



## Division of Law Enforcement Training Academy

# Conservation Officer Recruit Pre-Academy PT Program

This Training Program is design to prepare new recruits for the rigors of the KDFWR LE academy as well as prepare them for the work as a Conservation Officer. The workouts for each day are designed to be completed with 60 minutes. This program should be completed in conjunction wit the KDFWR pre academy swimming program.

*Kentucky Department of Fish & Wildlife Resources*

## Week 1

### Day 1

Warm up:

5 sets

5x pushups

5x pull-ups

10x Goblet Squat (35# dumbbell, hold chest high)

Lat/Pec Stretch

Training:

6 sets

8x Bench Press

8x Chin Ups

10x Shoulder Press

8x Dumbbell Rows

10 sets

30 sec 12m shuttle runs

30 sec rest

4 sets

Stretch

15x Face down back ext

15x sit-ups

### Day 2

Warm up:

4 sets –go from one exercise directly into another without stopping, x65#

Dead lift-Bent over row

Military Press-Back Squat

Stretch legs

Training:

6 sets

5x Squats

5x Squat jumps

Stretch legs

4 sets

5x dead lifts

Stretch whole body

30-20-10

Swings (30#-dumbbell or kettle bell)

Jumping Lunges (each jump counts as one)

Weighted sit-up (25#)

-do 30 of each then 20 of each then 10 of each, no rest between sets.

### Day 3

Warm up:

Run 800m

Stretch

Run 200m

Training:

6sets

400m sprint every 3 minutes

4sets

10x weighted sit-up (35#)

30 sec. plank

10x back extension (lying on stomach)

60 second dumbbell carry holding 55# in each hand

### Day 4

Warm up:

