



Georgia Department of Public Safety

Training Division

Conditioning Program

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

WEEK NINE

Monday (8 exercises)

Squat Kicks (45 seconds)

Flutter kicks (45 seconds)

Alternating lunges (30 seconds)

Lying leg raises (30 seconds)

REST Period (1 minute)

High Knees (45 seconds)

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

Reverse alternating lunges (30 seconds)

Pushups (30 seconds)

REST Period (1 minute)

(Complete this circuit 4 times.)

Tuesday

Slow jog for 2 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 12 minutes. Total run time will equal 14 minutes.)

Wednesday (8 exercises)

Pushups (45 seconds)

Sit-ups (45 seconds)

Alternate arm and leg plank (30 seconds)

Bicycle crunches (30 seconds)

REST Period (1 minute)

Close grip push-ups (45 seconds)

Lying hip thrust (45 seconds)

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

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

REST Period (1 minute)

(Complete this circuit 4 times.)

Thursday

3 mile run (RUN for TIME)

Friday (8 exercises)

Mountain climbers (45 seconds)

Side to side lunges (45 seconds)

Arm raise exercise (30 seconds)

Superman Exercise (30 seconds)

REST Period (1 minute)

Wide grip push-ups (45 seconds)

Jumping Jacks (45 seconds)

High plank low plank exercise (30 seconds)

Body Squats (30 seconds)

REST Period (1 minute)

(Complete this circuit 4 times.)