



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

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Prep Weeks 10-14 Day 1

Exercise(s) for Day 1	Rest	Week 10		Week 11		Week 12		Week 13-14	
Circuit A-----		Reps	Wt.	Reps	Wt.	Reps.	Wt.	Reps.	Wt.
1) Front Squat		15 15 15		12 12 12		10 10 10		8 8 8	
2) Lat Pulldown	1:30	15 15 15		12 12 12		10 10 10		8 8 8	
Circuit B-----									
1) Barbell Split Squat		12ea 12ea 12ea		12ea 12ea 12ea		10ea 10ea 10ea		10ea 10ea 10ea	
2) Barbell Bent Over Row		12 12 12		12 12 12		10 10 10		10 10 10	
3) Seated Med Ball Side to Side Twists	1:00	12ea 12ea 12ea		12ea 12ea 12ea		12ea 12ea 12ea		12ea 12ea 12ea	
Circuit C									
1) Single Leg Piston Squat to Bench		10ea 10ea 10ea		10ea 10ea 10ea		10ea 10ea 10ea		10ea 10ea 10ea	
2) Pull-Ups		5+ 5+ Max		5+ 5+ Max		5+ 5+ Max		5+ 5+ Max	
3) Push-ups	:30	20+ 20+ Max.		20+ 20+ Max		20+ 20+ Max		20+ 20+ Max	
Circuit D-----									
1) Back Extension		10 10 10		12 12 12		12 12 12		15 15 15	
2) DB Combo Raise		5 5 5		5 5 5		5 5 5		5 5 5	
3) Planks (Front, Left, Right)	:30	:30 :30 :30		:40 :40 :40		:50 :50 :50		1:00 1:00 1:00	
Cool Down									

Prep Weeks 10-14 Day 2

Exercise(s) for Day 2	Rest	Week 10		Week 11		Week 12		Week 13-14	
Circuit A-----		Reps	Wt.	Reps	Wt.	Reps.	Wt.	Reps.	Wt.
1) KB Deadlift		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
2) DB Flat Bench Press		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
	1:30	15		12		10		8	
Circuit B-----									
1) Hamstring Curls		12		12		10		10	
		12		12		10		10	
		12		12		10		10	
2) Single Arm DB Incline Press		12ea		12ea		10ea		10ea	
		12ea		12ea		10ea		10ea	
		12ea		12ea		10ea		10ea	
3) Standing Oblique DB Crunch		12ea		12ea		10ea		10ea	
		12ea		12ea		10ea		10ea	
	1:00	12ea		12ea		10ea		10ea	
Circuit C-----									
1) DB Single Arm Shoulder Press		10ea		10ea		10ea		10ea	
		10ea		10ea		10ea		10ea	
		10ea		10ea		10ea		10ea	
2) Hanging Knee Tucks to Chest		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
3) Glute Hip Bridges (3 Sec. Hold)		10		10		10		10	
		10		10		10		10	
	:30	10		10		10		10	
Circuit D-----									
1) Sit-Ups		20		20		20		20	
		20		20		20		20	
		Max		Max		Max		Max	
2) Chin-Ups (Hands in)		10		10		10		10	
		10		10		10		10	
		Max		Max		Max		Max	
3) Dips		10		10		10		10	
		10		10		10		10	
	:30	Max		Max		Max		Max	
Cool Down									

Prep Weeks 10-14 Day 3 Cardio

Exercise(s) for Day 3	Rest	Week 10		Week 11		Week 12		Week 13-14		
Circuit A-----		Distance	Burp. Reps	Distance	Burp. Reps	Distance	Burp. Reps	Distance	Burp. Reps	
1) Rowing/Burpee Ladder		100M	1	100M	4	500M	5	1000M	10	
		200M	2	200M	4	250M	5	900M	9	
		300M	3	300M	4	500M	5	800M	8	
		400M	4	400M	4	250M	5	700M	7	
		500M	5	500M	4	500M	5	600M	6	
		500M	5	500M	4	250M	5	500M	5	
		400M	4	400M	4	500M	5	400M	4	
		300M	3	300M	4	250M	5	300M	3	
		200M	2	200M	4	500M	5	200M	2	
		None	100M	1	100M	4	250M	5	100M	1