To help ensure you arrive at the Academy in top physical form, Academy instructors have created this PACT regimen for incoming cadets.

**INSTRUCTIONS**
Select the regimen best suited to current level of fitness (good or fair) and the amount of time remaining before you arrive.

Complete that regimen every week for two to four weeks, then progress to a more advanced regimen as your fitness improves and your Academy arrival date nears.
<table>
<thead>
<tr>
<th><strong>WARM UP</strong></th>
<th><strong>WORKOUT</strong></th>
<th><strong>COOL DOWN</strong></th>
</tr>
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<tr>
<td><strong>DAY 1</strong></td>
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<td>Jog: 1/2 mile x 2 reps (walk ¼ mile between reps)</td>
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<td>Bent Leg Sit-Up: max reps x 1 set</td>
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<td>Back Extension: 12 reps x 2 sets</td>
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<td>Light Stretching: 10 min.</td>
<td>Bent Leg Sit-Up: max reps x 1 set</td>
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**PHYSICAL CONDITION: GOOD**

**PHYSICAL CONDITION: FAIR**

**WARM UP**

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Arm Circles: 20 reps forward
Arm Circles: 20 reps backward
Jog: ¼ mile
Light Stretching: 10 min.

**WORKOUT**

Pull-Ups: max reps x 1 set
Bicep Curls with dumbbells or barbell: 12 reps x 2 sets
Push-Ups: max reps x 1 set
Jog: 1 mile
Walk: ¼ mile
Bent Leg Sit-Up: max reps x 1 set
Back Extension: 12 reps x 2 sets
Dumbbell Calf Raise: 20 reps x 2 sets

**COOL DOWN**

Stretching: 10 min.
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<td><strong>WORKOUT</strong> Pull-Ups: max reps x 2 sets Bicep Curls with dumbbells or barbell: 12 reps x 3 sets Push-Ups: max reps x 2 sets Run: ¾ miles x 2 reps (walk ¼ mile between reps) Bent Leg Sit-Up: max reps x 2 sets Back Extension: 12 reps x 3 sets Dumbbell Calf Raise: 25 reps x 2 sets</td>
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<td><strong>DAY 3</strong></td>
<td><strong>WARM UP</strong> Jumping Jacks: 40 reps Flutter Kicks: 40 reps Push-Ups: 25 reps Jog: ¼ mile Light Stretching: 10 min.</td>
<td><strong>WORKOUT</strong> Wide Grip Lat Pulldown: 12 reps x 3 sets Bicep Curls with dumbbells or barbell: 12 reps x 3 sets Sprint: 100 yards x 4 sets (2-3 min. rest between reps) Med. Run: ½ mile x 2 sets (2-3 min. between reps) Walk: ¼ mile Bent Leg Sit-Up: max reps x 2 sets Dumbbell Calf Raise: 25 reps x 2 sets</td>
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<td><strong>WARM UP</strong> Jumping Jacks: 40 reps Flutter Kicks: 40 reps Arm Circles: 20 reps forward Arm Circles: 20 reps backward Jog: ¼ mile Light Stretching: 10 min.</td>
<td><strong>WORKOUT</strong> Pull-Ups: max reps x 2 sets Bicep Curls with dumbbells or barbell: 12 reps x 2 sets Push-Ups: max reps x 2 sets Jog: 2 miles Walk: ¼ mile Bent Leg Sit-Up: max reps x 2 sets Back Extension: 12 reps x 2 sets Dumbbell Calf Raise: 25 reps x 2 sets</td>
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**PHYSICAL CONDITION: GOOD**

**DAY 1**

**WARM UP**
- Jumping Jacks: 40 reps
- Flutter Kicks: 40 reps
- Arm Circles: 20 reps forward
- Arm Circles: 20 reps backward
- Jog: ¼ mile
- Light Stretching: 10 min.

**WORKOUT**
- Pull-Ups: max reps x 3 sets
- Bicep Curls with dumbbells or barbell: 12 reps x 3 sets
- Push-Ups: max reps x 3 sets
- Run: 1.5 miles x 2 reps (6-8 min. rest between reps)
- Walk: ¼ mile
- Bent Leg Sit-Up: max reps x 3 sets
- Back Extension: 12 reps x 3 sets
- Dumbbell Calf Raise: 25 reps x 2 sets

**COOL DOWN**
- Stretching: 10 minutes

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**DAY 2**
- Jog ¼ mile and stretch 10-15 min.
- Jog 2 miles

**DAY 3**

**WARM UP**
- Jumping Jacks: 40 reps
- Flutter Kicks: 40 reps
- Push-Ups: 30 reps
- Jog: ¼ mile
- Light Stretching: 10 min.

