

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

-Burpees	5
-Push Ups	10
-Sit Ups	15
-Squats	20

-0.5 mile run

-Burpees	5
-Push Ups	10
-Sit Ups	15
-Squats	20

-0.4 mile run

-Burpees	5
-Push Ups	10
-Sit Ups	15
-Squats	20

-0.3 mile run

-Burpees	5
-Push Ups	10
-Sit Ups	15
-Squats	20

-0.2 mile run

-Burpees	5
-Push Ups	10
-Sit Ups	15
-Squats	20

-0.1 mile run

-Burpees	5
-Push Ups	10
-Sit Ups	15
-Squats	20

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-2: WU-A/I-A/S-A/S-B

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-2: WU-A/I-A/S-A/S-B

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-2: WU-A/I-B/AB-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-2: WU-A/I-B/AB-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