



Georgia Department of Public Safety
Training Division
Conditioning Program

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

WEEK FOUR

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

Pushups (30 seconds) – Sprint 50 yards

Body squats (30 seconds) – Sprint 50 yards

Standing steam engine (30 seconds) – Sprint 50 yards

Superman Exercise (30 seconds) – Sprint 50 yards

1 minute rest period

(The rest period is only taken after you complete all 4 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 12 circuits which will equal 12 minutes.)

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

High plank low plank exercise (30 seconds) – Sprint 50 yards

Flutter kicks (30 seconds) – Sprint 50 yards

Pushups (30 seconds) – Sprint 50 Yards

Lying hip thrust (30 seconds) – Sprint 50 yards

1 minute rest period

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

Thursday

2 mile run (Not for Time, NO WALKING)

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

Wide grip push-ups (30 seconds) – Sprint 50 yards

Bicycle crunches (30 seconds) – Sprint 50 yards

Diamond push-up (30 seconds) – Sprint 50 yards

Side to side lunges (30 seconds) – Sprint 50 yards

1 minute rest period

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