



**New Mexico State Police  
Training & Recruiting Bureau**

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## **\* BE PREPARED**

A suggested minimum workout routine to be ready for the State Police Academy:

- **Run 3 miles**
  - 50 push-ups
  - 50 sit-ups
  - 50 burpees
  - 50 scissors kicks/flutter kicks
  - 50 mountain climbers
- **60 second plank**
- **400M run to finish the workout**
  
- **No rest between exercises**
- **Target Fitness Level: completed in under 45 minutes**
- **Exceptional Fitness Level: completed in under 30 minutes**
- **Goal: Core Strength and Endurance**