

**Cardinal Criminal Justice Academy
Pre-Academy Fitness Course**

Week: 1 of 4

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|---------|--|----------|--|
| WARM UP | 2 Laps around T-Ball Field Flexibility | | 2 Laps around T-Ball Field Flexibility | | 2 Laps around T-Ball Field Flexibility |
| EXERCISES | <p>MUSCLE DEVELOPMENT Push-ups - Push-up Hold Wide Push-ups - Close Push-ups Sit-ups - Crunches - Flutter Kicks Leg Raises</p> <p>Each exercise is done for 15 seconds 30 second rest between exercises</p> <p>Pull-ups (3)</p> <p>Jump Rope (20 seconds)</p> <p>3 minute water break</p> | | <p>MUSCLE DEVELOPMENT Push-ups - Push-up Hold Wide Push-ups - Close Push-ups Sit-ups - Crunches - Flutter Kicks Leg Raises</p> <p>Each exercise is done for 15 seconds 30 second rest between exercises</p> <p>Pull-ups (3) Bar Dips (3)</p> <p>Jump Rope (20 seconds)</p> <p>3 minute water break</p> | | <p>MUSCLE DEVELOPMENT Push-ups - Push-up Hold Wide Push-ups - Close Push-ups Sit-ups - Crunches - Flutter Kicks Leg Raises</p> <p>Each exercise is done for 15 seconds 30 second rest between exercises</p> <p>Pull-ups (3) Bar Dips (3)</p> <p>3 minute water break</p> |
| | RUN | RUN | RUN | RUN | RUN |
| DISTANCE | 1.0 Mile | | 1.25 Miles | | 1.5 Miles |
| ROUTE | 4 laps around the academy | | 5 laps around the academy | | Bowman to Colorado to Front to Eddy |
| SPEED | Individual Run | | Individual Run | | Slow Formation Run |
| INCLINE | None | | None | | None |

**Cardinal Criminal Justice Academy
Pre-Academy Fitness Course**

Week: 2 of 4

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|---------|---|----------|--|
| WARM UP | 2 Laps around T-Ball Field Flexibility | | 2 Laps around T-Ball Field Flexibility | | 2 Laps around T-Ball Field Flexibility |
| EXERCISES | <p>MUSCLE DEVELOPMENT Push-ups - Push-up Hold Wide Push-ups - Close Push-ups Sit-ups - Crunches - Flutter Kicks Leg Raises</p> <p>Each exercise is done for 20 seconds 30 second rest between exercises</p> <p>Pull-ups (4) Bar Dips (4)</p> <p>Jump Rope (30 seconds)</p> <p>3 minute water break</p> | | <p>DIAGNOSTIC PHYSICAL FITNESS TEST</p> <p>Push-ups (Maximum continuous repetitions)</p> <p>Sit-ups (One minute)</p> <p>Pull-ups (Maximum repetitions)</p> <p>Sit & Reach (One stretch)</p> | | <p>MUSCLE DEVELOPMENT Push-ups - Push-up Hold Wide Push-ups - Close Push-ups Sit-ups - Crunches - Flutter Kicks Leg Raises</p> <p>Each exercise is done for 20 seconds 30 second rest between exercises</p> <p>Pull-ups (4) Bar Dips (4)</p> <p>3 minute water break</p> |
| | RUN | RUN | RUN | RUN | RUN |
| DISTANCE | 1.5 Miles | | 1.5 Miles | | 1.7 Miles |
| ROUTE | Bowman to Colorado to Front to Eddy | | Bowman to Colorado to Front to Eddy | | Bowman to Colorado to Front to CCJA |
| SPEED | Slow Formation Run | | Individual Run | | Slow Formation Run |
| INCLINE | None | | None | | None |

**Cardinal Criminal Justice Academy
Pre-Academy Fitness Course**

Week: 3 of 4

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|---------|---|----------|--|
| WARM UP | 2 Laps around T-Ball Field Flexibility | | 2 Laps around T-Ball Field Flexibility | | 2 Laps around T-Ball Field Flexibility |
| EXERCISES | <p>MUSCLE DEVELOPMENT Push-ups - Push-up Hold Wide Push-ups - Close Push-ups Sit-ups - Crunches - Flutter Kicks Leg Raises</p> <p>Each exercise is done for 25 seconds 30 second rest between exercises</p> <p>Pull-ups (5) Bar Dips (5)</p> <p>Jump Rope (40 seconds)</p> <p>3 minute water break</p> | | <p>Jumping Jacks (30)</p> <p>Push-ups (20)</p> <p>Sit-ups (20)</p> <p>Pull-ups (2 sets of 4)</p> <p>Physical Ability Course Stations</p> <p>5 Foot Wall 150 lb Dummy Drag</p> | | <p>MUSCLE DEVELOPMENT Push-ups - Push-up Hold Wide Push-ups - Close Push-ups Sit-ups - Crunches - Flutter Kicks Leg Raises</p> <p>Each exercise is done for 25 seconds 30 second rest between exercises</p> <p>Pull-ups (5) Bar Dips (5)</p> <p>3 minute water break</p> |
| | RUN | RUN | RUN | RUN | RUN |
| DISTANCE | 2.0 Miles | | 1.5 Miles | | 2.25 Miles |
| ROUTE | Bowman to Colorado to Riverside to Eddy to Front to CCJA | | Bowman to Colorado to Front to Eddy | | Bowman to Colorado to Riverside to Eddy to Front to CCJA plus one lap around the academy |
| SPEED | Slow Formation Run | | Individual Run | | Slow Formation Run |
| INCLINE | None | | None | | None |

**Cardinal Criminal Justice Academy
Pre-Academy Fitness Course**

Week: 4 of 4

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|---------|---|----------|--|
| WARM UP | 2 Laps around T-Ball Field Flexibility | | 2 Laps around T-Ball Field Flexibility | | 2 Laps around T-Ball Field Flexibility |
| EXERCISES | <p>MUSCLE DEVELOPMENT Push-ups - Push-up Hold Wide Push-ups - Close Push-ups Sit-ups - Crunches - Flutter Kicks Leg Raises</p> <p>Each exercise is done for 30 seconds 30 second rest between exercises</p> <p>Pull-ups (5) Bar Dips (5)</p> <p>Jump Rope (1 minute)</p> <p>3 minute water break</p> | | <p>Jumping Jacks (30)</p> <p>Push-ups (20)</p> <p>Sit-ups (20)</p> <p>Pull-ups (2 sets of 5)</p> <p>Physical Ability Course Stations</p> <p>5 Foot Wall 150 lb Dummy Drag Step Test</p> | | <p>Jumping Jacks (30)</p> <p>Push-ups (20)</p> <p>Sit-ups (20)</p> <p>Pull-ups (5)</p> <p>Bar Dips (5)</p> <p>3 minute water break</p> |
| | RUN | RUN | RUN | RUN | RUN |
| DISTANCE | 2.5 Miles | | 2.5 Miles | | 3.0 Miles |
| ROUTE | Bowman to Colorado to Riverside to Eddy to Front to Mineral to Bowman to CCJA | | Bowman to Colorado to Riverside to Eddy to Front to Mineral to Bowman to CCJA | | Bowman to Colorado to Front to Eddy - turn around - to Colorado to Bowman to CCJA |
| SPEED | Slow Formation Run | | Slow Formation Run | | Slow Formation Run |
| INCLINE | None | | None | | None |