



Injury Prevention/Strength Foundation Manual For Recruits

Table of Contents

Chapter	Page
1. Introduction	2
2. Fitness Testing	3
3. Conditioning	6
4. Strength	7
5. Exercise Programs	8
Beginner	8
Intermediate	16
Advanced	24

Chapter 1: Introduction

This manual is meant to be a guide to help prepare individuals for the physical demands of basic recruit training specifically for Prince William County Criminal Justice Training Academy. Our main purpose is to decrease the likelihood of inherent injuries that occur due to the physical nature of the training academy and the profession of law enforcement by developing a sound foundation to build upon. Preparing for the academy should not be taken lightly, as this is the beginning of the physical training to a profession where your job is to save lives. Given the physical nature of a law enforcement officer's duties, overall strength and endurance must be a part of your weekly preparation now as you attempt to begin your instruction, as well as something that must be maintained throughout your career.

Academy Standards

During the first week of training it is required ALL recruits will be able to pass the following fitness standard **minimums**:

Vertical Jump at least 12 inches
Bench Press at least 60% of your body weight
Sit-Ups at least 24 in one minute
300 meter sprint within 76 seconds
Push-Ups at least 13 in one minute
1.5 Mile run within 17 minutes

Keep in mind that these are all the MINIMUM requirements for the academy. Ideally, incoming recruits would be **well** above these standards.

These standards represent where the instructors and staff feel recruits need to start at to allow appropriate physical progression during the academy so that they can be built into effective law enforcement officers. Tactical athletes as a whole (police, military, firefighters, first responders) need to not take their bodies for granted. Your body should be treated as your most important piece of gear, it requires constant daily maintenance including proper hydration, sleep, nutrition, and physical training. Without doing proper physical training and maintenance on your body, you are putting yourself and everyone around you at risk.

Chapter 2: Fitness Testing

This physical preparation program will begin with fitness testing of various types, to give the recruit a better idea of what fitness level they are starting at. Fitness testing will be done prior to when the recruits first report to the academy.

Warm-up:

This warmup should be performed before all of your training sessions.

Perform the following exercises in order to warm-up

- 1) Glute Squeeze 2x10, Bird dog 2x10ea, Plank :30
- 2) Glute Bridge 2x15, Hip Hydrants 2x10ea/dir, Upper Back ISO 2x10 w/ 5 sec hold
- 3) Dynamic Warmup
 - a. Inchworm 2x10
 - b. Knee Hug 2x10/side
 - c. Figure 4 2x10/side
 - d. Walking Quad 2x10/side
 - e. Spiderman w/ OH Reach 2x10/side

Upper body endurance:

Maximum push-up test

Measurements: maximum push-up repetitions performed

Equipment: None

Instructions & Movement Standards:

- A push up begins with the hands and toes touching the floor, the body and legs in a straight line, feet slightly apart, the arms at shoulder width apart, hands under shoulders, extended and at a right angles to the body.
- Keeping the back and knees straight, the lower your body until your chest makes contact with the ground, then returns back to the starting position with the arms extended looking straight down the whole time.
- This action is repeated, and test continues until exhaustion, or until you can do no more push-ups.
- If you rest for more than 1 second at the top of the push-up, arch back to rest, or let hips sag towards the floor then the test is over.

Points of performance:

- Hands should be under shoulders and approximately shoulder width apart
- Chest Between Hands
- Elbows track tight and close to the body
- Elbows should not go out to side
- Your upper body and legs should remain in a straight line the entire time.
- If you are unable to perform more than 5 standard push-ups. Rest for 3 min then reattempt in a modified position elevating hands on bench, do not go to knees.

Maximum pull-up test

Measurements: maximum pull-up repetitions performed

Equipment: Horizontal overhead bar, set at an adequate height so that the you can hang from it with their arms fully extended and feet not touching the floor.

Instructions & Movement Standards:

- Grasp the overhead bar using either an overhand grip (palms facing away from body) and hang with the arms fully extended.
- Next raise your body until the chin clears the top of the bar, then lowers again to a position with the arms fully extended. Do not relax at the bottom however, keeps abs and back tight.
- The pull-ups should be done in a smooth motion. Jerky motion, swinging the body, and kicking or bending the legs is not permitted.
- Perform as many full pull-ups as possible.
- If you are unable to do 1 pull-up perform a bent arm hang test: Grasp the bar overhead. Position the body with the arms bent and the chin above the bar. The chest should be held close to bar with legs hanging straight down. The subjects should be assisted to this position. The subject holds this position for as long as possible.

Points of performance:

- Grasp the bar with hands approximately shoulder width apart
- Keep your core engaged during the movement – think about squeezing your butt.
- Avoid swing of your legs and keep feet together

Core Endurance:

Measurements: plank hold time

Equipment: stopwatch or timing device

Instructions & Movement Standards:

- The aim of this test is to hold an elevated position for as long as possible. Start with the upper body supported off the ground by the elbows and forearms, and the legs straight with the weight taken by the toes. The hips are lifted off the floor creating a straight line from head to toe. As soon as the subject is in the correct position, the stopwatch is started. The test is over when the subject is unable to hold the back straight and the hips are lowered.

Points of performance:

- Squeeze your glutes and tighten your abdominals. Hands are not together, elbows and palms flat on the ground with elbows in line with shoulders
- Keep head looking straight down to floor not dropping head towards ground.
- Don't let your hips sag down to the ground, keep hips the same height as belly button. Sagging hips makes the exercise initially easier, but it's not a plank and it defeats the purpose of the exercise.

Aerobic fitness:

Measurements: 1.5-mile run time

Equipment: stopwatch or timing device

Instructions & Movement Standards:

- The aim of this test is to complete the 1.5 mile course in the shortest possible time. If you perform at a regulation track it will be 6 laps. Although walking is authorized, it is strongly discouraged. A cool down walk of 1 lap should be performed at the completion of the test.

Points of performance:

- Proper pacing is an important factor to perform well. You will want to choose a pace that you can maintain for the entire test.
- Make sure you are properly hydrated and not still fatigued from prior tests.
- Perform in running shoes. Attempting to perform in non-running shoes may result in injury.

Chapter 3: Conditioning

Why Does Aerobic Fitness/Conditioning Matter?

