS 1 Minute per Exercise
<p>Go for a walk, a run, or a hike.</p> <p>Do some gardening.</p> <p>Maybe try jump roping or jumping on a trampoline.</p> <p>Make today your own!</p>	<p>50 Tuck Jumps</p> <p>50 Good Mornings</p> <p>50 Plank Shoulder Taps</p>	<p>Mountain Climbers</p> <p>V-Ups</p> <p>Push-Ups</p> <p>Jog 1 Mile as soon as you finish the Tabatas</p>	<p>200 Meter Run</p> <p>18 Skater Jumps</p> <p>18 Hollow Body Rocks</p>	<p>Plank Shoulder Taps</p> <p>Jumping Jacks</p> <p>Lunges</p> <p>Star Jumps</p> <p>Burpees</p> <p>Rest 1 Minute</p>

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.*