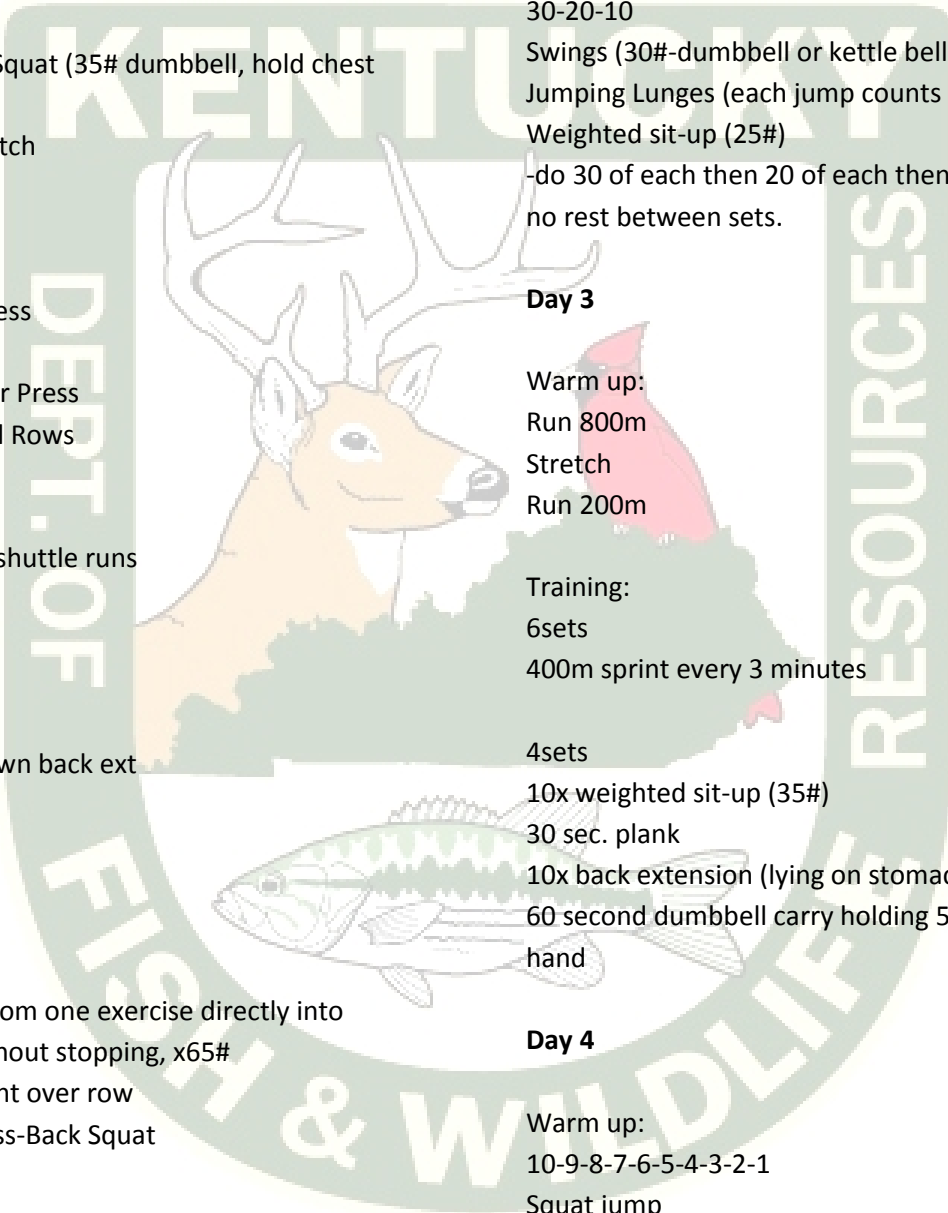
10-9-8-7-6-5-4-3-2-1

Squat jump

Clapping push up

Sit-up

(Do 10 of each then 9, 8...)



Training:

6 sets

8x Military press

8x Bent over barbell row

4 sets

10x incline bench

8x chin ups

Stretch legs

4 sets

300m sprints every 2:30

4 sets

Stretch whole body

15x Face down back ext

15x sit-ups

### Day 5

Warm up:

5 sets

10x Goblet squats

10x Push ups

5x Ankles to bar

Stretch legs

Training:

3x Squats

Stretch legs

6 sets

4x dumbbell dead lift-walk out to push up

4x 5yd shuttle sprints in 30 sec.

3 sets

8x Push up-one arm row with 25# dumbbell

8x Ankles to bar

## Week 2

### Day 1

Warm up:

5 sets

5x Push ups

5x Pull ups

10x Goblet squats 35#

Stretch legs

Training:

6 sets

8x one arm dumbbell raises lying on floor

5x Pull ups

Stretch upper body

4 sets

10x 1-arm seated military press

8 x dumbbells rows from push up position

Stretch legs

12 sets

30 sec 12m shuttle runs

30 sec rest

4 sets

Stretch whole body

15x Face down back ext

15x sit-ups

### Day 2

Warm up:

4 sets –go from one exercise directly into another without stopping, x65#

Dead lift-Bent over row

Military Press-Back Squat

Stretch legs



Training:  
6 sets  
3x Dead lift  
3x Squat

6 sets  
5x walking lunges with dumbbells-10 step total  
2x jumping lunges each leg -4 totals

6 sets  
8x Burpee

### Day 3

Warm up:  
Run 800m  
Stretch legs  
Run 200m

Training:  
6sets  
400m Sprint every 3 minutes

4 sets  
8x Ankles to bar  
30/5/30- side plank/pushups/side plank  
5x Weighted Sit-up 35#  
8x Dead lift  
60 second dumbbell carry holding 55#/each hand

### Day 4

Warm up:  
10-9-8-7-6-5-4-3-2-1  
Squat jump  
Clapping push up  
Sit-up

Training:  
6 sets  
8x Kneeling dumbbell curl to press

8x Hanging Horizontal pull ups  
Stretch legs  
4 sets  
10x Bench Press  
8x Chin Ups  
Stretch legs