Conditioning, or aerobic fitness is important for many reasons. In the short term, it can impact your performance on the job. When fighting a fire you may need to perform work for an extended period of time. Having a good base of conditioning will help you to perform better, and in turn keep you and your fellow officers safer as well. In the long term, having a healthy heart will protect you from one of the leading causes of deaths in law enforcement: heart attacks. When looking at Aerobic fitness, it needs to be understood as well that we do not only mean running. As an officer, there is very little running happening on the job. This is where conditioning comes into play, as it is specific to the tasks being asked of the athlete. Officers walk, carry, push, pull, twist, lunge, squat, and hinge on the job. These are some of the things that also need to be involved in the conditioning part of physical preparation.

How to Train

There are several ways to improve aerobic fitness. At the Criminal Justice Training Academy, your aerobic fitness will be initially evaluated with a 1.5 mile run. In this program, we will utilize longer bouts of running as well as some circuits involving calisthenics and movements common for officers. This will better prepare you for what you will be required to do in training to become a police officer.

Provided here are two conditioning workouts each week. For the first workout, choose beginner if you cannot run 1.5 miles without stopping. If you cannot run 1.5 miles in less than twelve minutes, choose the intermediate plan. Advanced is for those who can run 1.5 miles in under twelve minutes.

For the second workout, everyone should start at the beginner level. Emphasize proper form over speed and number of repetitions. If you are able to finish the entire beginner workout without form breaking down, you can progress to the next level.

Conditioning is important, but arriving injury-free is most important. Make sure you do the warm up and cool down for each session. Challenge yourself, but never let your form break down.

Chapter 4: Strength

Why Does Strength Matter?

Strength is one of the most important weapons in a police officer's arsenal. No matter what task is being performed, from effecting an arrest with full gear to carrying/dragging a heavy patient, strength plays an important factor. The goal of this program is to build a foundation of proper movement so that when you arrive at the PWC Criminal Justice Training Academy we can begin building the strength required for training.

How to Train

When utilizing this program to prepare for recruit school and/or service, there are several principles to keep in mind to keep safe and perform at your best.

1. If you are unsure if you are a beginner, intermediate, or advanced athlete, you are a beginner.

If you don't have the knowledge and experience to be able to put yourself in one of these categories, start with the beginner template. These categories operate on a spectrum, without concrete guidelines on who is a beginner, intermediate, or advanced tactical athlete. However there are some rough guidelines we can give you to start. If you have not been strength training for over a year consistently, you would be considered a beginner. If you have been training for 2-4 years with good technique, you would start with the intermediate program. Those with 5+ years of training can begin with the advanced program.

2. Technique is Everything

Movement quality is the number one goal of this training program, especially progressing toward recruit school. Accomplishing this before you get there will afford you a higher chance of successfully making it through injury free while continuing to advance your strength. This is the base that we can build a solid foundation on moving forward for the rest of your career. In this program, you should **NEVER SACRIFICE MOVEMENT QUALITY FOR HIGHER WEIGHTS**. Doing movements incorrectly will significantly increase your risk of injury and give little to no benefits when you arrive at recruit school. Without sufficient technique upon arrival to recruit school, it is much more difficult for us to effectively prepare you for the training.

3. Don't do too much

Just because this program looks simple on paper does not mean in any way that it is going to be easy. This is not the kind of program that should be done simultaneously with another strength training program, you will struggle to recover and can come into recruit school over-trained, and possibly injured.

4. Progressive Overload

Every week an exercise is repeated in this program, you should try and add a bit of extra weight (2.5 to 5lbs) or resistance to the exercise. This will help your body build strength slowly over time so it can become accustomed to the heavier weights, which reduces the risk for injury. However, keep principle number 2 in mind. Technique before heavier weights. If form is not dialed in, do not increase weight.

Chapter 5: Exercise Programs

6.A: Beginner (DB: Dumbell RDL: Romanian Deadlift OH: Overhead BB: Barbell PUPP: Pushup Position Plank)

Eight-Week Fitness Plan Level: Beginner Objective: to prepare for recruit school	Week 1	Initial When Complete
Monday A1 Goblet Squat 5x5 A2 Plank 5x:20-:40 B1 Hamstring Curl 3x12 B2 Glute Bridge 3x10 B3 Pushup 3x8 (adjust as needed) B4 Band Pull Aparts 3x15	Date: Notes: 5x5 or 3x8 refers to first the sets and then the number of reps of each exercise. This means that you will do five reps of the goblet squat, five different times. A1/B1 refer to the series. You will alternate between A1/A2 until the number of sets is complete, and then repeat this with the B series as well.	
Tuesday Day Off	Date: Notes:	
Wednesday Do five sets of: Jog 4 min / Walk 1 min Cool down for ten minutes by walking until you catch your breath and static stretching	Date: Notes:	
Thursday A1 DB RDL 4x6 A2 Plank 5x:20-:40 B1 Step Ups 3x10 ea B2 Lateral Squat 3x10 ea B3 Pull Up/Lat Pulldown 3x12 B4 DB OH Press w/ Neutral Grip 3x8	Date: Notes:	
Friday Do two circuits of: 30 sec jumping jacks/30 sec rest 30 sec wall sit/ 30 sec rest 30 sec pushups/ 30 sec rest 30 sec ab crunch/ 30 sec rest 30 sec alternating chair step-ups/ 30 sec rest 30 sec air squats/ 30 sec rest 30 sec tricep dips/ 30 sec rest 30 sec plank/ 30 sec rest 30 sec run in place/ 30 sec rest 30 sec alternating lunges/ 30 sec rest 30 sec glute bridge/ 30 sec rest 15/15 each side plank/ 30 sec rest 3 min rest, begin second set Cool down for ten minutes by walking until you catch your breath and static stretching	Date: Notes:	

DB: Dumbell RDL: Romanian Deadlift OH: Overhead BB: Barbell PUPP: Pushup Position Plank

