



Georgia Department of Public Safety
Training Division
Conditioning Program

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

WEEK ONE

Monday *(4 exercises 30 seconds each)*

Push-ups (30 seconds)

Body squats (30 seconds)

Sit-ups (30 seconds)

Mountain Climbers (30 seconds)

30 second rest period

(The rest period is only taken after you complete all 4 exercises. Complete this circuit 4 times.)

Tuesday

Jog for 40 seconds

Sprint for 10 seconds

Walk for 10 seconds

(One circuit equals 1 minute. Complete 10 circuits which will equal 10 minutes.)

Wednesday *(4 exercises 30 seconds each)*

High plank rotations (30 seconds)

Flutter kicks (30 seconds)

Low plank (30 seconds) (Just forearms and toes on the ground)

High knees (30 seconds)

30 second rest period

(The rest period is only taken after you complete all 4 exercises. Complete this circuit 4 times.)

Thursday

1 mile run or jog (Not for Time, NO WALKING)

Friday *(4 exercises 30 seconds each)*

Close grip push-ups (30 seconds)

Bicycle crunches (30 seconds)

Alternate arm and leg plank (30 seconds) (Opposite sides)

Alternating lunges (30 seconds)

30 second rest period

(The rest period is only taken after you complete all 4 exercises. Complete this circuit 4 times.)