



Georgia Department of Public Safety
Training Division
Conditioning Program

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

WEEK EIGHT

Monday (8 exercises 45 seconds each)

Squat Kicks (45 seconds)

Flutter kicks (45 seconds)

REST Period (30 seconds)

Alternating lunges (45 seconds)

Lying leg raises (45 seconds)

REST Period (30 seconds)

High Knees (45 seconds)

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

REST Period (30 seconds)

Reverse alternating lunges (45 seconds)

Standing steam engines (45 seconds)

REST Period (30 seconds)

(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 12 minutes. Total run time will equal 17 minutes.)

Wednesday (8 exercises 45 seconds each)

Pushups (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)

Close grip push-ups (45 seconds)

Lying hip thrust (45 seconds)

REST Period (30 seconds)

Shoulder push-up (45 seconds) (Bring feet closer to chest.)

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

3 mile run (NOT for TIME)

Friday (8 exercises 45 seconds each)

Mountain climbers (45 seconds)

Side to side lunges (45 seconds)

REST Period (30 seconds)

Arm raise exercise (45 seconds)

Superman Exercise (45 seconds)

REST Period (30 seconds)

Wide grip push-ups (45 seconds)

Body Squats (45 seconds)

REST Period (30 seconds)

High plank low plank exercise (45 seconds)

Navy Seal Burpees (45 seconds)

REST Period (30 seconds)

(Complete this circuit 4 times.)