

PT #1 SFO

3 Rounds

1-20x Push-ups to side plank

2-20x In-custody air squats

3-20x Flutter kicks

4-Rev Spiderman crawls 50'

5-400 Meter run

PT #2 SFO

4 Rounds

1-25x 1 Leg push-ups (Switch legs at 5)

2-25x Alt air squats to 1 leg high knee

3-25x Star Superman pulse

4-50x Jumping jack pulls (arms go front to back)

5-400 Meter run

PT #3 SFO

5 Rounds

1-20x Alt push-up bird dog (arms only)

2-20x Back lunge to high knee (switch at 10)

3-20x Sit-outs

4-200 Meter run 80% effort

5-200 Meter run 20% effort recovery run

PT #4 SFO

1 Round

A

1-50x Push-up alternating shoulder tap

2-50x In-custody air squat to 1 leg

3-50x Arrested superman twists

4-5x Pull-ups

5-1x Stair lap

B

1-40x Push-up alternating knee to opp chest

2-40x Side to side narrow squats

3-40x Crunch Flutter kicks

4-5x Pull-ups

5-1x Stair lap

C

1-30x Push-up bird dog (both arm and leg)

2-30x Deep skaters

3-30x JiuJitsu Crunches

4-5x Pull-ups

5-2x Stair laps

D

1-20x Spiderman push-ups (legs only, knee to elbow on the way down)

2-20x Squat hops (1'-2" off the floor)

3-20x Sit-outs

4-5x Pull-ups

5-2x Stair laps

E

1-10x High knee burpee with double pushup

2-10 sec each side 1 leg plank hold (count 1-1000, 2-1000, 3-1000)

3-5x Pull-up

4-3x Stair laps

PT #5 SFO

****Recovery Workout****

3 Rounds

Shuffle 1/2 lap clockwise on mat alternating facing in and out each transition.

1-30x Alternating cockroach heel tap (hips and knees at 90 degree)

2-30x Side plank top leg swinging soldier (switch at 15x)

3-30x Standing in custody alternating knee to elbow

4-30x Plank twists hip to floor

5-10x Alternating table thread the needle to turtle then complete full roll

****Position cadets every 4' around the mat.****

PT #6 SFO

****Officer Down****

1 Round

1-100x In-custody squats

2-30x Push-ups

3-30x Box jumps

4-30x Alternating lunge hops

5-30x Sit-ups

6-30x Burpees

7-50' Broad jumping

8-800 Meter run

9-50' Dummy drag

10-10x Push-up

11-50' Dummy drag

12-10x Push-up

PT #7 SFO

4 Rounds

1-30x Mountain Climber with double jacks every 5

2-20x Renegade rows (wide stance)

3-20x alternating push-up tick-tocks

4-20x Steps 1 arm farmers carry

5-800 Meter run

6-20x Steps 1 arm farmers carry (Opposite arm as #4)

PT #8 SFO

3x Through Each

1-P1 Run 100 Meters / P2 Choice Push-ups (rest in plank)

2-P1 Run 100 Meters / P2 Alternating star toe touches (rest in dead bug)

3-P1 Run 100 Meters / P2 Box jumps (rest in deep squat, step down)

4-P1 Run 100 Meters / P2 1 Arm bipod dumbbell rows

5-P1 Run 100 Meters / P2 Deep jumping jacks with burpee every 5 jacks

PT #9 SFO

1 Round

1-50x In-custody squat hops

2-50x Mountain climbers with 1x superman push-up every 5

3-400 Meter run

4-40x In-custody squat hop twists (rotate 90 degree)

5-40x Plank jacks with 2x superman push-ups every 5

6-400 Meter run

7-30x Rev lunge hop switch

8-30x Mountain climbers with 3x superman push-ups every 5

9-400 Meter run

10-20x Deep skaters

11-20x Plank jacks with superman 4x push-ups every 5

12-400 Meter run

13-10x Deep jax (squat narrow and wide and only count wide squats)

14-10x (e) 1 leg Mountain climbers with 2x superman push-ups every 2

15-400 Meter run

PT #10 SFO

3 Rounds

1-20x 1 Arm overhead back lunge (hand with weight is same side leg back, switch side at 10x)

2-30x Plank reach across floor tap (in plank reach past opposite hand and touch the floor)

