

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 6/22	TUESDAY 6/23	WEDNESDAY 6/24	THURSDAY 6/25	FRIDAY 6/26
COMPLETE 1-3 ROUNDS BASED ON WHETHER YOU ARE BEGINNER OR INTERMEDIATE	COMPLETE 1 ROUND	PRACTICE DOUBLE UNDERS FOR 5 MINUTES – THEN COMPLETE AS MANY ROUNDS AS POSSIBLE IN 20 MINUTES	WALK / JOG 5 MINUTE WALK 15 MIN JOG/SPRINT (Based on Your Fitness Level)	STRENGTH WORK FIND A PLACE TO PRACTICE
20 Air Squats 10 Push-Ups 10 Walking Lunges (Each Leg) 10 Dumbbell Rows <ul style="list-style-type: none"> Use a gallon milk jug or another weight 15 30-Second Plank 30 Jumping Jacks	20 Alternate Step-Ups <ul style="list-style-type: none"> With or without weights Use stairs or bench 30 Burpees 40 Sit-Ups 50 Push-Ups 60 Jumping Jacks 50 Skaters 40 Reverse Lunges 20 Straight Leg Raises	10 Jump Squats 10 Push-Ups 10 Burpees 10 Lunges (Each Leg)	5 Minute Walk 15 Minutes of either: <ul style="list-style-type: none"> 1 Minute On (jog or sprint) 30 Seconds Off (walking) OR <ul style="list-style-type: none"> 1 Minute On (jog or sprint) 1 Minute Off (walking) 	10 Sets of as many as you can: <ul style="list-style-type: none"> Pull-Ups <ul style="list-style-type: none"> Do negatives if you cannot do a pull-up yet Hanging Leg Raises <ul style="list-style-type: none"> 10 sets of as many as you can

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.