

## 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 5/25	TUESDAY 5/26	WEDNESDAY 5/27	THURSDAY 5/28	FRIDAY 5/29
COMPLETE 2 ROUNDS OF EACH SET	COMPLETE 2 ROUNDS	CHIPPER WORKOUT	COMPLETE 10 ROUNDS	COMPLETE 5 ROUNDS
<b>Set 1:</b> <ul style="list-style-type: none"> <li>Up &amp; Down Stairs 5X</li> <li>50 Air Squats</li> <li>20 Push-Ups</li> <li>1 Mini Plank</li> </ul> <b>Set 2:</b> <ul style="list-style-type: none"> <li>Up &amp; Down Stairs 5X</li> <li>50 Bicycle Crunches</li> <li>20 Dips</li> <li>1 Mini Plank</li> </ul> <b>Set 3:</b> <ul style="list-style-type: none"> <li>Up &amp; Down Stairs 5X</li> <li>50 Sumo Squats</li> <li>20 Sit-Ups</li> <li>1 Mini Plank</li> </ul>	Work for 45 Seconds Rest for 15 Seconds  Burpees Alternating Lunges Push-Ups Air Squats Sit-Ups Jump Squats Dips High Knees Calf Raises Skaters	100 Alternating Lunges 90 Air Squats 80 Sit-Ups 70 Burpees 60 Second Plank 50 Mountain Climbers 40 Push-Ups 30 Hollow Rocks 20 Calf-Raises 10 Jump Squats	Walk 100 Meters Sprint/Run 100 Meters	10 Push-Ups 10 Air Squats Run 200 Meters

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.*