Eight-Week Fitness Plan Level: Beginner Objective: to prepare for recruit school	Week 2	Initial When Complete
Monday A1 Goblet Squat 5x5 A2 Plank 5x:20-:40 B1 Hamstring Curl 3x12 B2 Glute Bridge 3x10 B3 Pushup 3x8 (adjust as needed) B4 Band Pull Aparts 3x15	Date: Notes:	
Tuesday Day Off	Date: Notes:	
Wednesday Do three sets of: Jog 7 min / Walk 2 min Cool down for ten minutes by walking until you catch your breath and static stretching	Date: Notes:	
Thursday A1 DB RDL 4x6 A2 Plank 5x:20-:40 B1 Step Ups 3x10 ea B2 Lateral Squat 3x10 ea B3 Pull Up/Lat Pulldown 3x12 B4 DB OH Press w/ Neutral Grip 3x8	Date: Notes:	
Friday Do two circuits of: 30 sec burpees/30 sec rest 30 sec air squats/ 30 sec rest 30 sec 10 yard run repeats/ 30 sec rest 30 sec forward hops/ 30 sec rest 30 sec run in place (fast)/ 30 sec rest 30 sec pushups/ 30 sec rest 30 sec jump squats/ 30 sec rest 30 sec mountain climbers/ 30 sec rest 30 sec plank/ 30 sec rest 30 sec russian twist/ 30 sec rest 30 sec glute bridge/ 30 sec rest 30 sec crunches/ 30 sec rest 3 min rest, begin second set Cool down for ten minutes by walking until you catch your breath and static stretching	Date: Notes:	

DB: Dumbell RDL: Romanian Deadlift OH: Overhead BB: Barbell PUPP: Pushup Position Plank

<p>Eight-Week Fitness Plan Level: Beginner Objective: to prepare for recruit school</p>	<p>Week 3</p>	<p>Initial When Complete</p>
<p>Monday A1 Goblet Squat 5x5 A2 Plank 5x:20-:40 B1 Hamstring Curl 3x12 B2 Glute Bridge 3x10 B3 Pushup 3x8 (adjust as needed) B4 Band Pull Aparts 3x15</p>	<p>Date: Notes:</p>	
<p>Tuesday Day Off</p>	<p>Date: Notes:</p>	
<p>Wednesday Do two sets of: Jog 10 min / Walk 2 min Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Thursday A1 DB RDL 4x6 A2 Plank 5x:20-:40 B1 Step Ups 3x10 ea B2 Lateral Squat 3x10 ea B3 Pull Up/Lat Pulldown 3x12 B4 DB OH Press w/ Neutral Grip 3x8</p>	<p>Date: Notes:</p>	
<p>Friday Do two circuits of: 30 sec jumping jacks/15 sec rest 30 sec wall sit/ 15 sec rest 30 sec pushups/ 15 sec rest 30 sec ab crunch/ 15 sec rest 30 sec alternating chair step-ups/ 15 sec rest 30 sec air squats/ 15 sec rest 30 sec tricep dips/ 15 sec rest 30 sec plank/ 15 sec rest 30 sec run in place/ 15 sec rest 30 sec alternating lunges/ 15 sec rest 30 sec glute bridges/ 15 sec rest 15/15 each side plank/ 15 sec rest 3 min rest, begin second set Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	

DB: Dumbell RDL: Romanian Deadlift OH: Overhead BB: Barbell PUPP: Pushup Position Plank

<p>Eight-Week Fitness Plan Level: Beginner Objective: to prepare for recruit school</p>	<p>Week 4</p>	<p>Initial When Complete</p>
<p>Monday A1 Goblet Squat 5x5 A2 Plank 5x:20-:40 B1 Hamstring Curl 3x12 B2 Glute Bridge 3x10 B3 Pushup 3x8 (adjust as needed) B4 Band Pull Aparts 3x15</p>	<p>Date: Notes:</p>	
<p>Tuesday Day Off</p>	<p>Date: Notes:</p>	
<p>Wednesday Do three sets of: Jog 10 min / Walk 2 min Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Thursday A1 DB RDL 4x6 A2 Plank 5x:20-:40 B1 Step Ups 3x10 ea B2 Lateral Squat 3x10 ea B3 Pull Up/Lat Pulldown 3x12 B4 DB OH Press w/ Neutral Grip 3x8</p>	<p>Date: Notes:</p>	
<p>Friday Do two circuits of: 30 sec burpees/15 sec rest 30 sec air squats/ 15 sec rest 30 sec 10 yard run repeats/ 15 sec rest 30 sec forward hops/ 15 sec rest 30 sec run in place (fast)/ 15 sec rest 30 sec pushups/ 15 sec rest 30 sec jump squats/ 15 sec rest 30 sec mountain climbers/ 15 sec rest 30 sec plank/ 15 sec rest 30 sec bicycle crunch/ 15 sec rest 30 sec glute bridge/ 15 sec rest 30 sec crunches/ 15 sec rest 3 min rest, begin second set Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	

DB: Dumbell RDL: Romanian Deadlift OH: Overhead BB: Barbell PUPP: Pushup Position Plank

<p>Eight-Week Fitness Plan Level: Beginner Objective: to prepare for recruit school</p>	<p>Week 5</p>	<p>Initial When Complete</p>
<p>Monday A1 Goblet Squat 5x5 A2 Plank 5x:20-:40 B1 Hamstring Curl 3x12 B2 Glute Bridge 3x10 B3 Pushup 3x8 (adjust as needed) B4 Band Pull Aparts 3x15</p>	<p>Date: Notes:</p>	
<p>Tuesday Day Off</p>	<p>Date: Notes:</p>	
<p>Wednesday Do two sets of: Jog 12 min / Walk 5 min Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Thursday A1 DB RDL 4x6 A2 Plank 5x:20-:40 B1 Step Ups 3x10 ea B2 Lateral Squat 3x10 ea B3 Pull Up/Lat Pulldown 3x12 B4 DB OH Press w/ Neutral Grip 3x8</p>	<p>Date: Notes:</p>	
<p>Friday Do three circuits of: Carry 40 lbs for 100 ft Climb stairs for 3 min Plank for 45 sec Carry 20 lbs for 100 ft walking fast Stand on right leg until you lose your balance, repeat on left leg Carry 15 lbs up and down 30 stairs Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	

DB: Dumbell RDL: Romanian Deadlift OH: Overhead BB: Barbell PUPP: Pushup Position Plank

