



Georgia Department of Public Safety

Training Division

Conditioning Program

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

WEEK TWO

Monday (5 exercises 30 seconds each)

Dive bombers (30 seconds)

Body squats (30 seconds)

Sit-ups (30 seconds)

Mountain Climbers (30 seconds)

Arm raise exercise (30 seconds)

30 second rest period

(The rest period is only taken after you complete all 5 exercises. Complete this circuit 4 times.)

Tuesday

Jog for 30 seconds

Sprint for 20 seconds

Walk for 10 seconds

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

Wednesday (5 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)

Lying hip thrust (30 seconds)

30 second rest period

(The rest period is only taken after you complete all 5 exercises. Complete this circuit 4 times.)

Thursday

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

Friday *(5 exercises 30 seconds each)*

Wide grip push-ups (30 seconds)

Bicycle crunches (30 seconds)

Alternating lunges (30 seconds)

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

Squat kicks (30 seconds)

30 second rest period

(The rest period is only taken after you complete all 5 exercises. Complete this circuit 4 times.)