

MCC POLICE ACADEMY PT

NAME _____

Enter date -select weight - perform 12 reps at indicated speed - log results - move to next exercise.
8 minutes will be allowed to complete each station.

		date					
Station One	Leg Press (3+3)						
	Pulldown (3+3)						
	Upright Row (3+3)						
	Shoulder Press (3+3)						

On signal from instructor, rest and hydrate for 2 minutes, then begin next exercise station.

Station Two	Hip Flexor (3+3)						
	Chest Press (3+3)						
	Ab Board (3+3)						
	Dips (3+3)						

On signal from instructor, rest and hydrate for 2 minutes, then begin next exercise station.

Station Three	Pullover Machine (3+3)						
	Calf Machine (3+3)						
	Bicep Pulley Curl (3+3)						
	Tricep Pushdown (3+3)						

On signal from instructor, rest and hydrate for 2 minutes, then begin next exercise station.

Station Four	Perform max reps for each of these exercise at the indicated rep speed, then log results.						
	Squat Leaps (5 sec. Down)						
	Curl Up/toe touch (3+3)						
	Pushups (3+3)						
	Bodyweight Squats (10+10)						