



Utah Department of Public Safety Utah Peace Officer Standards and Training

PERSONAL PHYSICAL FITNESS PLAN

POST has developed this physical fitness plan to keep you feeling good and ready for the demands of our chosen profession. These exercises are designed to build muscular endurance and strength while increasing flexibility. Additionally, these exercises do not require a gym and can be done at home and outside with very little equipment. The series of workouts are progressive in nature; therefore, you can begin with a workout that is consistent with your current, individual fitness level.

WORKOUT #1

WARM UP

A - 5 ROUNDS

- 1- 10x Mtn Climbers
- 2- 10x Jumping Jax

B - 4 ROUNDS

- 1- 10x Air Squats
- 2- 10x Push-ups
- 3- 10s Superman Hold

Maximum 10 seconds rest after each round

COOL DOWN & STRETCH

WORKOUT #2

WARM UP

A - 5 ROUNDS

- 1- 10x Plank Jacks
- 2- 10x Bicycles

B - 4 ROUNDS

- 1- 10x Side To Side Air Squats
- 2- 10x Side To Side Push-ups
- 3- 10s Star Superman Hold

Maximum 10 seconds rest after each round

COOL DOWN & STRETCH

WORKOUT #3

WARM UP

"TABATA" - 4 ROUNDS 30 SECONDS WORK / 30 SECONDS

Station 1 - Plank
Station 2 - Superman Pulse
Station 3 - Jumping Jacks
Station 4 - Table Hold
Station 5 - Dead Cockroach
8 Minutes Easy Jog or 400 Jump Rope or 12 Min Fast Walk

3 Minutes Rest Between Rounds

COOL DOWN & STRETCH

WORKOUT #4

WARM UP

A

- 1- 10x Burpees (No push-up)
- 2- 25x Wall Sit Shoulder Press
- 3- 50x Push-up To Pike
- 4- 100x Steps Carrying Weight In Each Hand (Farmers Carry)
- 5- 10 Minutes Cardio of Your Choice

COOL DOWN & STRETCH

WORKOUT #5

WARM UP

A

- 1- 100x Air Squats / Skaters
- 2- 100x Plank Jacks / Superman Pule (Any combo)
- 3- 100x Jax / Running High Knee In Place (Any combo)
- 4- 10 Minutes of Jogging

COOL DOWN & STRETCH

WORKOUT #6

WARM UP

A - 2 Rounds

- 1- 20x Alt Straight Leg Dead Lift
- 2- 14x Push-up Opposite Shoulder Tap
- 3- 20x Squat Hops #1
- 4- 15x Superman Rows
- 5- 20x Steps Reverse Spiderman Crawl
- 6- 5 minutes Run

COOL DOWN & STRETCH

Items Needed for the Next 6 Workouts:

- 1 - Small exercise bands (most sports stores 3 pack for \$15)
- 2- Jump Rope (any sports store for \$15)

WORKOUT #7

WARM UP

"TABATA" - 4 ROUNDS 45 SECONDS WORK / 30 SECONDS

- Station 1 - Jump Rope
- Station 2 - Band Squats
- Station 3 - Front And Back Spiderman Crawls (Change direction every 5 steps)
- Station 4 - Band Skaters
- Station 5 - Table Pulse

3 Minutes Rest Between Rounds

COOL DOWN & STRETCH

WORKOUT #8

WARM UP

A - 3 ROUNDS

- 1- 30x Mountain Climbers w/Burpee Every 4
- 2- 60x (e) 3bi High Knee / 3bi Jumping Jax
(Count each movement)

B - 3 ROUNDS

- 1- 14x Squat Hops #2
- 2- 14x 1 Leg Push-ups
- 3- 14x Superman Hold Flutter Kicks
- 4- 50x Unders

Maximum 20 seconds rest after each round

COOL DOWN & STRETCH

WORKOUT #9

WARM UP

A

- 1- 25x 3bi Spiderman Crawl Burpees
- 2- 20x 1 Leg Wall Sit Shoulder Press
- 3- 50x Regular Push-up / Inverted Push-up
- 4- 100x Steps Carrying Weight In One Hand (Suitcase carry, switch hands every 10 steps)
- 5- 12 Minutes Cardio Of Your Choice

COOL DOWN & STRETCH

WORKOUT #10

WARM UP

A

- 1- 60x Alternative Bird Dog
- 2- 10x 5 Seconds High Knee In Place Sprints
- 3- 100x Bicycles / Alternative Dead Cockroach Heel Tap (Any combo)
- 4- 10 Minutes Of Jumping Rope

