

# 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	Squat Leaps (5 sec. Down)					
	Curl Up/toe touch (3+3)					
	Pushups (3+3)					
	Bodyweight Squats (10+10)					