<p>Eight-Week Fitness Plan: Strength Level: Beginner Objective: to prepare for recruit school</p>	<p>Week 6</p>	<p>Initial When Complete</p>
<p>Monday A1 Goblet Squat 5x5 A2 Plank 5x:20-:40 B1 Hamstring Curl 3x12 B2 Glute Bridge 3x10 B3 Pushup 3x8 (adjust as needed) B4 Band Pull Aparts 3x15</p>	<p>Date: Notes:</p>	
<p>Tuesday Day Off</p>	<p>Date: Notes:</p>	
<p>Wednesday Jog 20 min Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Thursday A1 DB RDL 4x6 A2 Plank 5x:20-:40 B1 Step Ups 3x10 ea B2 Lateral Squat 3x10 ea B3 Pull Up/Lat Pulldown 3x12 B4 DB OH Press w/ Neutral Grip 3x8</p>	<p>Date: Notes:</p>	
<p>Friday Do two circuits of: 30 sec jumping jacks/15 sec rest 30 sec air squat/ 15 sec rest 30 sec pushups/ 15 sec rest 30 sec ab crunch/ 15 sec rest 30 sec alternating chair step-up explosion/ 15 sec rest 30 sec jump squats/ 15 sec rest 30 sec tricep dips/ 15 sec rest 30 sec plank/ 15 sec rest 30 sec run in place/ 15 sec rest 30 sec alternating lunges/ 15 sec rest 30 sec glute bridge/ 15 sec rest 15/15 each side plank/ 15 sec rest 3 min rest, begin second set Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	

DB: Dumbell RDL: Romanian Deadlift OH: Overhead BB: Barbell PUPP: Pushup Position Plank

<p>Eight-Week Fitness Plan Level: Beginner Objective: to prepare for recruit school</p>	<p>Week 7</p>	<p>Initial When Complete</p>
<p>Monday A1 Goblet Squat 5x5 A2 Plank 5x:20-:40 B1 Hamstring Curl 3x12 B2 Glute Bridge 3x10 B3 Pushup 3x8 (adjust as needed) B4 Band Pull Aparts 3x15</p>	<p>Date: Notes:</p>	
<p>Tuesday Day Off</p>	<p>Date: Notes:</p>	
<p>Wednesday Jog 25 min Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Thursday A1 DB RDL 4x6 A2 Plank 5x:20-:40 B1 Step Ups 3x10 ea B2 Lateral Squat 3x10 ea B3 Pull Up/Lat Pulldown 3x12 B4 DB OH Press w/ Neutral Grip 3x8</p>	<p>Date: Notes:</p>	
<p>Friday Do two circuits of: 30 sec burpees 30 sec air squats 30 sec 10 yard run repeats 30 sec forward hops 30 sec run in place (fast) 30 sec pushups 30 sec jump squats 30 sec mountain climbers 30 sec plank 30 sec russian twist 30 sec glute bridge 30 sec crunches 2 min rest, begin second set Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	

DB: Dumbell RDL: Romanian Deadlift OH: Overhead BB: Barbell PUPP: Pushup Position Plank

<p>Eight-Week Fitness Plan Level: Beginner Objective: to prepare for recruit school</p>	<p>Week 8</p>	<p>Initial When Complete</p>
<p>Monday A1 Goblet Squat 5x5 A2 Plank 5x:20-:40 B1 Hamstring Curl 3x12 B2 Glute Bridge 3x10 B3 Pushup 3x8 (adjust as needed) B4 Band Pull Aparts 3x15</p>	<p>Date: Notes:</p>	
<p>Tuesday Day Off</p>	<p>Date: Notes:</p>	
<p>Wednesday Main Set: Jog 30 min Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Thursday A1 DB RDL 4x6 A2 Plank 5x:20-:40 B1 Step Ups 3x10 ea B2 Lateral Squat 3x10 ea B3 Pull Up/Lat Pulldown 3x12 B4 DB OH Press w/ Neutral Grip 3x8</p>	<p>Date: Notes:</p>	
<p>Friday Do three circuits of: Carry 40 lbs for 100 ft Climb stairs for 3 min Plank for 45 sec Carry 20 lbs for 100 ft walking fast Stand on right leg until you lose your balance, repeat on left leg Carry 15 lbs up and down 30 stairs Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	

DB: Dumbell RDL: Romanian Deadlift OH: Overhead BB: Barbell PUPP: Pushup Position Plank

6.B: Intermediate (DB: Dumbbell RDL: Romanian Deadlift OH: Overhead BB: Barbell PUPP: Pushup Position Plank)

Eight-Week Fitness Plan Level: Intermediate Objective: to prepare for recruit school	Week 1	Initial When Complete
Monday A1 Goblet/BB Squat 5x5 A2 Plank 5x:30-:100 B1 DB RDL 3x12 B2 Deadbug 3x6 ea B3 Split Squat 3x12 B4 Glute Bridge 3x15	Date: Notes:	
Tuesday A1 Perfect Pushup 4x8 A2 Inverted Row 4x12 B1 Pull Up/Lat Pulldown 3x10 B2 DB OH Press w/ Neutral Grip B3 Band Pullapart 3x20 B4 Tricep Pushdown 3x20	Date: Notes:	
Wednesday Do three sets of: Jog 10 min / Walk 2 min Cool down for ten minutes by walking until you catch your breath and static stretching	Date: Notes:	
Thursday Do two circuits of: 30 sec jumping jacks/30 sec rest 30 sec wall sit/ 30 sec rest 30 sec pushups/ 30 sec rest 30 sec ab crunch/ 30 sec rest 30 sec alternating chair step-ups/ 30 sec rest 30 sec air squats/ 30 sec rest 30 sec tricep dips/ 30 sec rest 30 sec plank/ 30 sec rest 30 sec run in place/ 30 sec rest 30 sec alternating lunges/ 30 sec rest 30 sec glute bridge/ 30 sec rest 15/15 each side plank/ 30 sec rest 3 min rest, begin second set Cool down for ten minutes by walking until you catch your breath and static stretching	Date: Notes:	
Friday A1 Trap Bar/Sumo Deadlift 5x5 A2 PUPP 5x:30-:100 B1 Goblet Squat 3x12 B2 Birdog 3x10 ea B3 Lateral Squat 3x8 ea B4 Step Ups 3x10 ea	Date: Notes:	

