



Georgia Department of Public Safety

Training Division

Conditioning Program

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

WEEK FIVE

Monday (8 exercises 30 seconds each)

Pushups (30 seconds)

Body squats (30 seconds)

Mountain climbers (30 seconds)

Arm raise exercise (30 seconds)

30 second rest period

Sit-ups (30 seconds)

Alternating lunges (30 seconds)

Standing steam engines (30 seconds)

Superman Exercise (30 seconds)

30 second rest period

(There are 2 rest periods in this circuit of 8 exercises. The first rest period is after the first 4 exercises, and the second rest period is after the second set of 4 exercises. Complete this circuit 4 times.)

Tuesday

Slow jog for 5 minutes

Low to moderate pace for 60 seconds

Sprint for 30 seconds

(After sprint, slow down to your low or moderate pace again for 60 seconds. Keep alternating your low to moderate pace with your sprints for approximately 10 minutes. Total run time will equal 15 minutes.)

Wednesday (8 exercises 30 seconds each)

High plank low plank exercise (30 seconds)

Flutter kicks (30 seconds)

High knees (30 seconds)

Lying leg raises (30 seconds)

30 second rest period

Marching in place (30 seconds)

Lying hip thrust (30 seconds)

Low plank obliques (30 seconds) (Forearms on ground, alternate knee to elbow.)

Roman twist (30 seconds) (Raise feet off the ground, hands together around from one side to the other.)

30 second rest period

(There are 2 rest periods in this circuit of 8 exercises. The first rest period is after the first 4 exercises, and the second rest period is after the second set of 4 exercises. Complete this circuit 4 times.)

Thursday

2 mile run (RUN for TIME)

Friday (8 exercises 30 seconds each)

Wide grip push-ups (30 seconds)

Side to side lunges (30 seconds)

Alternate arm and leg plank (30 seconds)

Bicycle crunches (30 seconds)

30 second rest period

Close grip push-ups (30 seconds)

Squat kicks (30 seconds)

Shoulder push-up (30 seconds) (Bring feet closer to chest.)

Reverse alternating lunges (30 seconds)

30 second rest period

(There are 2 rest periods in this circuit of 8 exercises. The first rest period is after the first 4 exercises, and the second rest period is after the second set of 4 exercises. Complete this circuit 4 times.)