



**VIAROFIT**  
HEALTH+FITNESS

# ***LA CROSSE POLICE AGILITY***

## **Week 5 +**

### **DAY 1**

	Sets	Rest
Jump Rope (60 Sec)	4	1-2 min
5-10-5 Drill (1-2 min)	6	1-2 min
Build up 100M Sprints (2-3 min)	5	2-3 min
Push Ups (AMRAP)	4	1-2 min
Sit Ups (AMRAP)	4	1-2 min
Run 1.5 Mile		

### **DAY 2**

	Sets	Rest
Vertical Jump (3 reps)	5	1-2 min
Agility Run	6	1-2 min
Build up 200M Sprints	4	2-3 min
Push Ups (AMRAP)	4	1-2 min
Sit Ups (AMRAP)	4	1-2 min
Run 1.5 Mile		

### **DAY 3**

	Sets	Rest
Dumbbell Squat Jump (3 reps)	5	1-2 min
Agility Run	6	1-2 min
Build up 300M Run	3	2-3 min
Push Ups (AMRAP)	4	1-2 min
Sit Ups (AMRAP)	4	1-2 min
Run 1.5 Mile		