COOL DOWN & STRETCH

WORKOUT #11

WARM UP

"TABATA" - 4 ROUNDS 60 SECONDS WORK / 30 SECONDS

- Station 1 - Jumping Jax
- Station 2 - Band Squat Hops
- Station 3 - Side To Side Spiderman Crawls (Change direction every 5 steps)
- Station 4 - Band Deep Skaters (Stay in a deep squat position)
- Station 5 - Alternative Table Pulse w/Leg Lift

3 Minutes Rest Between Rounds

COOL DOWN & STRETCH

WORKOUT #12

WARM UP

A

- 1- 50x Push-up Double Bird-dog Burpees

COOL DOWN & STRETCH

Glossary

Air Squats - For any and all squat movements, keep chest up, shoulders back, get your hips back, and knees over your toes.

Air Squats/Skaters - Any combo 50/50, 75/25 Skaters: on one leg jump to the side and land softly on opposite leg swinging your arms for balance as you jump, continue side to side like Apollo Anton Ohno.

Alternative Bird Dog - While in a high plank, lift rt arm and left leg, then back to plank, then lift lft arm and rt leg, then back to plank, repeat 58 more times.

Alternative Straight Leg Dead Lift - Lean forward with a flat back, shoulders relaxed. At the same time, lift your leg behind you, lowering until your body is parallel to the floor. Arms should extend into a superman position as you keep your shoulders back (don't round your back), Let your down leg bend slightly as you lower, slowly stand back up and repeat on the other side.

Alternative Table Pulse w/Leg Lift - In table position, keeping feet and shoulder blades on the ground drop hips to the ground then straight back up, straighten leg and kick to the ceiling.

Band Skaters - Place band around your knees and jump side to side while swinging your arms for balance.

Band Squats - Place feet through band then pull band up around just above your knees, as you do the squats press knees out into band making sure knees track in the same direction of where the feet point.

Dead Cockroach - On back hands and feet straight in the air like and upside-down table.

Leg Push-ups - Stay in a good plank with your leg off the ground and out to the side, switch legs after 7x.

Leg Wall Sit Shoulder Press - While sitting against the wall, pick 1 leg up, and your arms are at up at 90 degree against the wall, press your arms straight above your head keeping your hips, low Middle and upper back, shoulders and entire arms against the wall, switch legs every 2x.

Plank Jacks - Jumping jacks w/feet only while in plank, feet hop in and out.

Push-up Double Bird-dog Burpees - This is to be preformed as fast as you can, keep record of your time so you can work on getting faster each time you complete this workout series.

Push-up To Pike - Regular push-up then press hips high in the air, back to plank, rest when needed.

Reg Push-up/ Inverted Push-up - Reg push-up for 5 reps, lay on you back and preform the same push-up movement but you are pressing your elbows together and lifting your torso off the ground, your elbows will slide across the ground so use a towel under your elbows, keeping your hips and legs on the ground, rest when needed.

Reverse Spiderman Crawl - Crawl backwards in your best spiderman impression, count each hand step.

Side To Side Air Squat - Step to the on the way up from a squat.

Side To Side Push-ups - Step to the side with hand only on the way from each push-up alternate side each push-up.

Squat Hops #1 - 1-2" off the floor, soft landing.

Squat Hops #2 - Same squat movement just jump off the ground approx. 2-3', concentrate on soft land with your weight pushed back into your glutes.

Star Superman Hold - On belly, arms and legs out to 45 degree. Arms, shoulders, knees, and feet off the ground. Hold just barely off the ground.

Glossary (CONTINUED)

Superman Hold Flutter Kicks - Superman position, hold just barely off the ground, legs only do the flutter kick form the hips, knees stay locked in a straight position.

Superman Pulse - Same superman position now tap the ground with arms and legs at the same time.

Superman Rows - While in a superman position, bring your elbows back to your side in a rowing motion.

Spiderman Crawl Burpees - While standing, drop down into a spiderman position, crawl forward 3 steps, jump up and do a burpee, drop back down and crawl backward for 3 steps, jump back up for another burpee, that is 2 burpees, cont. for 23 more X's.

Table Hold - On back feet close to butt, arms at low 45 degree, press hips high in the air.

Table Pulse - In table position, keeping feet and shoulder blades on the ground drop hips to the ground then straight back up.

Unders - Under is the jump rope passing under you feet, 50x unders is 50x jumps, a double under is the rope passing under you feet 2x, so 50x unders doing double unders would be 25x jumps.

Wall Sit Shoulder Press - While sitting against the wall and your arms are at up at 90 degree against the wall, press your arms straight above your head keeping your hips, low Middle and upper back, shoulders and entire arms. against the wall.