



Georgia Department of Public Safety
Training Division
Conditioning Program

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

WEEK SEVEN

Monday (8 exercises 45 seconds each)

Navy Seal Burpees (45 seconds)

Flutter kicks (45 seconds)

REST Period (30 seconds)

Mountain climbers (45 seconds)

Lying leg raises (45 seconds)

REST Period (30 seconds)

High Knees (45 seconds)

Alternating lunges (45 seconds)

REST Period (30 seconds)

Standing steam engines (45 seconds)

Squat kicks (45 seconds)

REST Period (30 seconds)

(Complete this circuit 4 times.)

Tuesday

Slow jog for 5 minutes

Low to moderate pace for 30 seconds

Sprint for 30 seconds

(After sprint, slow down to your low or moderate pace again for 30 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 45 seconds each)

High plank low plank exercise (45 seconds)

Sit-ups (45 seconds)

REST Period (30 seconds)

Alternate arm and leg plank (45 seconds)

Bicycle crunches (45 seconds)

REST Period (30 seconds)

Marching in place (45 seconds)

Lying hip thrust (45 seconds)

REST Period (30 seconds)

Low plank obliques (45 seconds) (Forearms on ground, alternate knee to elbow.)

Roman twist (45 seconds) (Raise feet off the ground, hands together around from one side to the other.)

REST Period (30 seconds)

(Complete this circuit 4 times.)

Thursday

2.5 mile run (Run for TIME)

Friday (8 exercises 45 seconds each)

Wide grip push-ups (45 seconds)

Side to side lunges (45 seconds)

REST Period (30 seconds)

Arm raise exercise (45 seconds)

Body Squats (45 seconds)

REST Period (30 seconds)

Close grip push-ups (45 seconds)

Reverse alternating lunges (45 seconds)

REST Period (30 seconds)

Navy Seal Burpees (45 seconds)

Superman Exercise (45 seconds)

REST Period (30 seconds)

(Complete this circuit 4 times.)