



BEING PREPARED

A suggested minimum workout routine to be ready for the State Police Academy:

- **Run 3 miles**
 - **50 push-ups**
 - **50 sit-ups**
 - **50 burpees**
 - **50 scissors kicks/flutter kicks**
 - **50 mountain climbers**
 - **60 second plank**
 - **400M run to finish the workout**
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- **No rest between exercises**
 - **Target Fitness Level: completed in under 45 minutes**
 - **Exceptional Fitness Level: completed in under 30 minutes**
 - **Goal: Core Strength and Endurance**