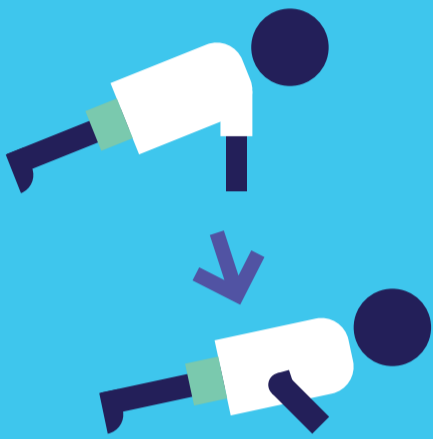




# GET POLICE FIT

*Exercise every day to be healthy and fit.*



## 1 PUSH UP

3 Sets • 10-20 Reps



## 2 SIT UP

2 Sets • 20 Reps



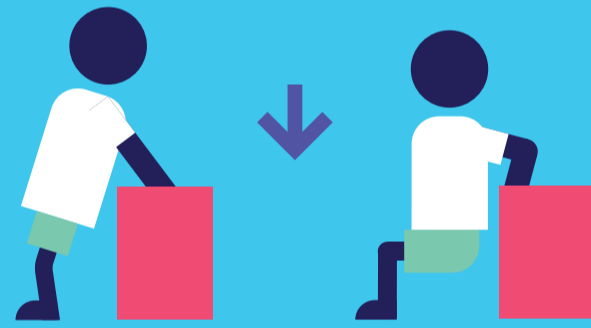
## 3 PRONE BRIDGE

3 Sets • 60 Secs



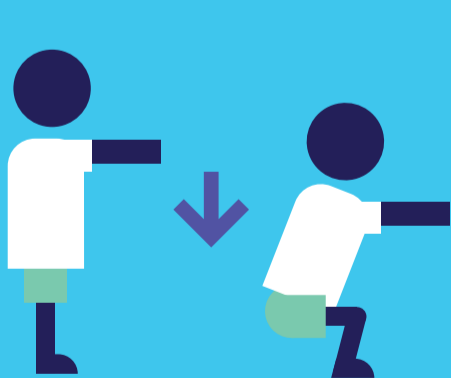
## 4 SUPINE PULL UP

3 Sets • 10 Reps



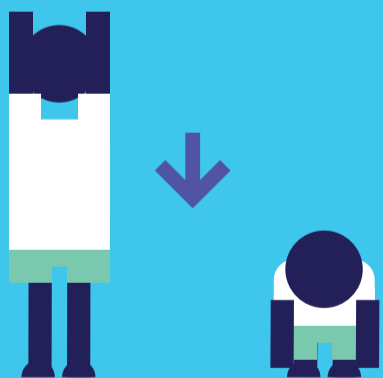
## 5 TRICEP DIP

3 Sets • 15 Reps



## 6 SQUAT

3 Sets • 20 Reps



## 7 BURPEE

3 Sets • 10 Reps



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