

## **Exercise Guide**

The following daily exercise guide is proven to build strength and endurance over time. The following exercises can be done in the home, and are a simple building block to better physical health, strength, and endurance. Like any exercise routine, one should consult their doctor first. The goal of these workouts is very high... simply because the origins of these workouts are from police recruiters providing tips in preparation to police candidates to insure they do not wash out of the academy trials. Candidates who can't do some form of the Ten, Ten 200 program often do not make the cut.

### **The Ten, Ten, 200 Program:**

One may have to start slowly if they have not worked out in a while... and build up to these levels. These are the goal levels, as has been explained by police recruiters, that insure one can pass a police physical exam.

- 200 push-ups per day
  - After stretching the arms and warming them up do as many pushups as you can
  - Concentrate on form
  - Rest

- Do another set of as many as you can
- Rest
- Repeat through the day... your goal is 200 in a day.  
Eventually, you can do two hundred in less than a half hour. (You will get sore along the way, that will fade as your body gets stronger)
- 200 sit-ups per day
  - Concentrating on form, not speed, do as many sit-ups as you can manage
  - Rest
  - Do another set of as many as you can
  - Rest
  - Repeat through the day... your goal is 200 in a day.  
Eventually, you can do two hundred in less than a half hour. (You will get sore along the way, that will fade as your body gets stronger)
- 20 minutes of running (not jogging) per day.
  - Start by stretching, and then walk for five minutes before entering your timed run.
  - Run on dirt, grass, or soft surfaces if possible (Treadmill ok)
  - run as far as you can, as fast as you can
  - Rest by walking

- Catch your breath
- Run again
- Your goal is to run (not jog) for 20 minutes straight.
- distance, speed and endurance will come in time, and be slightly better daily.

For all of the three exercises above, create a daily chart and track it. You will see your progression curve. Seeing your results helps with the goal and motivation. You will soon amaze yourself.

Your first couple of days, increment your goal up in tens...fight through the pain. Don't give yourself more than one day off, or you will regret it the next time. your ultimate goal is 200... but if you start with a daily goal of only ten, and then add ten to that goal the next day, and the next, you will soon be at your 200, and will find you can do more reps in a set quicker and quicker until your ultimate goal takes just a small chunk of your day, and all the pain of it slowly fades away... and you will look and feel amazing. Work towards your own goal. The ultimate goal is 200 pushups and sit-ups in a day with 20 minutes of running (not walking) uninterrupted. One has to build to this. Look in the mirror about day three to start seeing serious results, and again on day six. So the photo thing if you like... you will see the difference. Others will comment on it. You will soon have much more energy as well from all the oxygenation of your blood...

- Be sure to eat high protein foods within a half hour of finishing a workout and run. Multiple small meals aides the body more than two to three big meals.
- Starting your daily goal in the morning keeps your metabolism higher all day, and burns fat away. Small doses of protein through the day feeds the muscle.

You will eventually change to variants of the standard push-up and sit-up for additional results... you can change the technique, but do not change the goal with the new techniques... unless you really want to step up to the next level. remember that you do need to give your body at least 2 days of rest a week (but not in a row).

### **52 Pickup Workout:**

Ok, you have mastered the above, and you want more, with muscle confusion and ultimate endurance... try the 52 Pickup Workout...

- Get some loud thumping high energy music you like and hit play...
- Take a deck of cards and leave the joker in the deck... shuffle the deck.
- Draw a card...
  - Ace is one, a number card is that many reps, face cards are ten, joker is ten of **everything**

- Diamonds are sit-ups or sit-up variant
- Hearts are jumps or lunges
- Spades are push ups
- Clubs are burpees or jumping jacks

Finish the deck. Yes, this is a masochistic workout, but how much are you saving on that gym membership? How much drive time and dressing time are you saving by doing these workouts at home? How much better will you feel after about day six?