Eight-Week Fitness Plan: Strength Level: Intermediate Objective: to prepare for recruit school	Week 2	Initial When Complete
Monday A1 Goblet/BB Squat 5x5 A2 Plank 5x:30-:100 B1 DB RDL 3x12 B2 Deadbug 3x6 ea B3 Split Squat 3x12 B4 Glute Bridge 3x15	Date: Notes:	
Tuesday Do two sets of: Jog 12 min / Walk 5 min Cool down for ten minutes by walking until you catch your breath and static stretching	Date: Notes:	
Wednesday A1 Perfect Pushup 4x8 A2 Inverted Row 4x12 B1 Pull Up/Lat Pulldown 3x10 B2 DB OH Press w/ Neutral Grip B3 Band Pullapart 3x20 B4 Tricep Pushdown 3x20	Date: Notes:	
Thursday Do two circuits of: 30 sec bench burpees/30 sec rest 30 sec air squats/ 30 sec rest 30 sec 10 yard run repeats/ 30 sec rest 30 sec forward hops/ 30 sec rest 30 sec run in place (fast)/ 30 sec rest 30 sec pushups/ 30 sec rest 30 sec jump squats/ 30 sec rest 30 sec mountain climbers/ 30 sec rest 30 sec plank/ 30 sec rest 30 sec russian twist/ 30 sec rest 30 sec glute bridge/ 30 sec rest 30 sec crunches/ 30 sec rest 2 min rest, begin second set Cool down for ten minutes by walking until you catch your breath and static stretching	Date: Notes:	
Friday A1 Trap Bar/Sumo Deadlift 5x5 A2 PUPP 5x:30-:100 B1 Goblet Squat 3x12 B2 Birdog 3x10 ea B3 Lateral Squat 3x8 ea B4 Step Ups 3x10 ea	Date: Notes:	

<p>Eight-Week Fitness Plan: Strength Level: Intermediate Objective: to prepare for recruit school</p>	<p>Week 3</p>	<p>Initial When Complete</p>
<p>Monday A1 Goblet/BB Squat 5x5 A2 Plank 5x:30-:100 B1 DB RDL 3x12 B2 Deadbug 3x6 ea B3 Split Squat 3x12 B4 Glute Bridge 3x15</p>	<p>Date: Notes:</p>	
<p>Tuesday Main Set: Jog 20 min Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Wednesday A1 Perfect Pushup 4x8 A2 Inverted Row 4x12 B1 Pull Up/Lat Pulldown 3x10 B2 DB OH Press w/ Neutral Grip B3 Band Pullpart 3x20 B4 Tricep Pushdown 3x20</p>	<p>Date: Notes:</p>	
<p>Thursday Do two circuits of: 30 sec jumping jacks/15 sec rest 30 sec air squat/ 15 sec rest 30 sec pushups/ 15 sec rest 30 sec V-Up/ 15 sec rest 30 sec step-up explosion/ 15 sec rest 30 sec jump squats/ 15 sec rest 30 sec tricep dips/ 15 sec rest 30 sec plank/ 15 sec rest 30 sec run in place/ 15 sec rest 30 sec alternating lunges/ 15 sec rest 30 sec mountain climbers/ 15 sec rest 15/15 each side plank/ 15 sec rest 2 min rest, begin second set Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Friday A1 Trap Bar/Sumo Deadlift 5x5 A2 PUPP 5x:30-:100 B1 Goblet Squat 3x12 B2 Birdog 3x10 ea B3 Lateral Squat 3x8 ea B4 Step Ups 3x10 ea</p>	<p>Date: Notes:</p>	

Eight-Week Fitness Plan: Strength Level: Intermediate Objective: to prepare for recruit school	Week 4	Initial When Complete
Monday A1 Goblet/BB Squat 5x5 A2 Plank 5x:30-:100 B1 DB RDL 3x12 B2 Deadbug 3x6 ea B3 Split Squat 3x12 B4 Glute Bridge 3x15	Date: Notes:	
Tuesday Main Set: Jog 25 min Cool down for ten minutes by walking until you catch your breath and static stretching	Date: Notes:	
Wednesday A1 Perfect Pushup 4x8 A2 Inverted Row 4x12 B1 Pull Up/Lat Pulldown 3x10 B2 DB OH Press w/ Neutral Grip B3 Band Pullpart 3x20 B4 Tricep Pushdown 3x20	Date: Notes:	
Thursday Do two circuits of: 30 sec burpees/15 sec rest 30 sec air squats/ 15 sec rest 30 sec 10 yard run repeats/ 15 sec rest 30 sec forward hops/ 15 sec rest 30 sec run in place (fast)/ 15 sec rest 30 sec pushups/ 15 sec rest 30 sec jump on curb/ 15 sec rest 30 sec mountain climbers/ 15 sec rest 30 sec plank jacks/ 15 sec rest 30 sec russian twists/ 15 sec rest 30 sec glute bridge/ 15 sec rest 30 sec toe touches/ 15 sec rest 2 min rest, begin second set Cool down for ten minutes by walking until you catch your breath and static stretching	Date: Notes:	
Friday A1 Trap Bar/Sumo Deadlift 5x5 A2 PUPP 5x:30-:100 B1 Goblet Squat 3x12 B2 Birdog 3x10 ea B3 Lateral Squat 3x8 ea B4 Step Ups 3x10 ea	Date: Notes:	

DB: Dumbell RDL: Romanian Deadlift OH: Overhead BB: Barbell PUPP: Pushup Position Plank

Eight-Week Fitness Plan: Strength Level: Intermediate Objective: to prepare for recruit school	Week 5	Initial When Complete
Monday A1 Goblet/BB Squat 5x5 A2 Plank 5x:30-:100 B1 DB RDL 3x12 B2 Deadbug 3x6 ea B3 Split Squat 3x12 B4 Glute Bridge 3x15	Date: Notes:	
Tuesday Main Set: Jog 30 min Cool down for ten minutes by walking until you catch your breath and static stretching	Date: Notes:	
Wednesday A1 Perfect Pushup 4x8 A2 Inverted Row 4x12 B1 Pull Up/Lat Pulldown 3x10 B2 DB OH Press w/ Neutral Grip B3 Band Pullpart 3x20 B4 Tricep Pushdown 3x20	Date: Notes:	
Thursday Do three circuits of: Carry 40 lbs for 100 ft Climb stairs for 3 min Plank for 45 sec Carry 20 lbs for 100 ft walking fast Stand on right leg until you lose your balance, repeat on left leg Carry 15 lbs up and down 30 stairs Cool down for ten minutes by walking until you catch your breath and static stretching	Date: Notes:	
Friday A1 Trap Bar/Sumo Deadlift 5x5 A2 PUPP 5x:30-:100 B1 Goblet Squat 3x12 B2 Birdog 3x10 ea B3 Lateral Squat 3x8 ea B4 Step Ups 3x10 ea	Date: Notes:	

DB: Dumbell RDL: Romanian Deadlift OH: Overhead BB: Barbell PUPP: Pushup Position Plank

