

# DAILY 7

**DEVELOPED BY THE ACADEMY STAFF FOR DEFENSIVE TACTICS CONDITIONING.**

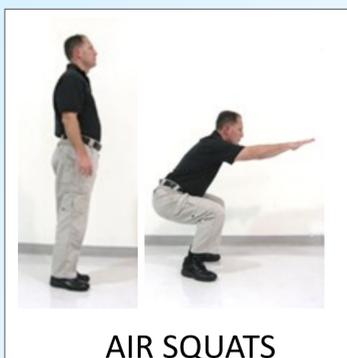
**WORKING TO BEST COMPLETE OUR MISSION.**

**ONCE A DAY, EVERY DAY—THE DAILY 7**



JUMPING JACKS

*Start:* Stand with hands at the side and feet close together. Jump up while extending arms and legs at same time. Lift arms to ears and move feet wider than shoulders. Return to starting position. Perform 10 jumping jacks.



AIR SQUATS

*Start:* Stand with feet shoulder-width apart and hands at the side. Place arms straight out in front of chest. Bend knees, do not go past the toes. Keep back straight. Return to start position. Perform 10 air squats.



BURPEES

*Start:* Stand with feet together, hands at the side. Crouch forward, catch yourself with the hands. Kick the legs straight out, hold momentarily. Bring the legs forward into a squat position, jump straight upward as high as you can. Perform 10 burpees.



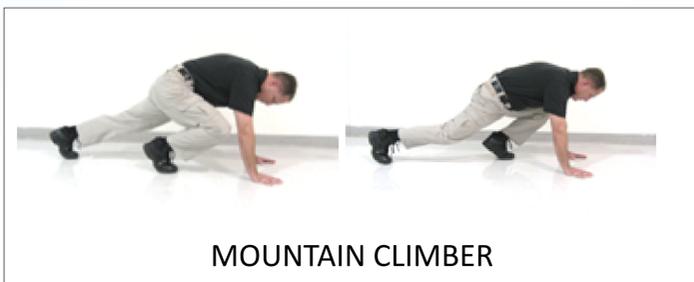
PUSH-UPS

*Start:* On the floor, straight back, full push-up position. Lower body to the floor, stop when elbows reach a 90-degree bend. Push away from the floor and return to starting position. Keep back straight, don't lock elbows. Perform 10 pushups.



ABDOMINAL CRUNCHES

*Start:* Supine position, bent knees, place hands across the chest. Slowly contract abdominals, bring shoulder blades about 1 or 2 inches off the floor. Exhale coming up with neck straight, chin up. Hold for 5 seconds. Perform 10 crunches.



MOUNTAIN CLIMBER

*Start:* Bring right leg forward to the chest, keep left leg back. Quickly bring left leg forward and move right leg back. Alternate again to complete 4-count. Perform 10-4 count mountain climbers.



THE PLANK

*Start:* Legs extended, resting on toes, weight on forearms, shoulders above forearms, straight back, hands clasped. Remain in this position for 30 seconds. Repeat 1 time.

NOTE: START WITH 1 SET OF THE DAILY 7, INCREASE TO 2 AND 3 SETS AS YOU IMPROVE.

