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 with the KDFWR pre academy swimming program.
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

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:
6 sets
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

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

Day 3

Warm up:
Run 800m
Stretch legs
Run 200m

Training:
6 sets
400m sprint every 2:45
4 sets
10x weighted sit-up-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
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<th>Exercise</th>
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<td>4x Front squat to military press</td>
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<td>Weighted sit-up (35#)</td>
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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
Day 1

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

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 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
8x Curl to press
8x Dumbbells rows from push up position
Stretch legs

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 Incline Bench Press
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

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

Day 3

Warm up:
Run 800m
Stretch legs
Run 200m

Training:
6 sets
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)