

## SAFD Cadet Fitness Program

### Warm-up (3 min. jog, 20 JJ,s) / Stretch (10ct. Pre/ 20ct. post)

Cross Arm Shoulder Stretch						
Overhead Arm Triceps Stretch						
Chest Stretch						
Back Stretch						
Single Knee to Chest (supine)						
Both Knees to Chest (supine)						
Lower Trunk Rotation (supine)						
Hamstring Modified Hurdler Stretch						
Groin Stretch (sitting)						
Prone Abdominal Stretch						
Side Quadriceps Stretch						
Calf Stretch (3 point stance)						
Partner Hamstring Stretch (post workout only)						

### Crossfit (constantly varied daily workout)

Push-ups		<i>Cadet daily workouts will incorporate Crossfit methodology</i>				
Squats		<i>which may include these listed exercises, and other</i>				
Sit-ups		<i>exercises, utilized in a repetition based or time based</i>				
Pull-ups		<i>high intensity workout.</i>				
Dips		<i>All daily workouts should begin with a warm-up/stretch</i>				
Lunges		<i>and end with a full stretch routine.</i>				
Jumps						
Mountain Climbers						
Squat Thrusts						
Burpees						
Prowler Sled						
Farmer's Carry						
Run						
Stair Climb						
Hose Drag						

### Fitness Awareness Drill (twice weekly, when qualified)

**Daily Lunch: 5 towers and max. pull-ups, sit-ups, or push-ups.**

### 4 Fitness Evaluations (1st week, 6-7 week interval thereafter)

Consists of: 1.5 Mile run, Sit-ups & Push-ups (1 min. max), Pull-up max, Sit & Reach, BMI