



**VIAROFIT**  
HEALTH+FITNESS

# ***LA CROSSE POLICE AGILITY***

## **Week 1-2**

<b><u>DAY 1</u></b>	<b>Sets</b>	<b>Rest</b>
Jump Rope (30 Sec)	3	1 min
5-10-5 Drill	4	1-2 min
Build up 100M Sprints	5	2-3 min
Push Ups (AMRAP)	2	1-2 min
Sit Ups (AMRAP)	2	1-2 min
Jog/Speed Walk 1.5 Mile		

  

<b><u>DAY 2</u></b>	<b>Sets</b>	<b>Rest</b>
Seated Box Jump (5 reps)	3	1-2 min
Agility Run	4	1-2 min
Build up 200M Sprints	4	2-3 min
Push Ups (AMRAP)	3	1-2 min
Sit Ups (AMRAP)	3	1-2 min
Jog/Speed Walk 1.5 Mile		

  

<b><u>DAY 3</u></b>	<b>Sets</b>	<b>Rest</b>
Dumbbell Squat Jump (5 reps)	3	1-2 min
Agility Run	4	1-2 min
Build up 300M Run	3	2-3 min
Push Ups (AMRAP)	3	1-2 min
Sit Ups (AMRAP)	3	1-2 min
Jog/Speed Walk 1.5 Mile		