4 sets  
300m shuttle run every 2:30

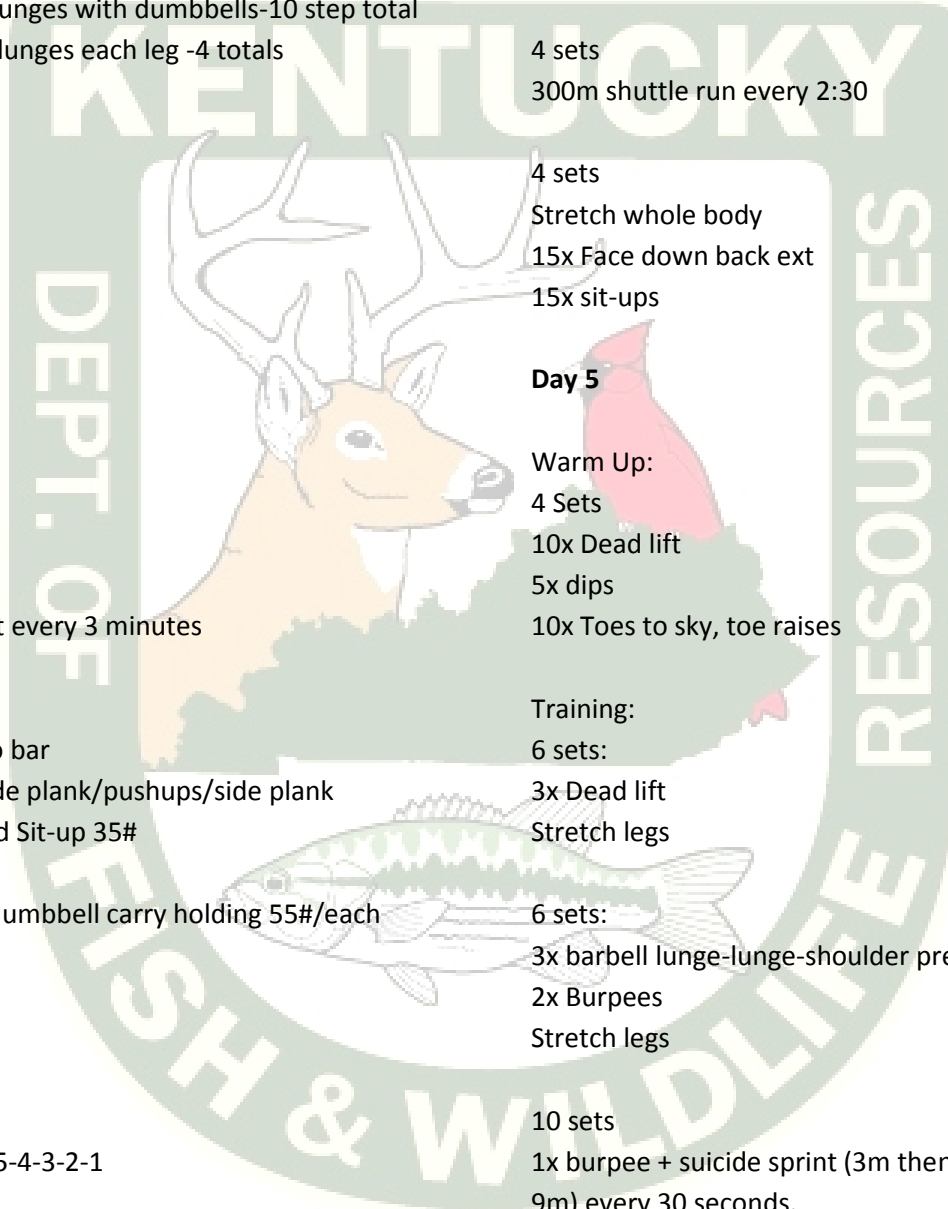
4 sets  
Stretch whole body  
15x Face down back ext  
15x sit-ups

### Day 5

Warm Up:  
4 Sets  
10x Dead lift  
5x dips  
10x Toes to sky, toe raises

Training:  
6 sets:  
3x Dead lift  
Stretch legs  
6 sets:  
3x barbell lunge-lunge-shoulder press (1 rep)  
2x Burpees  
Stretch legs

10 sets  
1x burpee + suicide sprint (3m then 6m then 9m) every 30 seconds.



**Week 3**

**Day 1**

Warm up:

5 sets

5x Push ups

5x Pull ups

10x Goblet squats 35#

Stretch Chest/Back

Training:

6 sets

8x 1 arm dumbbell bench press

8x seated 1 arm dumbbell curl

4 sets

10x kneeling dumbbell curl to press

10x horizontal pull up

13 sets

30 sec 12m shuttle run (30 sec rest)

4 sets

Stretch whole body

20x Face down back ext

20x sit-ups

**Day 2**

Warm up:

4 sets –go from one exercise directly into another without stopping, x65#

Dead lift-Bent over row

Military Press-Back Squat

Stretch legs

Training:

6 sets

3x Squat

Stretch legs

6 sets

4x Shoulder hold lunge (hold dumbbell at shoulder and lunge forward and backward)

4x 5yd shuttle sprints in 30 sec.

30x Barbell burpees

**Day 3**

Warm up:

Run 800m

Stretch legs

Run 200m

Training:

6 sets

400m sprint every 2:45

4 sets

10x weighted situp-45#

30 sec. plank

10x face down back ext.

