



Georgia Department of Public Safety  
Training Division  
Conditioning Program

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

**WEEK THREE**

**Monday** *(4 exercises with 50 yard run in between each exercise - 30 seconds each)*

Push-ups (30 seconds) – Run 50 yards

Body squats (30 seconds) – Run 50 yards

Standing steam engine (30 seconds) – Run 50 yards

Mountain climbers (30 seconds) – Run 50 yards

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 12 circuits which will equal 12 minutes.)

**Wednesday** *(4 exercises with 50 yard run in between each exercise - 30 seconds each)*

High plank rotations (30 seconds) – Run 50 yards

Lying leg raises (30 seconds) – Run 50 yards

Low plank (30 seconds) (Just forearms and toes on the ground) – Run 50 Yards

High knees (30 seconds) – Run 50 yards

30 second rest period

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

**Thursday**

**1.5 mile run** (RUN for TIME)

**Friday** *(4 exercises with 50 yard run in between each exercise - 30 seconds each)*

**Close grip push-ups (30 seconds) – Run 50 yards**

**Bicycle crunches (30 seconds) – Run 50 yards**

**Alternate arm and leg plank (30 seconds) (Opposite sides) – Run 50 yards**

**Side to side lunges (30 seconds) – Run 50 yards**

**30 second rest period**

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