  

Georgia Department of Public Safety Training Division

Conditioning Program

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

**WEEK THREE**

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

**Push-ups (30 seconds) – Run 50 yards**

**Body squats (30 seconds) – Run 50 yards**

**Standing steam engine (30 seconds) – Run 50 yards**

**Mountain climbers (30 seconds) – Run 50 yards**

**30 second rest period**

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

***Tuesday***

**Jog for 40 seconds**

**Sprint for 10 seconds**

**Walk for 10 seconds**

**(**One circuit equals 1 minute. Complete 12 circuits which will equal 12 minutes.)

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

**High plank rotations (30 seconds) – Run 50 yards**

**Lying leg raises (30 seconds) – Run 50 yards**

**Low plank (30 seconds)** (Just forearms and toes on the ground) – **Run 50 Yards**

**High knees (30 seconds) – Run 50 yards**

**30 second rest period**

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

***Thursday***

**1.5 mile run** (RUN for TIME)

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

**Close grip push-ups (30 seconds) – Run 50 yards**

**Bicycle crunches (30 seconds) – Run 50 yards**

**Alternate arm and leg plank (30 seconds)** (Opposite sides) – **Run 50 yards**

**Side to side lunges (30 seconds) – Run 50 yards**

**30 second rest period**

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