



**STATE OF TENNESSEE
TENNESSEE LAW ENFORCEMENT TRAINING ACADEMY**

www.tn.gov/let

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Prep Weeks 15-18 Day 1

Exercise(s) for Day 1	Rest	Week 15		Week 16		Week 17		Week 18+	
Circuit A-----		Reps	Wt.	Reps	Wt.	Reps.	Wt.	Reps.	Wt.
1) Back Squat		15 15 15 15		12 12 12 12		10 10 10 10		8 8 8 8	
2) Squat Jump (Bodyweight)		5 5 5 5		5 5 5 5		5 5 5 5		5 5 5 5	
	1:30								
Circuit B-----									
1) Pull-Ups		Max Max Max Max		Max Max Max Max		Max Max Max Max		Max Max Max Max	
2) DB Step-Ups		12ea 12ea 12ea 12ea		10ea 10ea 10ea 10ea		10ea 10ea 10ea 10ea		8ea 8ea 8ea 8ea	
	1:00								
Circuit C-----									
1) Inverted Rows		10 10 Max		12 12 Max		12 12 Max		15 15 Max	
2) Lunges		8ea 8ea 8ea		8ea 8ea 8ea		8ea 8ea 8ea		8ea 8ea 8ea	
3) Push-Ups		Max Max Max		Max Max Max		Max Max Max		Max Max Max	
	:30								
Circuit D-----									
1) DB Single Arm Bent Over Row		10ea 10ea 10ea		10ea 10ea 10ea		10ea 10ea 10ea		10ea 10ea 10ea	
2) DB Shoulder Circuits									
3) Planks		10ea 10ea 10ea		10ea 10ea 10ea		10ea 10ea 10ea		10ea 10ea 10ea	
	:30	:30ea :30ea :30ea		:40ea :40ea :40ea		:50ea :50ea :50ea		1:00ea 1:00ea 1:00ea	
Cool Down									

Prep Weeks 15-18 Day 2

Exercise(s) for Day 2	Rest	Week 15		Week 16		Week 17		Week 18+	
Circuit A-----		Reps	Wt.	Reps	Wt.	Reps.	Wt.	Reps.	Wt.
1) Dead Lift		15 15 15 15		12 12 12 12		10 10 10 10		8 8 8 8	
2) Medicine Ball Overhead Slam	1:30	8 8 8 8		8 8 8 8		10 10 10 10		10 10 10 10	
Circuit B-----									
1) Barbell or Dumb Bell Bench Press		12 12 12 12		10 10 10 10		10 10 10 10		8 8 8 8	
2) Plyometric Push-Up (Clapping)	1:00	5 5 5 5		5 5 5 5		5 5 5 5		5 5 5 5	
Circuit C-----									
1) DB Incline Bench		10 10 10		12 12 12		12 12 12		15 15 15	
2) Glute Ham Raises		10 10 10		12 12 12		12 12 12		15 15 15	
3) Sit-Ups	:30	Max Max Max		Max Max Max		Max Max Max		Max Max Max	
Circuit D-----									
1) DB Shoulder Press		10ea 10ea 10ea		10ea 10ea 10ea		10ea 10ea 10ea		10ea 10ea 10ea	
2) DB Lateral Lunges		8ea 8ea 8ea		8ea 8ea 8ea		8ea 8ea 8ea		8ea 8ea 8ea	
3) Hanging Leg Lowers		8ea 8ea 8ea		8ea 8ea 8ea		8ea 8ea 8ea		8ea 8ea 8ea	
4) Dips		10 10 10		10 10 10		10 10 10		10 10 10	
	:30	Max Max Max		Max Max Max		Max Max Max		Max Max Max	
Cool Down									

Prep Weeks 15-18 Day 3 Cardio

Exercise(s) for Day 3	Rest	Week 15		Week 16		Week 17		Week 18+	
Circuit A-----		Reps	Wt.	Reps	Wt.	Reps.	Wt.	Reps.	Wt.
1) Sprint 100M, 10 Body Twists	2:00	1		1		1		1	
2) Sprint 200M, 10 Body Twists	2:00	1		1		1		1	
3) Sprint 200M, 10 Body Twists	2:00	1		1		1		1	
4) Sprint 400M, 10 Body Twists	2:00	1		1		1		1	
5) Sprint 400M, 10 Body Twists	2:00	1		1		1		1	
6) Sprint 200M, 10 Body Twists	2:00	1		1		1		1	
7) Sprint 200M, 10 Body Twists	2:00	1		1		1		1	
8) Sprint 100M, 10 Body Twists	2:00	1		1		1		1	
(Alternate to Sprint-Row 500M, 1000M alternating then Body Twists.)	2:00	1		1		1		1	
*Goal is beat each previous sprint/row time	2:00	1		1		1		1	