STEARNS COUNTY SHERIFF'S OFFICE / EMPLOYEE WELLNESS

TACTICAL FIT PERFORMANCE

A five-workout program, 3–5 days a week, for strength, power, endurance, agility and functional fitness on the job.

WORKOUT 1

STRENGTH & POWER

Build total body strength for real-world demands: carrying, pushing, pulling, lifting.

01 **TRAP BAR DEADLIFT**
3 × 5

02 **FRONT SQUAT**
3 × 6

03 **PUSH PRESS**
3 × 6

04 **PULL-UPS OR LAT PULLDOWN**
3 × 8

05 **FARMER CARRY**
3 × 40–60 yards

FINISHER

SLED PUSH
4 × 30 yards, heavy but controlled

WORKOUT 2

ENDURANCE & STAMINA

Improve cardiovascular fitness and work capacity for long shifts, pursuits and high-stress situations.

01 **ASSAULT BIKE OR ROW**
3 × 1 minute hard, 1 minute easy

02 **KB SWINGS**
3 × 15

03 **WALKING LUNGES**
3 × 20 steps (10 each leg)

04 **PUSH-UPS**
3 × 15–20

05 **PLANK**
3 × 45–60 sec

FINISHER

800 M RUN OR 5 MIN AMRAP
10 Burpees
15 Air Squats
20 Sit-Ups

WORKOUT 3

AGILITY & MOVEMENT

Enhance speed, agility, balance and change of direction for real-world scenarios.

01 **AGILITY LADDER DRILLS**
3 × 20 sec each: high knees, Ickey shuffle, 2-in/2-out

02 **CONE SHUTTLE 5-10-5**
3 × 4 each direction

03 **LATERAL BOUNDING**
3 × 10 each side

04 **BOX JUMPS**
3 × 8

05 **MED BALL SLAMS**
3 × 10

FINISHER

CONDITIONING CIRCUIT, 4 ROUNDS
10 Burpees
10 Jump Squats
10 Mountain Climbers
10 Med Ball Slams

WORKOUT 4

FUNCTIONAL & TACTICAL

Build job-specific strength, grip, core and full-body durability for real-life tasks.

01 **SANDBAG CARRY**
3 × 50 yards

02 **SANDBAG SHOULDER TOSS**
3 × 8 each side

03 **TIRE FLIP**
3 × 6

04 **TRX ROW OR INVERTED ROW**
3 × 10

05 **CORE CIRCUIT, 3 ROUNDS**
15 Pallof Press (each side)
15 Russian Twists
15 Leg Raises

FINISHER

100 YARD SHUTTLE, 5 ROUNDS
100 yd sprint
100 yd walk
Vest optional

WORKOUT 5

TOTAL BODY INTEGRATION

Blend strength, conditioning, agility and core into one workout for overall readiness.

01 **DEADLIFT**
3 × 6

02 **PUSH-UPS**
3 × 12

03 **BOX STEP-UPS**
3 × 10 each leg

04 **BATTLE ROPES**
3 × 30 sec

05 **KB GOBLET SQUAT**
3 × 12

FINISHER

3 ROUNDS FOR TIME
10 Thrusters
10 Kettlebell Swings
10 Box Jumps
10 Push-Ups
200 m Run or Row

PROGRAM GUIDELINES

3–5 DAYS PER WEEK
Rotate through the five workouts.

PROGRESS GRADUALLY
Change one thing at a time.

MOBILITY DAILY
Include mobility and stretching.

RECOVER
Hydrate, fuel properly and get adequate sleep.

SAMPLE WEEKLY SCHEDULE

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Workout 1 Strength & Power	Workout 2 Endurance & Stamina	Mobility or Active Recovery	Workout 3 Agility & Movement	Workout 4 Functional & Tactical	Workout 5 Total Body Integration	Rest & Recover

MODIFY FOR YOUR FITNESS LEVEL

BEGINNER
Use lighter weights
Focus on form
Reduce volume by 30–50%
Walk instead of run if needed

INTERMEDIATE
Follow prescribed sets/reps
Challenging but manageable
Focus on quality movement
Increase load or distance over time

ADVANCED
Increase weight, reps or distance
Add vest or additional load
Reduce rest periods
Aim for performance benchmarks

3-MONTH PROGRESSION

Follow this program for 3 months. Add one set to each exercise every month (3, then 4, then 5). In between, progress one thing at a time: weight, reps or time.

MONTH 1: BUILD
3 sets of each exercise
Learn the movements
Moderate loads, clean form
Establish your baseline

MONTH 2: PROGRESS
4 sets of each exercise
Start with your month 1 weights
Then add weight or reps
Change one thing at a time

MONTH 3: CHALLENGE
5 sets of each exercise
Keep adding weight, reps or time
Trim rest by 15 seconds
Retest against your baseline

MISSING EQUIPMENT? USE THESE SWAPS

SLED PUSH
Weighted walking lunges, or a hill or stair walk in a weighted vest or loaded backpack. 4 × 30 yards.

ASSAULT BIKE
Rower, stationary bike, jump rope or a hill run. Same 1 min hard, 1 min easy.

AGILITY LADDER
Tape or chalk a ladder on the floor, or use lines or cones. Same footwork drills.

TIRE FLIP
Deadlift to high pull with a barbell, dumbbells or a sandbag. 3 × 6.

BATTLE ROPES
Medicine ball slams, shadow boxing or mountain climbers. 3 × 30 sec.

FOR HELP WITH THESE WORKOUTS, CONTACT
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