  

Georgia Department of Public Safety Training Division

Conditioning Program

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

**WEEK TWO**

***Monday*** *(5 exercises 30 seconds each)*

**Dive bombers (30 seconds)**

**Body squats (30 seconds)**

**Sit-ups (30 seconds)**

**Mountain Climbers (30 seconds)**

**Arm raise exercise (30 seconds)**

**30 second rest period**

(The rest period is only taken after you complete all 5 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 10 circuits which will equal 10 minutes.)

***Wednesday*** *(5 exercises 30 seconds each)*

**High plank rotations (30 seconds)**

**Flutter kicks (30 seconds)**

**Low plank (30 seconds)** (Just forearms and toes on the ground)

**High knees (30 seconds)**

**Lying hip thrust (30 seconds)**

**30 second rest period**

(The rest period is only taken after you complete all 5 exercises. Complete this circuit 4 times.)

***Thursday***

**1.5 mile run or jog** (Not for Time, NO WALKING)

***Friday*** *(5 exercises 30 seconds each)*

**Wide grip push-ups (30 seconds)**

**Bicycle crunches (30 seconds)**

**Alternating lunges (30 seconds)**

**Alternate arm and leg plank (30 seconds)** (Opposite sides)

**Squat kicks (30 seconds)**

**30 second rest period**

(The rest period is only taken after you complete all 5 exercises. Complete this circuit 4 times.)