60 second dumbbell carry holding 65#/each hand

**Day 4**

Warm up:

10-9-8-7-6-5-4-3-2-1

Squat jump

Clapping push up

Sit-up

Training:

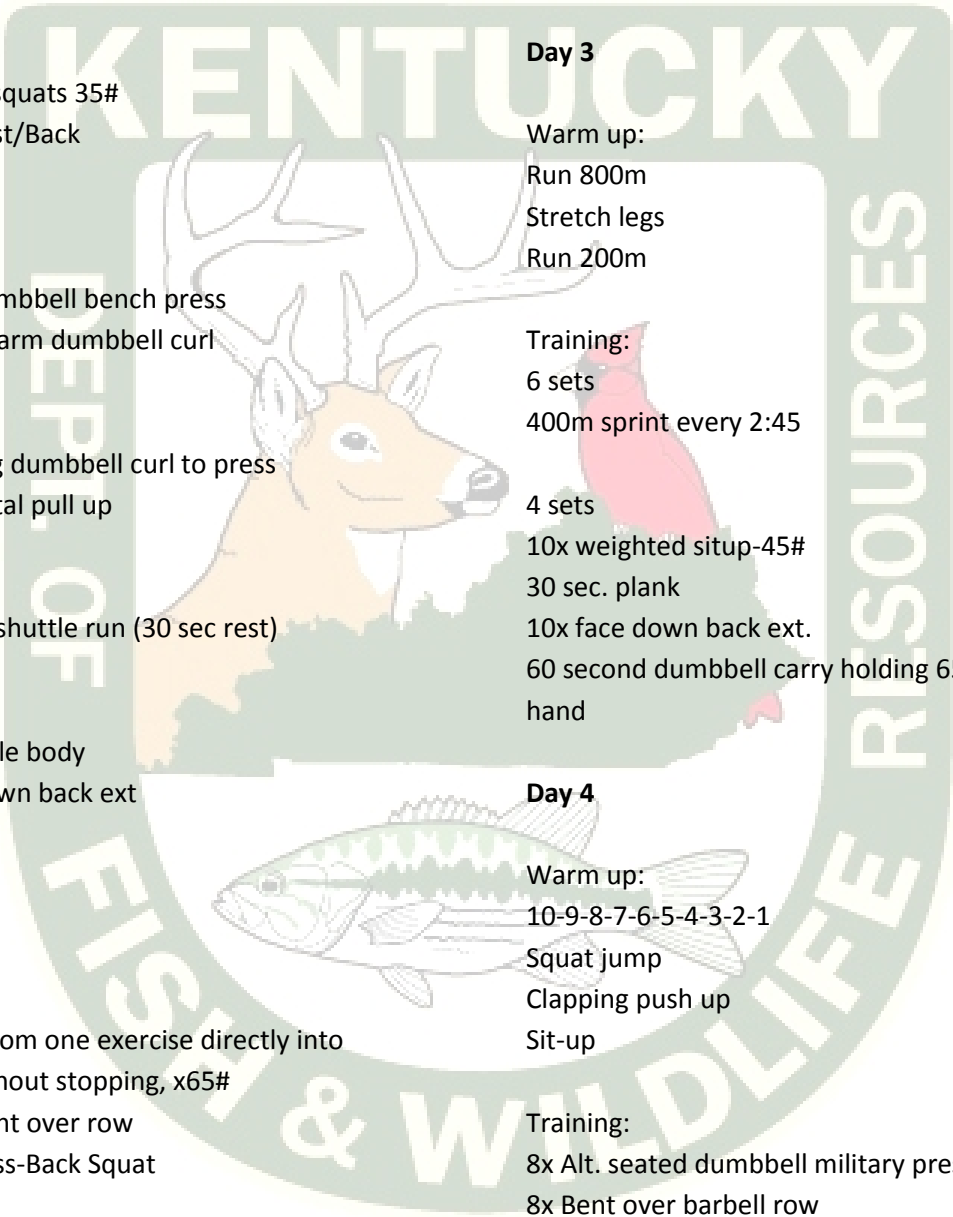
8x Alt. seated dumbbell military press

8x Bent over barbell row

4 sets

10x incline bench press

6x pull ups



4 sets  
300m shuttle run every 2:20  
4 sets  
Stretch whole body  
20x Face down back ext  
20x sit-ups