Eight-Week Fitness Plan: Strength Level: Intermediate Objective: to prepare for recruit school	Week 6	Initial When Complete
Monday A1 Goblet/BB Squat 5x5 A2 Plank 5x:30-:100 B1 DB RDL 3x12 B2 Deadbug 3x6 ea B3 Split Squat 3x12 B4 Glute Bridge 3x15	Date: Notes:	
Tuesday Main Set: On a relatively flat route, run out for 16 min, then return to the starting point in 14 min Cool down for ten minutes by walking until you catch your breath and static stretching	Date: Notes:	
Wednesday A1 Perfect Pushup 4x8 A2 Inverted Row 4x12 B1 Pull Up/Lat Pulldown 3x10 B2 DB OH Press w/ Neutral Grip B3 Band Pullapart 3x20 B4 Tricep Pushdown 3x20	Date: Notes:	
Thursday Do three circuits of: 20 sec jumping jacks 20 sec air squat 20 sec pushups 20 sec ab crunch 20 sec alternating chair step-ups 20 sec jump squats 20 sec tricep dips 20 sec plank 20 sec run in place 20 sec alternating lunges 20 sec glute bridge 10/10 each side plank 3 min rest, begin next set Cool down for ten minutes by walking until you catch your breath and static stretching	Date: Notes:	
Friday A1 Trap Bar/Sumo Deadlift 5x5 A2 PUPP 5x:30-:100 B1 Goblet Squat 3x12 B2 Birdog 3x10 ea B3 Lateral Squat 3x8 ea B4 Step Ups 3x10 ea	Date: Notes:	

DB: Dumbell RDL: Romanian Deadlift OH: Overhead BB: Barbell PUPP: Pushup Position Plank

<p>Eight-Week Fitness Plan: Strength Level: Intermediate Objective: to prepare for recruit school</p>	<p>Week 7</p>	<p>Initial When Complete</p>
<p>Monday A1 Goblet/BB Squat 5x5 A2 Plank 5x:30-:100 B1 DB RDL 3x12 B2 Deadbug 3x6 ea B3 Split Squat 3x12 B4 Glute Bridge 3x15</p>	<p>Date: Notes:</p>	
<p>Tuesday Main Set: Jog 30 min Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Wednesday A1 Perfect Pushup 4x8 A2 Inverted Row 4x12 B1 Pull Up/Lat Pulldown 3x10 B2 DB OH Press w/ Neutral Grip B3 Band Pullapart 3x20 B4 Tricep Pushdown 3x20</p>	<p>Date: Notes:</p>	
<p>Thursday Do three circuits of: 20 sec burpees 20 sec 180 jump squats 20 sec suicide run 20 sec squat jacks 20 sec run in place (fast) 20 sec pushups 20 sec jump squats 20 sec mountain climbers 20 sec plank 20 sec russian twist 20 sec glute bridge 20 sec crunches 3 min rest, begin next set Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Friday A1 Trap Bar/Sumo Deadlift 5x5 A2 PUPP 5x:30-:100 B1 Goblet Squat 3x12 B2 Birdog 3x10 ea B3 Lateral Squat 3x8 ea B4 Step Ups 3x10 ea</p>	<p>Date: Notes:</p>	

DB: Dumbell RDL: Romanian Deadlift OH: Overhead BB: Barbell PUPP: Pushup Position Plank

<p>Eight-Week Fitness Plan: Strength Level: Intermediate Objective: to prepare for recruit school</p>	<p>Week 8</p>	<p>Initial When Complete</p>
<p>Monday A1 Goblet/BB Squat 5x5 A2 Plank 5x:30-:100 B1 DB RDL 3x12 B2 Deadbug 3x6 ea B3 Split Squat 3x12 B4 Glute Bridge 3x15</p>	<p>Date: Notes:</p>	
<p>Tuesday Main Set: Jog 30 min Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Wednesday A1 Perfect Pushup 4x8 A2 Inverted Row 4x12 B1 Pull Up/Lat Pulldown 3x10 B2 DB OH Press w/ Neutral Grip B3 Band Pullpart 3x20 B4 Tricep Pushdown 3x20</p>	<p>Date: Notes:</p>	
<p>Thursday Do three circuits of: Carry 40 lbs for 100 ft Climb stairs for 3 min Plank for 45 sec Carry 20 lbs for 100 ft walking fast Stand on right leg until you lose your balance, repeat on left leg Carry 15 lbs up and down 30 stairs Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Friday A1 Trap Bar/Sumo Deadlift 5x5 A2 PUPP 5x:30-:100 B1 Goblet Squat 3x12 B2 Birdog 3x10 ea B3 Lateral Squat 3x8 ea B4 Step Ups 3x10 ea</p>	<p>Date: Notes:</p>	

DB: Dumbell RDL: Romanian Deadlift OH: Overhead BB: Barbell PUPP: Pushup Position Plank

6.C: Advanced (DB: Dumbell RDL: Romanian Deadlift OH: Overhead BB: Barbell PUPP: Pushup Position Plank)

Eight-Week Fitness Plan: Strength Level: Advanced Objective: to prepare for recruit school	Week 1	Initial When Complete
Monday A1 Squat 5x5 A2 Side Plank 5x1:00 ea B1 BB/DB RDL 3x12 B2 Plank 3x1;00-1:30 C1 BB Glute Bridge 3x12 C2 Deadbug 3x8/side C3 Hamstring Curl 4x25	Date: Notes:	
Tuesday Do four sets of: Run hard 2 min / Walk 1 min Try to cover the same distance on all 2 min efforts Cool down for ten minutes by walking until you catch your breath and static stretching	Date: Notes:	
Wednesday A1 Bench Press 5x5 A2 Pullups 5x6-8+ B1 BB/DB OH Press 3x12-15 B2 BO Row 3x15-20 C1 Pushup 3x max C2 Band Pull apart- 4x25	Date: Notes:	
Thursday Do two circuits of: 30 sec jumping jacks/15 sec rest 30 sec air squat/ 15 sec rest 30 sec pushups/ 15 sec rest 30 sec V-Up/ 15 sec rest 30 sec step-up explosion/ 15 sec rest 30 sec jump squats/ 15 sec rest 30 sec tricep dips/ 15 sec rest 30 sec plank/ 15 sec rest 30 sec run in place/ 15 sec rest 30 sec alternating lunges/ 15 sec rest 30 sec mountain climbers/ 15 sec rest 15/15 each side plank/ 15 sec rest 2 min rest, begin second set	Date: Notes:	
Friday A1 Sumo Deadlift 5x5 A2 Side Plank 5x1:00 ea B1 Goblet Squat 3x12 B2 Plank 3x1;00-1:30 C1 Band/Cable Pullthrough 3x12 C2 Birdog 3x8/side, C3 Hamstring Curl 4x25	Date: Notes:	

