

SHORT-MEDIA SWAT TRAINING

All exercises are done sequentially, without rest. **Start out with 70 jumping jacks to warm up.** As training becomes easier, scratch off the 'x1' multiplier on the left, and move to the x2 multiplier (twice the reps in each exercise) and so on, until your exercise is 5 times the reps listed below.

ABDOMINAL BICYCLES

Muscles worked: abs, obliques, and hip flexors

- Lie on your back in a sit-up position, with your hands behind your head. Raise your legs off the ground and bring your left knee to your right elbow while extending your right leg straight out. Change sides and repeat.



(check off as you progress)

x1

 x_2

REPS

x3

x4

x5

<-- multiply -->

5

6

5

6

5

6

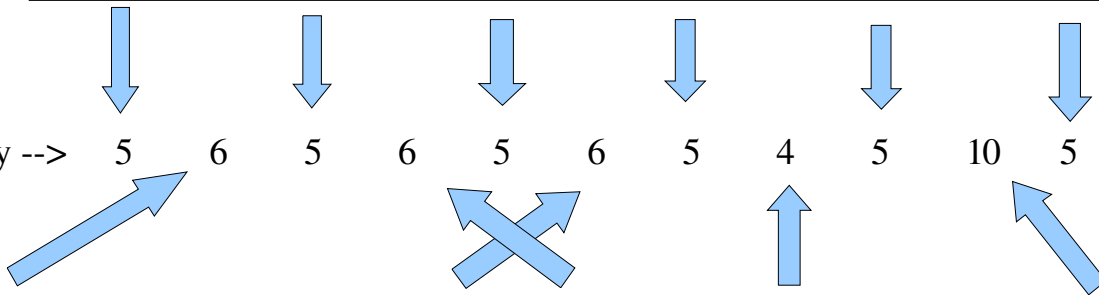
5

4

5

10

5



BOXERS

Muscles worked: abs, obliques, hip flexors, quads, calves, and hamstrings

- Assume a boxer's stance, knees bent with fists in front of your face and elbows bent. Shifting weight to your right leg, rise and lift your left knee to your right elbow. • Squat and repeat with your right knee/left elbow, for 30 reps on each side.



SIDE LEAPS

Muscles worked: inner and outer quads, glutes, hamstrings, and calves

- With legs together, jump from side to side, high and far enough to clear a basketball.
- Squat on the landing and push off hard in the opposite direction for 30 leaps to each side.



SWAT PUSH-UPS

Muscles worked: complete upper and lower body, abs, and obliques

- From a standing position, drop to a push-up plank position, scissor your legs out and in, do a push-up, rise to standing, and repeat 20 times. (Do 100 of these in less than 10 minutes and you're an honorary SWAT commando.)



MOUNTAIN CLIMBERS

Muscles worked: calves, quads, glutes, back, chest, triceps, abs, and shoulders

- In a push-up position, keeping your back flat, pump your legs as if running in place. Try not to brush the ground with your toes as they come forward. Do 50 right-left reps.