3-20x 1 Arm dead lift to side (weight in middle, switch arms at 10)

4-30x incline push-ups (feet at or higher than shoulders)

5-200 Meter fast run (80% effort)

6-200 Meter recovery run (20% effort)

PT #11 SFO

5 Rounds

1-16x 1 Arm thrusters (switch arms each round)

2-20x sit outs

3-16x Floor press flutter kicks (Use Dumbell)

4-200 Meter run

5-10x Alternate Push-up to side plank elbow to opp knee

6-200 Meter run

7-5x pull-ups

8-400 Meter run

PT #1 LEO

3 Rounds

20x Push-ups to side plank with hip pulse

20x In-custody squat hops with 90 degree twist

30x Alternating star superman birddog

50x 2 Way jumping jack

200 Meter run

30x 1 Arm mountain climbers (switch arms at 15)

200 Meter run

PT #2 LEO

3 Rounds

1-24x 1 Leg push-ups

2-24x Alternating squat marches (stay in squat and alternate picking up leg)

3-24x Alternating star toe touches

4-24x Squat jacks (count each squat)

5-300 Meter run

6-5x 5bi Mountain climber burpee high hop

7-300 Meter run

PT #3 LEO

4 Rounds

1-20x Knee to chest push-up reverse soldier (start with knee to chest. As you do a push-up the leg straightens back and up)

2-10x Double deep alternating back lunge to squat high hop (do lunge, stay low for 2nd lunge, feet together for high squat hop)

3-10x Supine tick-tocks (Lay on back both legs straight in the air, arms at T, lower legs to the right then back up, the to the left)

4-5x Pull-ups (decrease the number each round, so round 6 you are doing 1 pull-up)

5-200 Meter run

6-20 Plank jacks

7-200 Meter run

PT #4 LEO

1 Round

1-100x Air Squats

2-90x Arrested superman twists

2x Stair laps

3-80x Side to side narrow squats

4-70x Superman jax

2x Stair laps

5-60x Deep skaters

6-50x Push-up bird dog

2x Stair laps

7-40x Spiderman push-ups (legs only)

8-30x Jiujitsu Crunches

2x Stair laps

9-20x Pullups

10-10x Superman burpees high hop

2x Stair laps

PT #5 LEO

1 Round

1-20x In-custody squat hops

100 Meter run

2-10x Burpee bicep curls

100 Meter run

3-20x JiuJitsu Crunches

100 Meter run

4-10x Narrow push-ups

100 Meter run

5-20x 4 count bicycles

100 Meter run

6-10x Push-up to side plank hip to ceiling

100 Meter run

7-20x 4bi Crunch flutter kicks

100 Meter run

8-10x Superman push-ups (down to superman every push-up)

100 Meter run

9-20x Sit-outs

100 Meter run

10-10x Pull-ups

Lunge to stairs

2x Stair laps

PT #6 LEO

1 Round

800 Meter run

1-21x Thrusters

2-21x Burpees

3-21x Jiujitsu Crunches

800 Meter run

4-15x Thrusters

5-15x Burpees

6-15x Jiujitsu Crunches

800 Meter run

7-9x Thrusters

8-9x Burpees

9-9x Jiujitsu Crunches

800 Meter run

PT #7 LEO

40 Minute AMRAP

1-30x 1 leg Mountain Climber switch leg every 5

2-20x Renegade rows (wide stance)

3-20x alternating push-up tick-tocks

4-20x Steps 1 arm overhead weighted carry

5-400 Meter run

6-20x Steps 1 arm overhead weighted carry (Opposite arm as #4)

PT #8 LEO

5 Rounds

1-20x Alt DB weighted straight leg dead lift 5x row

2-30x Bicycles

3-8x 3bi Plyo push-up (narrow, reg, ultra wide, can do from knees)

4-1x Stair lap

5-10x 3bi deep squat hop burpee (no pushup)

6-20x Plank 90 Degree pendulum hops

7-20x Alt lunge hops

8-400 Meter run

Last PT LEO

****OFFICER DOWN****

1-100x In-custody squats

2-30x Push-ups

3-30x Box jumps

4-30x Alternating lunge hops

5-30x Sit-ups

6-30x Burpees

7-50' Broad jumping

8-800 Meter run

9-50' Dummy drag

10-10x Push-up to side plank

11-50' Dummy drag

12-10x Push-up to side plank