

# LMC Police POET Strength Training Program

This circuit-based program is a targeted program to address the strength and endurance demands of a Police Officer Candidate. The exercises are to be performed in the order listed below. Attention should first be paid to performing all exercises with good form. The overall goal should be to build up to performing this circuit two times to maximize functional endurance.

To begin, you might split the workout in two. This would allow you to work out four times per week, with two days in-between similar workouts, such as a Monday- Thursday for the first half and Tuesday-Friday for the second half. This also gives more recovery time. After 1-2 weeks, move 1 or 2 exercises into the Monday – Thursday session until you are able to perform all exercises in the circuit. Now try to perform the full circuit 3-4 times per week.

**\*\*Before starting any exercise program, please check with your medical provider\*\***

Dynamic Warm Up: Prior to starting the strength-training program, perform a warm up for 10 min. This could consist of a treadmill, elliptical, bike, if available, or marching/jogging in place, jumping jacks, jumping rope, etc. This helps to promote blood flow, prevent injuries, decrease muscle soreness and improve performance. You may also perform this afterward as a cool down to reduce muscle soreness. Also, please add in any specific stretching that you have found beneficial for you.

**Walking Lunge** - Use a heel first lunge taking care to not allow your knee cap past your toes. Perform 30 lunges, gradually progressing to 50 lunges. For additional challenge, add a 20 lb weight, holding it against your chest.



**Push up** – perform two sets of 25 pushups, working up to two sets of 50.



**Cleans** – using 25 pound dumb bells or weighted backpack, perform two sets of 25 repetitions. Be sure to use proper form, keeping the inward curve of the low back set prior to each lift.



**Shoulder Tap Planks** – Perform 25 repetitions, alternating hands. Progress to 50. Keep your back flat.



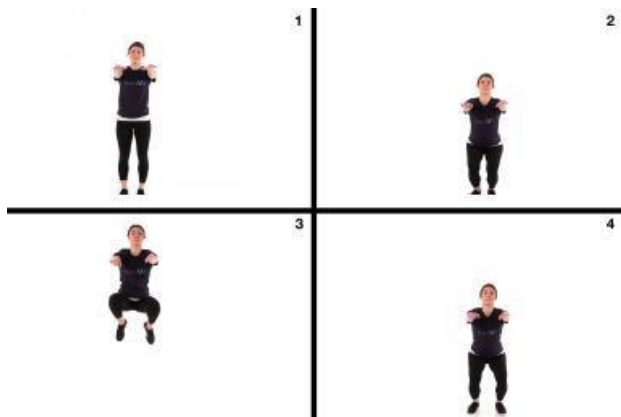
**Weighted Drag** – Pull a weighted bag, across the floor for a distance of 50 feet, turn and pull back to the starting position. Focus on keeping the inward curve of the low back. Start with 100 pounds, if able to do so properly, and then increase the weight to a goal of 150 pounds. Perform up to 3 repetitions.



**Bent Row** – Perform a row, with the back at a 45 degree angle supported by a bench, with 25 pound dumb bells. Starting at 25 repetitions building up to 50 repetitions.



**Tuck Jump** – Stand with legs shoulder width apart and knees slightly bent with arms out in front of you. Slowly descend into a squat and then powerfully explode upward, bringing your knees toward your hands. Keep your chest vertical and quickly recoil into next jump. Perform 3 sets of 10 with 1-2 min break between sets.



**Squat with Chest Press** – Perform a squat with feet shoulder width apart, pressing 25 pounds forward and back, then return to standing position. Repeating this movement 25 times. Progress to 2 sets.



**Seated Core Rotation Taps** – Starting with a 10 pound dumb bell, rotate to your right and tap the weight to the ground. Then rotate the weight to your left and tap the ground. Repeat 25 times. Progress to 2 sets.



**Burpee** – Perform a burpee while holding on to 10 pound dumbbell in each hand. Repeat 25 times. Progress to 2 sets.



**Stationary Lunge with Rotation** – While holding 20 pound, perform a lunge, then rotate to the side of your forward leg, return to standing and repeat with other side. Start with 30 lunges, progressing to 50 lunges.



**Floor to Waist Lift** – Starting with feet shoulder width apart. Keep the box close to your body, back straight, chest out, head up and push through your heels as you lift the box from the floor to waist height. Follow the same mechanics as you lower the box. Beginning weight at 50 pounds and progress to 120 pounds. Perform 4-8 repetitions, 2 sets.

