  

Georgia Department of Public Safety Training Division

Conditioning Program

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

**WEEK FOUR**

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

**Pushups (30 seconds) – Sprint 50 yards**

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

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

**Superman Exercise (30 seconds) – Sprint 50 yards**

**1 minute rest period**

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

***Tuesday***

**Jog for 30 seconds**

**Sprint for 20 seconds**

**Walk for 10 seconds**

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

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

**High plank low plank exercise (30 seconds) – Sprint 50 yards**

**Flutter kicks (30 seconds) – Sprint 50 yards**

**Pushups (30 seconds)** – **Sprint 50 Yards**

**Lying hip thrust (30 seconds) – Sprint 50 yards**

**1 minute rest period**

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

***Thursday***

**2 mile run** (Not for Time, NO WALKING)

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

**Wide grip push-ups (30 seconds) – Sprint 50 yards**

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

**Diamond push-up (30 seconds) – Sprint 50 yards**

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

**1 minute rest period**

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