### Day 5

Warm up:  
4 sets  
10x Squat  
4x Burpees  
3x Pull-ups  
Stretch legs

Training:  
6 sets  
3x Box squats  
Stretch legs

6 sets  
4x Front squat to military press  
3x Broad jump  
Stretch legs

25x barbell lunge-lunge-shoulder press (1 rep)

### Week 4

#### Day 1

Warm up:  
5 sets  
5x Push ups  
5x Pull ups  
10x Goblet squats 35#  
Stretch Chest/Back

Training:  
6 sets  
8x Bench press  
8x Chin ups

6 sets  
4x Military press  
4x Bent over dumbbell row

14 sets  
30 sec. 12m shuttle run  
30 sec. rest

4 sets  
Stretch whole body  
20x Face down back ext  
20x sit-ups

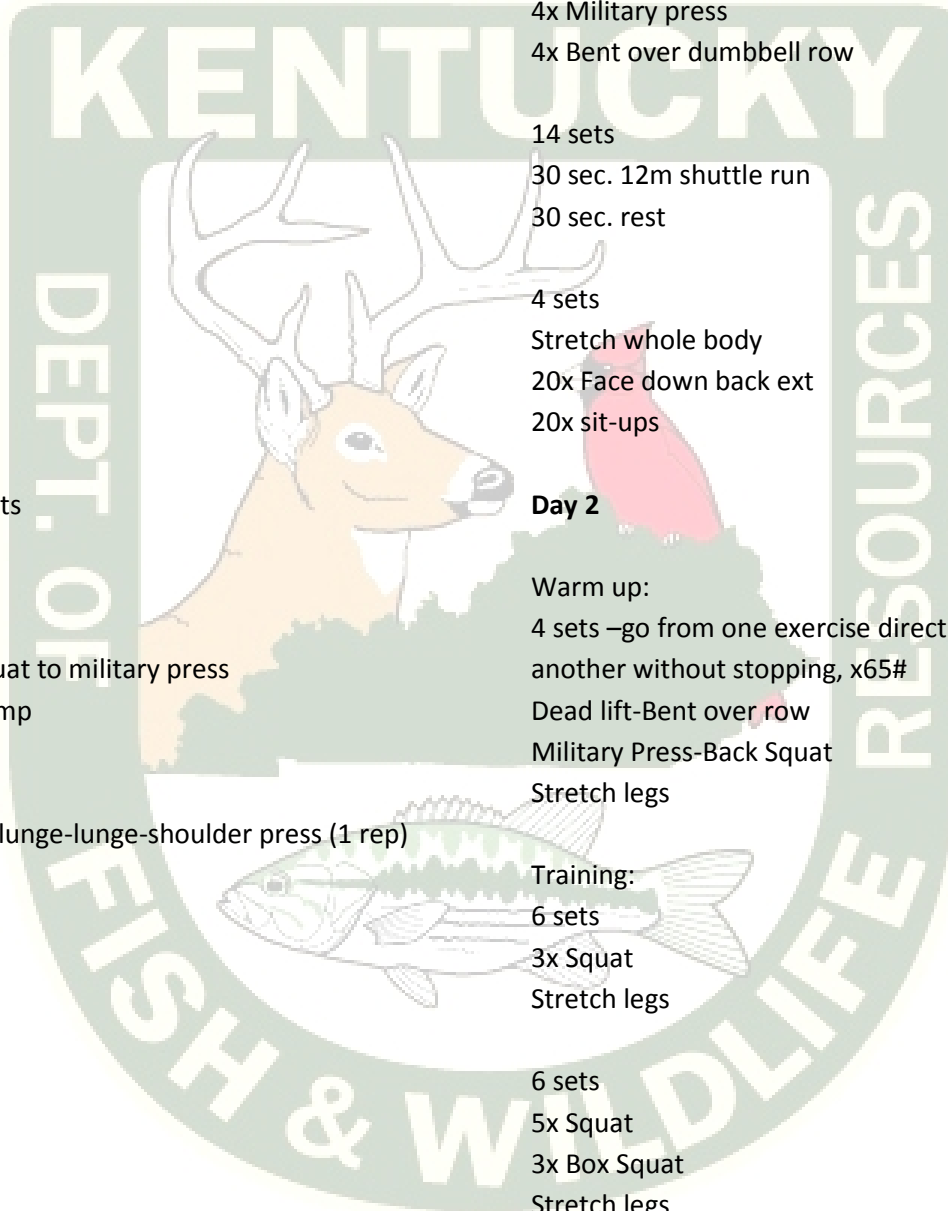
#### Day 2

Warm up:  
4 sets –go from one exercise directly into another without stopping, x65#  
Dead lift-Bent over row  
Military Press-Back Squat  
Stretch legs

