OTS Workout Program

Familiarize yourself with the different acronyms (e.g. WU-A) as they will apply to the 8 week program that begins on page 5.

Warm-Ups:

**WU-A**
- Jumping Jacks 1.5 minutes
- High Knees 1 minute
- Jog in place 3 minutes

**WU-B**
- Walk 3 minutes
- Left Lateral Shuffle 1 minute
- Right Lateral Shuffle 1 minute

Interval Routines:

**I-A**
For each exercise, begin with a set of 10 repetitions before taking a break, followed by a set of 9 repetitions, and continue until the last set of 1 before moving to the next exercise.
- Push Ups 10-9-8-7-6-5-4-3-2-1
- Mountain Climbers 10-9-8-7-6-5-4-3-2-1
- Squats 10-9-8-7-6-5-4-3-2-1
- Lunges 10-9-8-7-6-5-4-3-2-1
- Burpees 10-9-8-7-6-5-4-3-2-1
- Sit Ups 10-9-8-7-6-5-4-3-2-1
- Crunches 10-9-8-7-6-5-4-3-2-1
- Bicycles 10-9-8-7-6-5-4-3-2-1

**I-B**
- 0.6 mile run
<table>
<thead>
<tr>
<th>Distance</th>
<th>Burpees</th>
<th>Push Ups</th>
<th>Sit Ups</th>
<th>Squats</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.5 mile</td>
<td>5</td>
<td>10</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>-0.5 mile run</td>
<td>5</td>
<td>10</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>0.4 mile</td>
<td>5</td>
<td>10</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>-0.4 mile run</td>
<td>5</td>
<td>10</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>0.3 mile</td>
<td>5</td>
<td>10</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>-0.3 mile run</td>
<td>5</td>
<td>10</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>0.2 mile</td>
<td>5</td>
<td>10</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>-0.2 mile run</td>
<td>5</td>
<td>10</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>0.1 mile</td>
<td>5</td>
<td>10</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>-0.1 mile run</td>
<td>5</td>
<td>10</td>
<td>15</td>
<td>20</td>
</tr>
</tbody>
</table>
I-C

-Group-1: 6 minutes
  - Burpees 5
  - Push Ups 10
  - Sit Ups 12

-Rest: 1 minutes

-Group-2:
  - Jump Squats 5
  - Lunges 10
  - Mountain Climbers 15

-Rest: 1 minute

-Group-3:
  - High Knees 5
  - Bicycles 10
  - Masson Twist 12

-Rest: 1 minute

-Repeat Again

Stretch Routines:

**S-A**

-Knee Pull (R&L) 2x30 seconds
-Calf Plant (R&L) 2x30 seconds
-Seated Toe Touch (R&L) 2x30 seconds
-Glute Cross Over (R&L) 2x30 seconds

**S-B**

-Arm Cross Over (R&L) 2x30 seconds
-Hand-to-Spine (R&L) 2x30 seconds
-Bent Lat Pull 2x30 seconds
-Bicep Pull 2x30 seconds

Abdominal Routines:
AB-A

-Sit Ups 3x25
-Crunches 3x25
-Masson Twist 2x25
-Bicycles 2x25
-Flutter Kicks 2x25

AB-B

-Planks 2x30 seconds
-In and Outs 2x20
-Oblique Crunch (R&L) 2x30
-Sit Ups 2x30
-Oblique Planks (R&L) 2x30 seconds

AB-C

-Sit Ups 10-9-8-7-6-5-4-3-2-1
-Crunches 10-9-8-7-6-5-4-3-2-1
-Masson Twist 10-9-8-7-6-5-4-3-2-1
-Bicycles 10-9-8-7-6-5-4-3-2-1
-Flutter Kicks 10-9-8-7-6-5-4-3-2-1
The 8 Week Program

Week-1

Day-1: Mock United States Air Force P.T. Test:
- Most Push Ups in 60 seconds
- Most Sit Ups in 60 seconds
- 1.5 mile run

Day-2: Rest
Day-3: WU-B/2.0 mile run (Ratio: run 0.5/walk 1 minute)/AB-A/S-A
Day-4: WU-A/I-A/S-A/S-B
Day-5: Rest
Day-6: WU-B/2.0 mile run (Ratio: run 0.5/walk 1 minute)/AB-A/S-A
Day-7: Rest

Week-2

Day-1: WU-B/2.25 mile run (Ratio: 0.75/walk 1 minute)/AB-A/S-A
Day-3: WU-B/2.0 mile run (Ratio: run 0.5/walk 1 minute)/AB-B/S-A
Day-4: Rest
Day-5: WU-B/1.75 mile run/AB-A/S-A
Day-6: Rest
Day-7: Rest

Week-3

Day-1: WU-B/2.25 mile run (Ratio: run 0.72/walk 1 minute)/AB-A/S-A
Day-3: WU-B/1.5 mile run/AB-B/S-A
Day-4: Rest
Day-5: WU-B/2.0 mile run (Ratio: run 1.0/walk 1 minute)/AB-A/S-A
Day-6: Rest
Day-7: Rest
Week-4

Day-1: WU-B/2.25 mile run (Ratio: run 0.75/walk 1 minute)/AB-A/S-A
Day-2: WU-A/I-B/S-A/S-B
Day-3: Rest
Day-4: WU-B/2.0 mile run (Ratio: run 1.0/walk 1 minute)/AB-C/S-A
Day-5: WU-A/I-A/S-A/S-B
Day-6: WU-B/2.0 mile run (Ratio: run 1.0/walk 1 minute)/AB-B/S-A
Day-7: Rest

Week-5

Day-1: WU-B/2.25 mile run/AB-A/S-A
Day-2: WU-B/2.0 mile run/AB-C/S-A
Day-3: WU-A/I-A/S-A/S-B
Day-4: WU-B/2.0 mile run/S-A
Day-5: WU-A/I-B/AB-B/S-A/S-B
Day-6: Rest
Day-7: Rest

Week-6

Day-1: WU-B/2.5 mile run/AB-C/S-A
Day-2: WU-A/I-B/S-A/S-B
Day-3: WU-B/2.0 mile run/AB-C
Day-4: Rest
Day-5: WU-B/3.0 mile run/S-A
Day-6: WU-A/I-C/S-A/S-B
Day-7: Rest

Week-7

Day-1: WU-B/3.0 mile run/I-A/S-A/S-B
Day-3: WU-B/2.25 mile run/S-A
Day-4: Rest
Day-5: WU-B/3.0 mile run/I-A/S-A/S-B
Day-6: WU-A/I-C/S-A/S-B
Day-7: Rest

Week-8

Day-1: WU-B/3.0 mile run/I-A/S-A/S-B
Day-3: WU-B/2.25 mile run/S-A
Day-4: Rest
Day-5: WU-B/3.0 mile run/I-A/S-A/S-B
Day-6: WU-A/I-C/S-A/S-B
Day-7: Rest