<p>Eight-Week Fitness Plan: Strength Level: Advanced Objective: to prepare for recruit school</p>	<p>Week 2</p>	<p>Initial When Complete</p>
<p>Monday A1 Squat 3x3 A2 Side Plank 5x1:00 ea B1 BB/DB RDL 3x12 B2 Plank 3x1;00-1:30 C1 BB Glute Bridge 3x12 C2 Deadbug 3x8/side C3 Hamstring Curl 4x25</p>	<p>Date: Notes:</p>	
<p>Tuesday Do five sets of: Run hard 2 min / Walk 1 min Try to cover the same distance on all 2 min efforts Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Wednesday A1 Bench Press 3x3 A2 Pullups 5x6-8+ B1 BB/DB OH Press 3x12-15 B2 BO Row 3x15-20 C1 Pushup 3x max C2 Band Pull apart- 4x25</p>	<p>Date: Notes:</p>	
<p>Thursday Do two circuits of: 30 sec burpees/15 sec rest 30 sec air squats/ 15 sec rest 30 sec 10 yard run repeats/ 15 sec rest 30 sec forward hops/ 15 sec rest 30 sec run in place (fast)/ 15 sec rest 30 sec pushups/ 15 sec rest 30 sec jump on curb/ 15 sec rest 30 sec mountain climbers/ 15 sec rest 30 sec plank jacks/ 15 sec rest 30 sec russian twists/ 15 sec rest 30 sec glute bridge/ 15 sec rest 30 sec toe touches/ 15 sec rest 2 min rest, begin second set</p>	<p>Date: Notes:</p>	
<p>Friday A1 Sumo DL 3x3 A2 Side Plank 5x1:00 ea B1 Goblet Squat 3x12 B2 Plank 3x1;00-1:30 C1 Band/Cable Pullthrough 3x12 C2 Birdog 3x8/side, C3 Hamstring Curl 4x25</p>	<p>Date: Notes:</p>	

<p>Eight-Week Fitness Plan: Strength Level: Advanced Objective: to prepare for recruit school</p>	<p>Week 3</p>	<p>Initial When Complete</p>
<p>Monday A1 Squat 1x1 A2 Side Plank 5x1:00 ea B1 BB/DB RDL 3x12 B2 Plank 3x1;00-1:30 C1 BB Glute Bridge 3x12 C2 Deadbug 3x8/side C3 Hamstring Curl 4x25</p>	<p>Date: Notes:</p>	
<p>Tuesday Do four sets of: Run hard 3 min / Walk 1 min Try to cover the same distance on all 3 min efforts Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Wednesday A1 Bench Press 1x1 A2 Pullups 5x6-8+ B1 BB/DB OH Press 3x12-15 B2 BO Row 3x15-20 C1 Pushup 3x max C2 Band Pull apart- 4x25</p>	<p>Date: Notes:</p>	
<p>Thursday Do three circuits of: 20 sec jumping jacks/ 10 sec rest 20 sec air squat/ 10 sec rest 20 sec pushups/ 10 sec rest 20 sec ab crunch/ 10 sec rest 20 sec alternating chair step-ups/ 10 sec rest 20 sec jump squats/ 10 sec rest 20 sec tricep dips/ 10 sec rest 20 sec plank/ 10 sec rest 20 sec run in place/ 10 sec rest 20 sec alternating lunges/ 10 sec rest 20 sec glute bridge / 10 sec rest 10/10 each side plank/ 10 sec rest 3 min rest, Repeat 2 more sets</p>	<p>Date: Notes:</p>	
<p>Friday A1 Sumo 1x1 A2 Side Plank 5x1:00 ea B1 Goblet Squat 3x12 B2 Plank 3x1;00-1:30 C1 Band/Cable Pullthrough 3x12 C2 Birdog 3x8/side C3 Hamstring Curl 4x25</p>	<p>Date: Notes:</p>	

<p>Eight-Week Fitness Plan: Strength Level: Advanced Objective: to prepare for recruit school</p>	<p>Week 4</p>	<p>Initial When Complete</p>
<p>Monday A1 Squat Deload A2 Side Plank 5x1:00 ea B1 BB/DB RDL 3x12 B2 Plank 3x1;00-1:30 C1 BB Glute Bridge 3x12 C2 Deadbug 3x8/side C3 Hamstring Curl 4x25</p>	<p>Date: Notes: Deload: 50% of last weeks single for 5x5</p>	
<p>Tuesday Do five sets of: Run hard 3 min / Walk 1 min Try to cover the same distance on all 3 min efforts Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Wednesday A1 Bench Press Deload A2 Pullups 5x6-8+ B1 BB/DB OH Press 3x12-15 B2 BO Row 3x15-20 C1 Pushup 3x max C2 Band Pull apart- 4x25</p>	<p>Date: Notes: Deload: 50% of last weeks single for 5x5</p>	
<p>Thursday Do three circuits of: 20 sec burpees/10 sec rest 20 sec 180 jump squats/ 10 sec rest 20 sec suicide run/ 10 sec rest 20 sec squat jacks/ 10 sec rest 20 sec run in place (fast)/ 10 sec rest 20 sec pushups/ 10 sec rest 20 sec jump squats/ 10 sec rest 20 sec mountain climbers/ 10 sec rest 20 sec plank/ 10 sec rest 20 sec russian twist/ 10 sec rest 20 sec glute bridge/ 10 sec rest 20 sec crunches/ 10 sec rest 3 min rest, Repeat 2 more sets</p>	<p>Date: Notes:</p>	
<p>Friday A1 Sumo DL Deload A2 Side Plank 5x1:00 ea B1 Goblet Squat 3x12 B2 Plank 3x1;00-1:30 C1 Band/Cable Pullthrough 3x12 C2 Birdog 3x8/side C3 Hamstring Curl 4x25</p>	<p>Date: Notes: Deload: 50% of last weeks single for 5x5</p>	

