

**SASKATCHEWAN POLICE COLLEGE**  
**RECRUIT TRAINING PROGRAM**  
EXERCISE GUIDIE

**Burpee**

1. Drop to a lower squat position.
2. Kick your legs out, extend your arms into a plank position.
3. Tuck in your legs as you rise from the pushup and get into a lower squat position.
4. From that squat position you're in now, jump as high as possible.
5. Come down into a lower squat position.

**Burpee Push Up**

1. Drop to a lower squat position.
2. Kick your legs out, extend your arms into a plank position, and do a pushup.
3. Tuck in your legs as you rise from the pushup and get into a lower squat position.
4. From that squat position you're in now, jump as high as possible.
5. Come down into a lower squat position and repeat.

**Jump Squat**

1. Stand up straight and clasp your hands behind your head, in front of you to your chest, or hold them at your sides.
2. Have your feet spread shoulder width apart.
3. Bend your knees till your thighs are parallel to the ground in a squat, and then jump up as high as you can.
4. When coming down, be careful to land well and absorb the impact with your knees, hips, and ankles. Then, jump again.
5. This can be done on the spot or moving forward/backward

**Walking Lunges**

1. Standing tall with your shoulders back and down and abdominals engaged, place your feet together. Your arms can be flat at your side, holding your hips or behind your head.
2. Step forward with your right foot, bending both knees so that your front knee is aligned over your ankle and the back knee comes close to the floor.
3. Your back heel is lifted off the floor. Before your back knee touches the floor, push up with your back left leg, forcing the weight of your body through your right heel, simultaneously bringing your left foot together with your right foot.

**Push Ups**

1. Place your toes and hands on the floor, making sure your back and arms are straight. Keep your hands slightly more than shoulder-width apart and tighten your abdominal muscles.
2. Inhale as you lower yourself to the floor, stopping as your elbows reach a 90-degree bend. Keep your body from touching the floor.
3. Exhale and push yourself away from the floor. Don't lock your elbows, and don't bend your back.

### **Sit Up**

1. Lie down on the floor on your back and bend your knees, placing your hands on your thighs.
2. Pull your belly button towards your spine, and flatten your lower back against the floor.
3. Slowly contract your abdominals, bringing your shoulder blades about one or two inches off the floor.
4. Reach your finger tips towards and over (cupping) your knee cap.
5. Exhale as you come up and keep your neck straight, chin up.
6. Hold at the top of the movement for a few seconds, breathing continuously.
7. Use control as you release this movement back to the starting position.

### **Run - Squat Touch**

1. Following a forward run, stop at the line, hinge your hips so that your butt moves backwards during the downward phase of the squat touch.
2. Keep your shoulders back and your spine flat.
3. Keep your eyes forward and your head will fall naturally into the correct alignment.
4. You should keep your lower back flat, to slightly arched as you squat.

### **Dips**

1. Stand between the dip bars and grab each handle with an overhand grip. Jump or step up so your arms are fully extended and your body hangs vertical to the floor. You can cross your ankles behind you if you find this more comfortable than leaving your legs hanging straight down.
2. Lean your torso forward slightly. Inhale and bend your elbows, pointing them directly behind you as you descend into the dip.
3. Continue descending until your elbows are at 90-degree angle. Pause for a count.
4. Exhale and press back up, fully extending your arms.

### **Pull Up (palms turned away from you)**

1. Grab the pull-up bar with your hands placed about shoulder width apart and your palms facing away from you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position