**WORKOUT**
- Wide Grip Lat Pulldown: 12 reps x 3 sets
- Bicep Curls with dumbbells or barbell: 12 reps x 3 sets
- Sprint: 100 yards x 2 sets (2-3 min. between sets)
- Med. Run: ½ mile x 2 sets (2-3 min. between sets)
- Walk: ¼ mile
- Bent Leg Sit-Up: max reps x 3 sets
- Dumbbell Calf Raise: 25 reps x 2 sets

**COOL DOWN**
- Stretching: 10 min.

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**DAY 4**
- Jog ¼ mile and stretch 10-15 min.
- Jog 2 miles

**DAY 5**

**WARM UP**
- Jumping Jacks: 40 reps
- Flutter Kicks: 40 reps
- Arm Circles: 20 reps forward
- Arm Circles: 20 reps backward
- Jog: ¼ mile
- Light Stretching: 10 min.

**WORKOUT**
- Pull-Ups: max reps x 3 sets
- Standing Long Jump: max distance x 5 reps
- Bicep Curls with dumbbells or barbell: 12 reps x 3 sets
- Push-Ups: max reps x 3 sets
- Jog: 3 miles
- Walk: ¼ mile
- Bent Leg Sit-Up: max reps x 3 sets
- Back Extension: 12 reps x 3 sets
- Dumbbell Calf Raise: 25 reps x 2 sets

**COOL DOWN**
- Stretching: 10 min.

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**DAY 6&7**
- Rest

**PHYSICAL CONDITION: FAIR**

**DAY 1**

**WARM UP**
- Jumping Jacks: 40 reps
- Flutter Kicks: 40 reps
- Arm Circles: 20 reps forward
- Arm Circles: 20 reps backward
- Jog: ¼ mile
- Light Stretching: 10 min.

**WORKOUT**
- Pull-Ups: max reps x 2 sets
- Bicep Curls with dumbbells or barbell: 12 reps x 3 sets
- Push-Ups: max reps x 2 sets
- Jog: 2 miles
- Wrap: ¼ mile
- Bent Leg Sit-Up: max reps x 2 sets
- Back Extension: 12 reps x 3 sets
- Dumbbell Calf Raise: 25 reps x 2 sets

**COOL DOWN**
- Stretching: 10 min.

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**DAY 2**
- Jog ¼ mile and stretch 10-15 min.
- Jog 1.5 miles to loosen muscles

**DAY 3**

**WARM UP**
- Jumping Jacks: 40 reps
- Flutter Kicks: 40 reps
- Push-Ups: 25 reps
- Jog: ¼ mile
- Light Stretching: 10 min.

**WORKOUT**
- Wide Grip Lat Pulldown: 12 reps x 3 sets
- Bicep Curls with dumbbells or barbell: 12 reps x 3 sets
- Sprint: 100 yards x 4 sets (2-3 min. rest between sets)
- Med. Run: ¼ mile x 2 sets (2-3 min. between sets)
- Walk: ¼ mile
- Bent Leg Sit-Up: max reps x 2 sets
- Dumbbell Calf Raise: 25 reps x 2 sets

**COOL DOWN**
- Stretching: 10 min.

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**DAY 4**
- Jog ¼ mile and stretch 10-15 min.
- Jog 1.5 miles to loosen muscles

**DAY 5**

**WARM UP**
- Jumping Jacks: 40 reps
- Flutter Kicks: 40 reps
- Arm Circles: 20 reps forward
- Arm Circles: 20 reps backward
- Jog: ¼ mile
- Light Stretching: 10 min.

**WORKOUT**
- Pull-Ups: max reps x 2 sets
- Bicep Curls with dumbbells or barbell: 12 reps x 2 sets
- Push-Ups: max reps x 2 sets
- Jog: 2 miles
- Wrap: ¼ mile
- Bent Leg Sit-Up: max reps x 2 sets
- Back Extension: 12 reps x 3 sets
- Dumbbell Calf Raise: 25 reps x 2 sets

**COOL DOWN**
- Stretching: 10 minutes

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**DAY 6&7**
- Rest

**Rest**