



Georgia Department of Public Safety

Training Division

Conditioning Program

Please consult with a physician before beginning any physical fitness program.

WEEK TEN

Monday (8 exercises)

Squat Kicks (45 seconds)

Low plank obliques (45 seconds) (Forearms on ground, alternate knee to elbow.)

Alternating lunges (45 seconds)

Lying leg raises (45 seconds)

REST Period (1 minute)

High Knees (45 seconds)

Flutter Kick (45 seconds)

Reverse alternating lunges (45 seconds)

Navy Seal Burpees (45 seconds)

REST Period (1 minute)

(Complete this circuit 4 times.)

Tuesday

Slow jog for 2 minutes

Low to moderate pace for 30 seconds

Sprint for 30 seconds

(After sprint, slow down to your low or moderate pace again for 30 seconds. Keep alternating your low to moderate pace with your sprints for approximately 12 minutes. Total run time will equal 14 minutes.)

Wednesday (8 exercises)

Pushups (45 seconds)

Lying hip thrust (45 seconds)

Alternate arm and leg plank (45 seconds)

Bicycle crunches (45 seconds)

REST Period (1 minute)

Close grip push-ups (45 seconds)

Sit-ups (45 seconds)

Shoulder push-up (45 seconds) (Bring feet closer to chest.)

Roman twist (45 seconds) (Raise feet off the ground, hands together around from one side to the other.)

REST Period (1 minute)

(Complete this circuit 4 times.)

Thursday

3.5 mile run (RUN for TIME)

Friday (8 exercises)

Mountain climbers (45 seconds)

Side to side lunges (45 seconds)

High plank low plank exercise (45 seconds)

Superman Exercise (45 seconds)

REST Period (1 minute)

Wide grip push-ups (45 seconds)

Jumping Jacks (45 seconds)

Arm raise exercise (45 seconds)

Body Squats (45 seconds)

REST Period (1 minute)

(Complete this circuit 4 times.)