Training:  
6 sets  
3x Squat  
Stretch legs

6 sets  
5x Squat  
3x Box Squat  
Stretch legs

30-20-10  
Swings (35#-dumbbell or kettle bell)  
Jumping Lunges (each jump counts as one)  
Weighted sit-up (35#)



**Day 3**

Warm up:  
Run 800m  
Stretch legs  
Run 200m

Training:  
400m Sprint every 2:45

4 sets  
10x weighted situp-45#  
30 sec. plank  
10x face down back ext.  
60 second dumbbell carry holding 65#/each hand

**Day 4**

Warm up:  
10-9-8-7-6-5-4-3-2-1  
Squat jump  
Clapping push up  
Sit-up

Training:  
6 sets  
8x Military press  
8x 1-arm bent over row

6 sets  
4x Bench press  
4x Alternating dumbbell curl  
Stretch legs

4 sets  
300m shuttle every 2:20

4 sets  
Stretch whole body  
20x Face down back ext  
20x sit-ups

**Day 5**

Warm up:  
4 sets  
10x Goblet squats  
10x Push-ups  
5x Ankles to bar  
Stretch leg

Training:  
6 sets  
3x Squat  
Stretch legs

6 sets  
4x dumbbell dead lift-walk out to push up  
4x 5yd shuttle sprints in 30 sec.  
Stretch legs

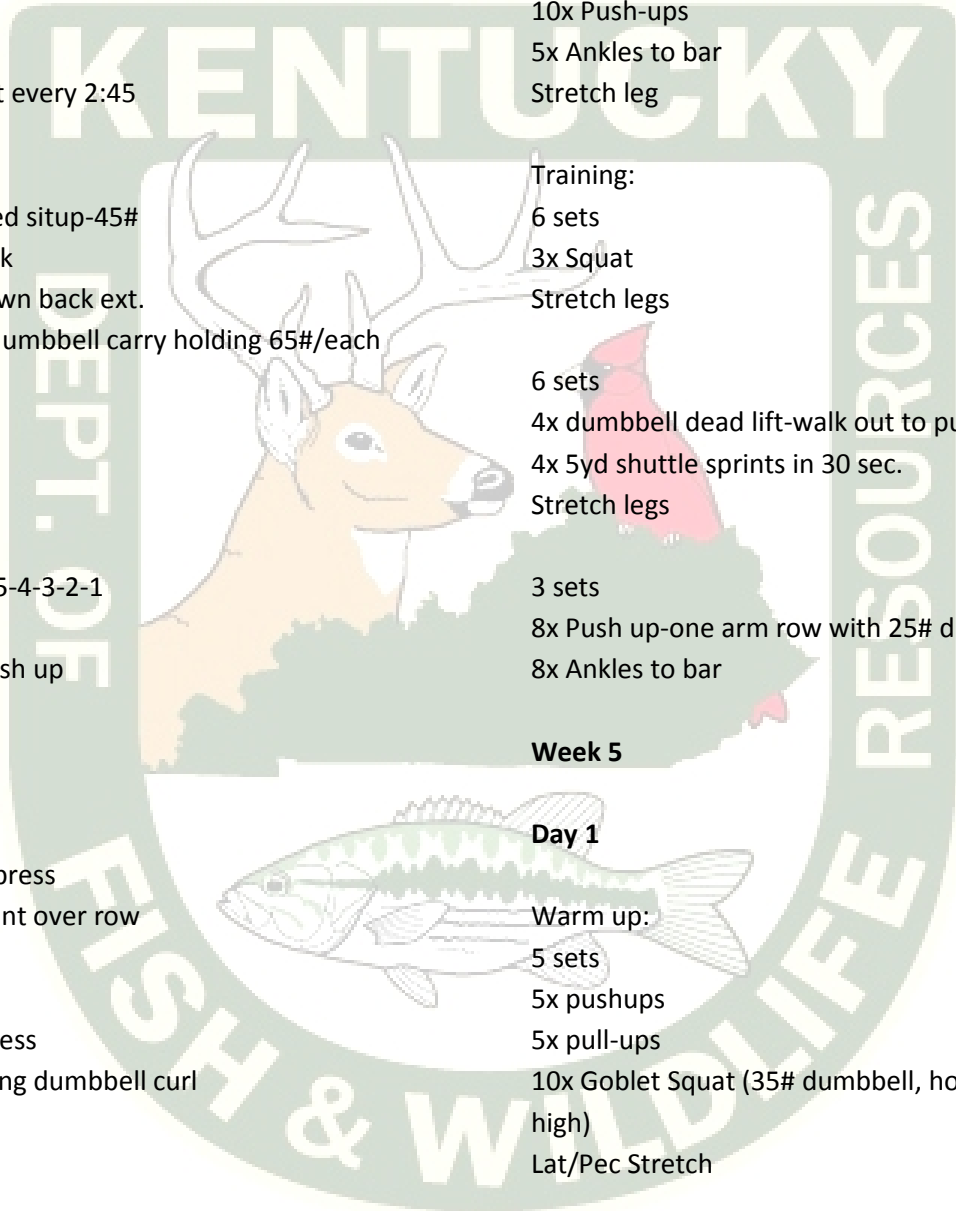
3 sets  
8x Push up-one arm row with 25# dumbbell  
8x Ankles to bar

