

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 6/8	TUESDAY 6/9	WEDNESDAY 6/10	THURSDAY 6/11	FRIDAY 6/12
COMPLETE AS MANY ROUNDS AS POSSIBLE IN 20 MINUTES	COMPLETE 1 ROUND	COMPLETE 5 ROUNDS	EVERY MINUTE ON THE MINUTE COMPLETE	COMPLETE THE EXERCISES AS A CIRCUIT STARTING WITH 1 REPETITION OF EACH THEN 2, 3, 4 ETC. GOING AS HIGH AS YOU CAN IN 20 MINUTES
10 Walking Lunges 20 Push-Ups 30 Air Squats 20 V-Ups 10 Walking Lunges	100 Air Squats 80 Lunges 60 Squat Jumps 40 Jump Lunges 20 Single Leg Squats	5 Burpees 10 Push-Ups 15 Plank Jacks 20 Squat Jumps	10 Push-Ups W/Shoulder Tap 10 Split Squat Jumps Rest Until the Next Minute	Push-Ups Air Squats Burpees Lunges

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.