Cadet Workout List

PT SESSION #1

- 25 Air Squats
- 25 Push Ups
- 25 Sit Ups
- Broad Jump 50 feet
- 800 Meter Run

Repeat cycle 4 times

PT SESSION #2

- 50 Air Squats
- 50 Push Ups
- 50 Sit Ups
- 1 Mile Run

Repeat cycle 2 times

PT SESSION #3

- 25 Push Ups
- 25 Sit Ups
- 25 Lunges
- 400 Meter Run

Repeat cycle 8 times

PT SESSION #4

- 50 Air Squats
- 50 Push Ups
- 50 Sit Ups
- Stairs 1x

- 40 Air Squats
- 40 Push Ups
- 40 Sit Ups
- Stairs 2x's

- 30 Air Squats
- 30 Push Ups
- 30 Sit Ups
- Stairs 3x's

- 20 Air Squats
- 20 Push Ups
- 20 Sit Ups
- Stairs 4x's

- 10 Air Squats
- 10 Push Ups
- 10 Sit Ups
- Stairs 5x's

PT SESSION #5

- 25 Push Ups
- 50 Sit Ups
- 75 Air Squats
- Broad Jump 50 feet
- 400 Meter Run

Repeat cycle 4 times

PT SESSION #6

- 100 Air Squats
- 30 Box Jumps
- 30 Push Ups
- 30 Lunges with a Jump
- 30 Sit Ups
- 30 Burpees

- Broad Jump 50 feet
- 800 Meter Run
- Man Drag 50 feet
- 10 Push Ups
- Man Drag 50 feet
- 10 Push Ups

Cadet Workout List

PT SESSION #7

- 15 Diamonds
- 30 Burpees
- 60 Sit Ups
- 800 Meter Run

Repeat cycle 3 times

PT SESSION #8

- 20 Box Jumps
- 20 Push Ups
- 20 Air Squats
- 400 Meter Run

Repeat cycle 5 times

PT SESSION #9

- 50 Air Squats
- 20 Push Ups
- 20 Sit Ups
- 800 Meter Run

- 20 Air Squats
- 20 Push Ups
- 40 Sit Ups
- 800 Meter Run

- 30 Air Squats
- 20 Push Ups
- 20 Sit Ups
- 800 Meter Run

- 20 Air Squats
- 20 Push Ups
- 20 Sit Ups
- 800 Meter Run

- 10 Air Squats
- 20 Push Ups
- 20 Sit Ups
- 800 Meter Run

PT SESSION #10

- 20 Box Jumps
- 30 Sit Ups
- 20 Air Squats
- 30 Push Ups
- 400 Meter Run

Repeat cycle 5 times

PT SESSION #11

- 15 Thrusters with Dumbbells
- 25 Sit Ups
- 15 Dips
- 800 Meter Run

Repeat cycle 4 times

PT SESSION #12

- 30 Lunges
- 25 Sit Ups
- 25 Push Ups
- 50 Air Squats
- 15 Diamond
- 400 Meter Run

Repeat cycle 4 times

Cadet Workout List

PT SESSION #13

- 400 Meter Run
- 25 (Three Count) Jumping Jacks
- 25 Air Squats
- 25 (Three Count) Jumping Jacks
- 25 Air Squats

- 400 Meter Run
- 25 (Three Count) Jumping Jacks
- 25 Air Squats
- 25 (Three Count) Jumping Jacks
- 25 Air Squats

- 1 Mile Run
- 25 (Three Count) Jumping Jacks
- 25 Air Squats
- 25 (Three Count) Jumping Jacks
- 25 Air Squats

- 400 Meter Run
- 25 (Three Count) Jumping Jacks
- 25 Air Squats
- 25 (Three Count) Jumping Jacks
- 25 Air Squats
- 300 Meter Sprint

PT SESSION #14

Repeat cycle 2 times

- 30 Diamonds
- 30 Push Ups
- 15 Dips
- 800 Meter Run
- 30 Standing Lunges
- 30 Air Squats
- 60 Calf Raises
- 800 Meter Run
- 30 Sit Ups
- 30 Crunches
- 60 Flutter Kicks
- 800 Meter Run

PT SESSION #15 (Scenario Day)

Repeat cycle 4 times

- 10 Bench Press Body Weight
- Walking Lunges 50 feet
- 10 Kettle Bell Swings
- Kettle Bell Carry Up Stairs
- 10 Kettle Bell Swings
- Kettle Bell Carry Down Stairs
- Walking Lunges 50 feet
- Row 800 Meters
- 10 Pull Ups

PT SESSION #16 (Scenario Day)

Repeat cycle 4 times

- 10 Bench Press Body Weight
- 10 Power Cleans
- 10 Thrusters
- 10 Dips
- 10 Box Jumps
- 10 Pull Ups
- Stairs 1x

Cadet Workout List

PT SESSION #17 (Scenario Day)

- 25 Sit Ups
- 10 Thrusters
- Box Jump 4 sizes 5 times
- Kettle Bell Carry Up Stairs
- Row 400 Meters
- Run 400 Meters
- 8 Dumbbell Bench Press
- 8 Dips
- 20 Lunges Each Leg

Repeat cycle 3 times

PT SESSION #18 (Scenario Day)

- 21 Bench Press 135#'s
- 21 Squat 135#'s
- 800 Meter Run

Repeat cycle 5 times

PT SESSION #19 (Scenario Day)

- 20 Pull Ups
- 20 Wall Balls
- Row 400 Meters
- 21 Dumbbell Bench Press
- 21 Power Cleans
- Run 400 Meters
- 20 Kettle Bell Swings
- 20 Thrusters
- Stairs 2x's

Repeat cycle 3 times

PT SESSION #20 (Scenario Day)

- 1 Mile Run
- 100 Pull Ups
- 200 Push Ups
- 300 Air Squats
- 1 Mile Run