



VIAROFIT
HEALTH+FITNESS

LA CROSSE POLICE AGILITY

Week 3-4

DAY 1

	Sets	Rest
Jump Rope (45 Sec)	4	1-2 min
5-10-5 Drill (1-2 min)	5	1-2 min
Build up 100M Sprints (2-3 min)	5	2-3 min
Push Ups (AMRAP)	3	1-2 min
Sit Ups (AMRAP)	3	1-2 min
Run/Jog 1.5 Mile		

DAY 2

	Sets	Rest
Box Jump (3 reps)	5	1-2 min
Agility Run	5	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
Run/Jog 1.5 Mile		

DAY 3

	Sets	Rest
Dumbbell Squat Jump (3 reps)	5	1-2 min
Agility Run	5	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
Run/Jog 1.5 Mile		