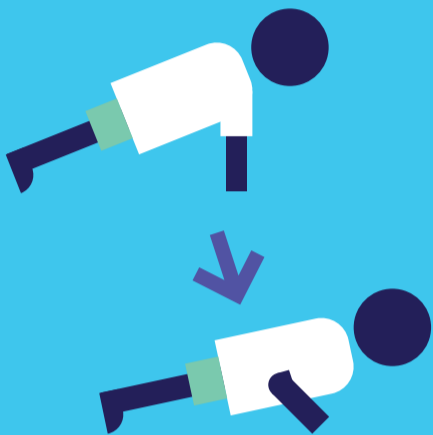




GET POLICE FIT

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



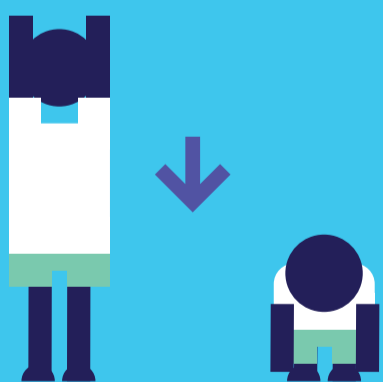
4 SUPINE PULL UP
3 Sets • 10 Reps



5 TRICEP DIP
3 Sets • 15 Reps



6 SQUAT
3 Sets • 20 Reps



7 BURPEE
3 Sets • 10 Reps

