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!

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Push Ups</td>
<td>3 sets of 10</td>
<td>Off</td>
<td>3 sets of 10</td>
<td>Off</td>
<td>3 sets of 10</td>
<td>30 min of Cardiovascular Activity</td>
<td>Off</td>
</tr>
<tr>
<td>Sit Ups</td>
<td>3 sets of 20</td>
<td>Off</td>
<td>3 sets of 20</td>
<td>Off</td>
<td>3 sets of 20</td>
<td>30 min of Cardiovascular Activity</td>
<td>Off</td>
</tr>
<tr>
<td>Run</td>
<td>1 mile - jog</td>
<td>Off</td>
<td>1 mile - jog</td>
<td>Off</td>
<td>1 mile - jog</td>
<td>30 min of Cardiovascular Activity</td>
<td>Off</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 2</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Push Ups</td>
<td>3 sets of 15</td>
<td>Off</td>
<td>3 sets of 15</td>
<td>Off</td>
<td>3 sets of 15</td>
<td>30 min of Cardiovascular Activity</td>
<td>Off</td>
</tr>
<tr>
<td>Sit Ups</td>
<td>3 sets of 25</td>
<td>Off</td>
<td>3 sets of 25</td>
<td>Off</td>
<td>3 sets of 25</td>
<td>30 min of Cardiovascular Activity</td>
<td>Off</td>
</tr>
<tr>
<td>Run</td>
<td>1 mile - run</td>
<td>Off</td>
<td>1 mile - run</td>
<td>Off</td>
<td>1 mile - run</td>
<td>30 min of Cardiovascular Activity</td>
<td>Off</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 3</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Push Ups</td>
<td>3 sets of 20</td>
<td>Off</td>
<td>3 sets of 20</td>
<td>Off</td>
<td>3 sets of 20</td>
<td>30 min of Cardiovascular Activity</td>
<td>Off</td>
</tr>
<tr>
<td>Sit Ups</td>
<td>3 sets of 30</td>
<td>Off</td>
<td>3 sets of 30</td>
<td>Off</td>
<td>3 sets of 30</td>
<td>30 min of Cardiovascular Activity</td>
<td>Off</td>
</tr>
<tr>
<td>Run</td>
<td>1 mile run</td>
<td>Off</td>
<td>1 mile run</td>
<td>Off</td>
<td>1 mile run</td>
<td>30 min of Cardiovascular Activity</td>
<td>Off</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 4</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sit Ups</td>
<td>2 sets of 40</td>
<td>Off</td>
<td>2 sets of 40</td>
<td>Off</td>
<td>2 sets of 40</td>
<td>30 min of Cardiovascular Activity</td>
<td>Off</td>
</tr>
<tr>
<td>Run</td>
<td>1.5 mile run/jog</td>
<td>Off</td>
<td>1.5 mile run/jog</td>
<td>Off</td>
<td>1.5 mile run/jog</td>
<td>30 min of Cardiovascular Activity</td>
<td>Off</td>
</tr>
</tbody>
</table>