



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

www.tn.gov/let

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Prep Weeks 19-20 Day 1

| Exercise(s) for Day 1 | Rest | Week 19 | Week 20+ | Week | Week | Week | Week | Week | |
|--------------------------------|-----------|---------|----------|--------|------|-------|------|-------|-----|
| Circuit A-----3 Rounds | | Reps | Wt. | Reps | Wt. | Reps. | Wt. | Reps. | Wt. |
| 1) DB Upright Row | | 10 | | 10 | | | | | |
| 2) DB Step Ups | | 10 ea | | 10 ea | | | | | |
| 3) DB Shoulder Lat. Raise | | 10 | | 10 | | | | | |
| 4) DB Alt. Push up/Row | | 10 | | 10 | | | | | |
| 5) DB Alt. Lunges | | 10ea | | 10ea | | | | | |
| 6) DB Squats | | 10 | | 10 | | | | | |
| 7) DB Bent Over Rows | | 10 | | 10 | | | | | |
| 8) DB Single Leg RDL's | | 10ea | | 10ea | | | | | |
| 9)DB Lateral Step Ups | | 10ea | | 10ea | | | | | |
| 10) DB Alt. Curl to Press | | 10ea | | 10ea | | | | | |
| 11)DB Cross Over Step-Ups | | 10ea | | 10ea | | | | | |
| 12) DB Overhead Tri Extensions | | 10 | | 10 | | | | | |
| 13) DB Lateral Lunges | | 10ea | | 10ea | | | | | |
| | 2-3 Mins. | 3 rds. | | 2 rds. | | | | | |
| Circuit B-----4 Rds. Ea | | | | | | | | | |
| Planks (Left, Right, Middle) | | :45ea | | :45ea | | | | | |
| | | :45ea | | :45ea | | | | | |
| | | :45ea | | :45ea | | | | | |
| | | :45ea | | :45ea | | | | | |
| Cool Down | | | | | | | | | |

Prep Weeks 19-20 Day 2

| Exercise(s) for Day 2 | Rest | Week 19 | Week 20+ | Week | Week | Week | Week | Week | |
|-----------------------|------|---------|----------|-------|------|-------|------|-------|-----|
| Circuit A-----10Rds. | | Reps | Wt. | Reps | Wt. | Reps. | Wt. | Reps. | Wt. |
| 1) Pull-Ups | | 3 | --- | 3 | --- | | | | |
| 2) Push-Ups | | 10 | --- | 10 | --- | | | | |
| 3) Sit-Ups | | 10 | --- | 10 | --- | | | | |
| | None | 10rds | | 10rds | | | | | |
| Cool Down | | | | | | | | | |