**Week 5**

**Day 1**

Warm up:  
5 sets  
5x pushups  
5x pull-ups  
10x Goblet Squat (35# dumbbell, hold chest high)  
Lat/Pec Stretch

Training:  
6 sets  
8x Bench press  
6x Pull ups  
Stretch legs



4x 1 arm dumbbell military press  
5x Bent over row  
Stretch legs  
15 sets  
30 sec. 12m shuttle run  
30 sec rest

5 sets  
Stretch whole body  
25x Face down back ext  
25x sit-ups

### Day 2

Warm up:  
4 sets –go from one exercise directly into another without stopping, x65#  
Dead lift-Bent over row  
Military Press-Back Squat  
Stretch legs

Training:  
6 sets  
3x Dead lift  
3x Squat

6 sets  
5x Walking lunges with dumbbells  
2x Jumping lunges  
5x Shoulder stretch

6 sets  
3x Getups while holding 20# in one (start lying on back with arm raised and get up)  
6x Burpees

### Day 3

Warm up:  
Run 800m  
Stretch legs  
Run 200m

Training:  
6 sets  
400m sprint every 2:30

4 sets  
8x Ankle to bar  
30/5/30-side plank/push ups/side plank  
5x Weighted Sit-up 45#  
8x Dead lift  
60 second dumbbell carry holding 75#/each hand

### Day 4

Warm up:  
10-9-8-7-6-5-4-3-2-1  
Squat jump  
Clapping push up  
Sit-up

Training:  
6 sets  
8x Curl to press  
8x Dumbbells rows from push up position  
Stretch legs

6 sets  
4x Incline Bench Press  
4x Weighted chin ups

4 sets  
300m shuttle run every 2:15

5 sets  
Stretch whole body  
25x Face down back ext  
25x sit-ups





**Day 5**

Warm up:

4 sets

10x Dead lifts

5x Dips

10x Toes to sky

Stretch legs

Training:

6 sets

3x Dead lift

Stretch legs

6 sets

3x barbell lunge-lunge-shoulder press (1 rep)

2x Burpees

15 sets

1x Burpee + suicide sprint every 30 sec.

**Week 6**

**Day 1**

Warm up:

5 sets

5x pushups

5x pull-ups

10x Goblet Squat (35# dumbbell, hold chest high)

Lat/Pec Stretch

Training:

6 sets

10x Dumbbell bench press

10x Horizontal pull up

4 sets

4x Military press

5x Seated 1-arm dumbbell curl

15 sets

30 sec 12m shuttle run

30 sec rest

**Day 2**

Warm up:

4 sets –go from one exercise directly into another without stopping, x65#

Dead lift-Bent over row

Military Press-Back Squat

Stretch legs

Training:

6 sets

3x Squats

Stretch legs

6 sets

4x Dumbbell shoulder hold lunge

4x 5yd shuttle sprints in 30 sec

30x Barbell burpees 65#

**Day 3**

Warm up:

Run 800m

Stretch legs

Run 200m

Training:

