

RULES AND CONDUCT PERTAINING TO THE
PHYSICAL TRAINING PROGRAM

1. ABSENTEEISM FROM PHYSICAL FITNESS PROGRAM

No Student Trooper will be absent from physical training without the expressed permission of the School Commandant or his representative.

2. Listed below, in proper sequence, are the exercises that will be required during each physical training period beginning with the first day:

PRESCRIBED REPETITIONS

EXERCISE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Jumping Jacks	10	10	10	10	10
Forward Bends	2	2	2	2	2
Toe Touches	2	2	2	2	2
Hamstring Stretch	2	2	2	2	2
Groin Stretch	2	2	2	2	2
Neck Stretch	2	2	2	2	2
Jumping Jacks	25	25	25	25	25
*Push-Ups	10	10	10	12	15
*Sit-Ups	10	10	10	12	15
*Back Extensions	10	10	10	10	10
*Leg Raises	10	10	10	12	15
Arm Rotations	**	**	**	**	**
Speed Run	¼ Mile	¼ Mile	¼ Mile	¼ Mile	¼ Mile
Distance Run	1 Mile	1 Mile	1 Mile	1 ¼ Miles	1 ¼ Miles

*Will do four sets of each of these exercises

**Instructors Discretion

3. Each Student Trooper should be familiar with the above table and know the order of the exercises and the number of repetitions required for each. A staff member may ask you for this information at any time.
4. Each Student Trooper will be required to do each repetition of every exercise and will give maximum effort on all exercises and runs. If the Student Trooper fails to give maximum effort he or she may be required to do remedial P.T. Remedial P.T. will be conducted at the discretion of the School Commandant or by the Staff Instructor who is in charge of P.T. for that day.