

# Air Force ROTC Detachment 535

## Syracuse University

### Recommended Workout Routine

Welcome to Air Force ROTC Detachment 535! Physical fitness is an important aspect of our training program. This workout routine is designed to help prepare new students for the upcoming school year. Using this routine is NOT mandatory, nor is it meant to be intimidating. Please feel free to modify the plan to fit your individual activity level. Don't be discouraged if you can't do 3 sets of 35 push ups, just do your best!

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Push Ups	3 sets of 10	Off	3 sets of 10	Off	3 sets of 10	30 min of Cardiovascular Activity	Off
Sit Ups	3 sets of 20	Off	3 sets of 20	Off	3 sets of 20		Off
Run	1 mile - jog	Off	1 mile - jog	Off	1 mile - jog		Off
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Push Ups	3 sets of 15	Off	3 sets of 15	Off	3 sets of 15	30 min of Cardiovascular Activity	Off
Sit Ups	3 sets of 25	Off	3 sets of 25	Off	3 sets of 25		Off
Run	1 mile - run	Off	1 mile - run	Off	1 mile - run		Off
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Push Ups	3 sets of 20	Off	3 sets of 20	Off	3 sets of 20	30 min of Cardiovascular Activity	Off
Sit Ups	3 sets of 30	Off	3 sets of 30	Off	3 sets of 30		Off
Run	1 mile run jog 1/2 mile	Off	1 mile run jog 1/2 mile	Off	1 mile run jog 1/2 mile		Off
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Push Ups	3 sets of 25	Off	3 sets of 25	Off	3 sets of 25	30 min of Cardiovascular Activity	Off
Sit Ups	2 sets of 40 1 set of 30	Off	2 sets of 40 1 set of 30	Off	2 sets of 40 1 set of 30		Off
Run	1.5 mile run/jog	Off	1.5 mile run/jog	Off	1.5 mile run/jog		Off