<p>Eight-Week Fitness Plan: Strength Level: Advanced Objective: to prepare for recruit school</p>	<p>Week 5</p>	<p>Initial When Complete</p>
<p>Monday A1 Squat 5x5 A2 Side Plank 5x1:00 ea B1 BB/DB RDL 3x12 B2 Plank 3x1;00-1:30 C1 BB Glute Bridge 3x12 C2 Deadbug 3x8/side C3 Hamstring Curl 4x25</p>	<p>Date: Notes:</p>	
<p>Tuesday Main Set: Jog 30 min Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Wednesday A1 Bench Press 5x5 A2 Pullups 5x6-8+ B1 BB/DB OH Press 3x12-15 B2 BO Row 3x15-20 C1 Pushup 3x max C2 Band Pull apart- 4x25</p>	<p>Date: Notes:</p>	
<p>Thursday Do three circuits of: Carry 40 lbs for 100 ft Climb stairs for 3 min Plank for 45 sec Carry 20 lbs for 100 ft walking fast Stand on right leg until you lose your balance, repeat on left leg Carry 15 lbs up and down 30 stairs Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Friday A1 Sumo DL 5x5 A2 Side Plank 5x1:00 ea B1 Goblet Squat 3x12 B2 Plank 3x1;00-1:30 C1 Band/Cable Pullthrough 3x12 C2 Birdog 3x8/side C3 Hamstring Curl 4x25</p>	<p>Date: Notes:</p>	

<p>Eight-Week Fitness Plan: Strength Level: Advanced Objective: to prepare for recruit school</p>	<p>Week 6</p>	<p>Initial When Complete</p>
<p>Monday A1 Squat 3x3 A2 Side Plank 5x1:00 ea B1 BB/DB RDL 3x12 B2 Plank 3x1;00-1:30 C1 BB Glute Bridge 3x12 C2 Deadbug 3x8/side C3 Hamstring Curl 4x25</p>	<p>Date: Notes:</p>	
<p>Tuesday Do five sets of: Run hard 3 min / Walk 1 min Try to cover the same distance on all 3 min efforts Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Wednesday A1 Bench Press 3x3 A2 Pullups 5x6-8+ B1 BB/DB OH Press 3x12-15 B2 BO Row 3x15-20 C1 Pushup 3x max C2 Band Pull apart- 4x25</p>	<p>Date: Notes:</p>	
<p>Thursday Do three circuits of: 30 sec jumping jacks 30 sec air squats 30 sec pushups 30 sec ab crunch 30 sec alternating chair step-ups 30 sec jump squats 30 sec tricep dips 30 sec plank 30 sec run in place 30 sec alternating lunges 30 sec glute bridges 15/15 each side plank 2 min rest, Repeat for 2 more sets</p>	<p>Date: Notes:</p>	
<p>Friday A1 Sumo DL 3x3 A2 Side Plank 5x1:00 ea B1 Goblet Squat 3x12 B2 Plank 3x1;00-1:30 C1 Band/Cable Pullthrough 3x12 C2 Birdog 3x8/side C3 Hamstring Curl 4x25</p>	<p>Date: Notes:</p>	

<p>Eight-Week Fitness Plan: Strength Level: Advanced Objective: to prepare for recruit school</p>	<p>Week 7</p>	<p>Initial When Complete</p>
<p>Monday A1 Squat 1x1 A2 Side Plank 5x1:00 ea B1 BB/DB RDL 3x12 B2 Plank 3x1;00-1:30 C1 BB Glute Bridge 3x12 C2 Deadbug 3x8/side C3 Hamstring Curl 4x25</p>	<p>Date: Notes:</p>	
<p>Tuesday Do five sets of: Run hard 3 min / Walk 1 min Try to cover the same distance on all 3 min efforts Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Wednesday A1 Bench Press 1x1 A2 Pullups 5x6-8+ B1 BB/DB OH Press 3x12-15 B2 BO Row 3x15-20 C1 Pushup 3x max C2 Band Pull apart- 4x25</p>	<p>Date: Notes:</p>	
<p>Thursday Do three circuits of: 30 sec burpees 30 sec 180 jump squats 30 sec suicide run 30 sec squat jacks 30 sec run in place (fast) 30 sec pushups 30 sec jump squats 30 sec mountain climbers 30 sec plank 30 sec russian twist 30 sec glute bridge 30 sec crunches 2 min rest, Repeat for 2 more sets</p>	<p>Date: Notes:</p>	
<p>Friday A1 Sumo DL 1x1 A2 Side Plank 5x1:00 ea B1 Goblet Squat 3x12 B2 Plank 3x1;00-1:30 C1 Band/Cable Pullthrough 3x12 C2 Birdog 3x8/side C3 Hamstring Curl 4x25</p>	<p>Date: Notes:</p>	

<p>Eight-Week Fitness Plan: Strength Level: Advanced Objective: to prepare for recruit school</p>	<p>Week 8</p>	<p>Initial When Complete</p>
<p>Monday A1 Squat Deload A2 Side Plank 5x1:00 ea B1 BB/DB RDL 3x12 B2 Plank 3x1;00-1:30 C1 BB Glute Bridge 3x12 C2 Deadbug 3x8/side C3 Hamstring Curl 4x25</p>	<p>Date: Notes: Deload: 50% of last weeks single for 5x5</p>	
<p>Tuesday Do five sets of: Run hard 3 min / Walk 1 min Try to cover the same distance on all 3 min efforts Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Wednesday A1 Bench Press Deload A2 Pullups 5x6-8+ B1 BB/DB OH Press 3x12-15 B2 BO Row 3x15-20 C1 Pushup 3x max C2 Band Pull apart- 4x25</p>	<p>Date: Notes: Deload: 50% of last weeks single for 5x5</p>	
<p>Thursday Do three circuits of: Carry 40 lbs for 100 ft Climb stairs for 3 min Plank for 45 sec Carry 20 lbs for 100 ft walking fast Stand on right leg until you lose your balance, repeat on left leg Carry 15 lbs up and down 30 stairs Cool down for ten minutes by walking until you catch your breath and static stretching</p>	<p>Date: Notes:</p>	
<p>Friday A1 Sumo Deadlift Deload A2 Side Plank 5x1:00 ea B1 Goblet Squat 3x12 B2 Plank 3x1;00-1:30 C1 Band/Cable Pullthrough 3x12 C2 Birdog 3x8/side C3 Hamstring Curl 4x25</p>	<p>Date: Notes: Deload: 50% of last weeks single for 5x5</p>	