

## SAFD Cadet Fitness Program

### Warm-up (3 min. jog, 20 JJ,s) / Stretch (10ct. Pre/ 20ct. post)

Cross Arm Shoulder						
Overhead Arm Tricep						
Chest						
Back						
Single Knee to Chest (supine)						
Both Knees to Chest (supine)						
Lower Trunk Rotation (supine)						
Hamstring Modified Hurdler Stretch						
Groin (sitting)						
Prone Abdominal Stretch						
Side Quadriceps Stretch						
Calf (3 point stance)						
Partner Hamstring Stretch (post workout only)						

Calisthenics	M W F	Level 1	Level 2	Level 3		
Crunches		3 x 10	3 x 12	3 x 15		
Mountain Climbers		3 x 10	3 x 12	3 x 15		
Squats (R,N,W)		3 x 10	3 x 12	3 x 15		
Sit-ups (crossover)		3 x 10	3 x 12	3 x 15		
Supermans		3 x 10	3 x 12	3 x 15		
Push-ups (R,N,W)		3 x 10	3 x 12	3 x 15		
Lunges		3 x 10	3 x 12	3 x 15		

Weights (5 lb.)	T/TH	Level 1	Level 2	Level 3		
Bent Reverse Fly		3 x 8	3 x 10	3 x 12		
Tricep Extensions		3 x 8	3 x 10	3 x 12		
Shoulder Fly		3 x 8	3 x 10	3 x 12		
Biceps Curl		3 x 8	3 x 10	3 x 12		
Military Press		3 x 8	3 x 10	3 x 12		
<i>Followed by Towers/Wall sits</i>		<b>4</b>	<b>6</b>	<b>8</b>		

**Weights Replaced by Fitness Awareness Drill after cadets are qualified.**

**Run (after calisthenics) M W F** *Minimum 1.5 mi., gradually increasing*  
 Using the 1.5 mile course (incl. various interval runs) or dirt track

**Circuit Training can be substituted for any workout as needed.**

**All Workouts finish with maximum pull-ups.** (regular,transverse,underhand)

**4 Evaluations TBD (2 month interval beginning 1st week of Academy)**

Consists of: 1.5 Mile run, Situps & Push-ups (1 min. max), Pull-up max, Sit&Reach, BMI