



GET POLICE FIT



1 PUSH UP
3 Sets • 10-20 Reps

2 SIT UP
2 Sets • 20 Reps



3 PRONE BRIDGE
3 Sets • 60 Secs

4 SUPINE PULL UP
3 Sets • 10 Reps



5 TRICEP DIP
3 Sets • 15 Reps

6 SQUAT
3 Sets • 20 Reps

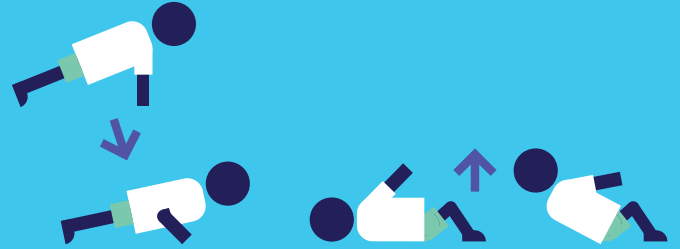


7 BURPEE
3 Sets • 10 Reps

Exercise every day
to be healthy and fit.



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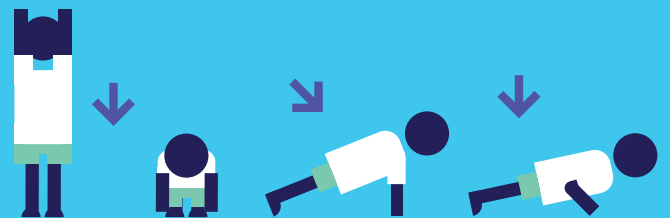
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