6sets

400m sprint every 2:30

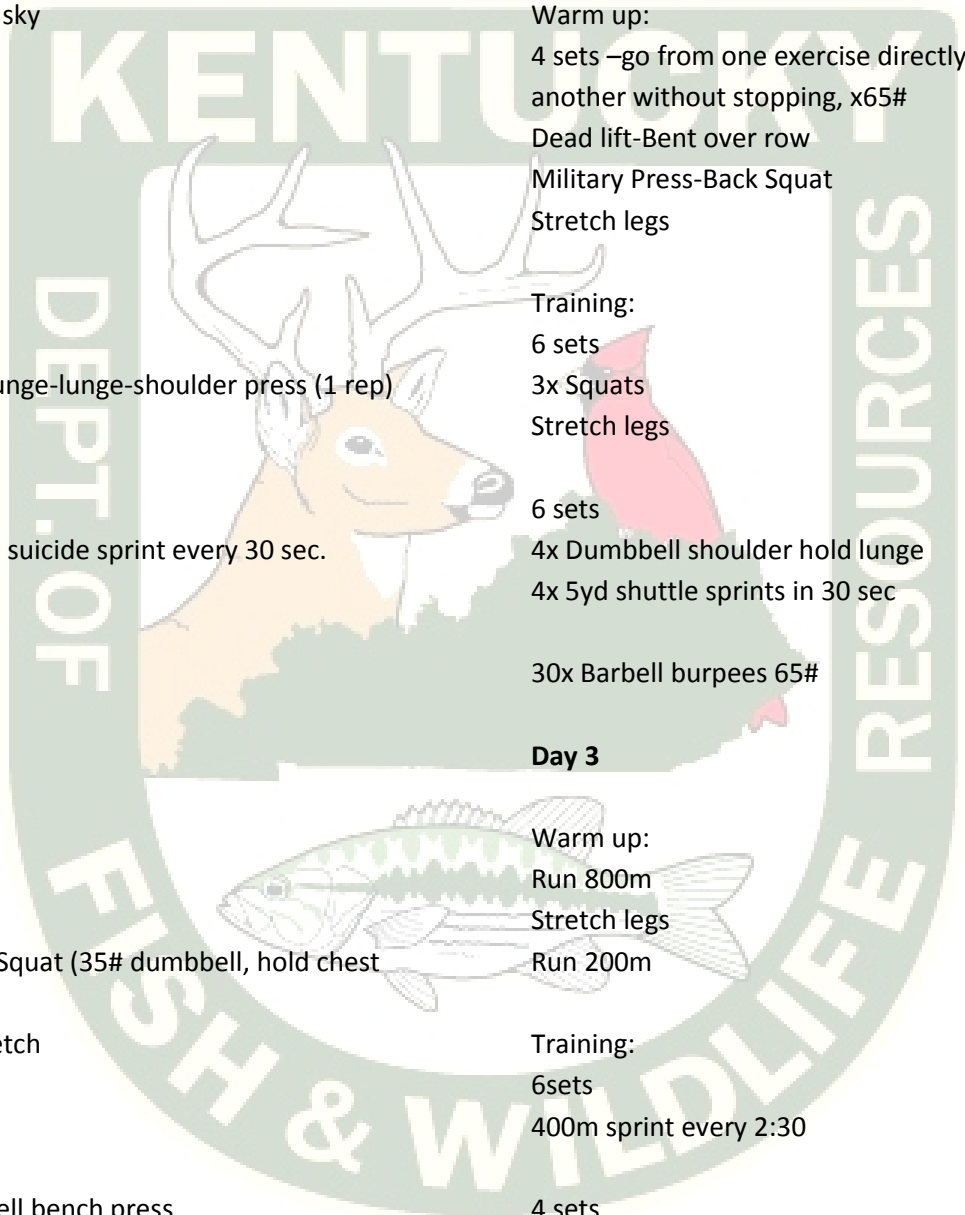
4 sets

10x weighted situp-45#

30 sec. plank

10x face down back ext.

60 second dumbbell carry holding 65#/each hand



**Day 4**

Warm up:

10-9-8-7-6-5-4-3-2-1

Squat jump

Clapping push up

Sit-up

Training:

6 sets

8x Alternating seated dumbbell military press

8x 1-arm dumbbell row

6 sets

4x Bench press

4x Bent over row

4 sets

300m shuttle run every 2:15

5 sets

Stretch whole body

25x Face down back ext

25x sit-ups

**Day 5**

Warm up:

4 sets

10x Squats

4x Burpees

3x Pull ups

Stretch legs

6 sets

3x Box squats

Stretch legs

6 sets

4x Front squat –shoulder press

3x Broad jump

3x barbell lunge-lunge-shoulder press (1 rep)

