

High Desert Wildfire Recruitment Academy
EXAMPLE - PT Schedule

Day 1: Morning Hike, get up to the first corner. Total hike distance is about 1.5 miles.

Day 2: Deck of Cards:

Hearts: Squats, Variation option sumo squat

Spades: Jumping Jacks, Variation option Super-stars

Clubs: Push-ups, Variation option knee push-ups

Diamonds: Dead bug holds

Face Cards are 10.

Jack: Straight Arm Plank, 30 second, variation option Bear Plank

Queen: Penguins, 15 each side-30 total

King: 1-minute break

Ace: Bridges, 1 minute hold with pulses every 15 seconds

Day 3: Morning Hike, get to big corner. Total hike distance is about 2.5 miles.

Day 4: Deck of Cards:

Hearts: Lunges, variation option side lunge

Spades: Super-mans, variation option trunk ups

Clubs: Donkey Kicks, no variation option

Diamonds: Bent leg windshield wipers, 15 each side-30 total

Face Cards are 10.

Jack: Jumping Jacks, Variation option Super-stars

Queen: Calf Raises, 40

King: 1-minute upper body stretching

Ace: 1-minute leg raise and hold.

Day 5 or last Day: Option between a Morning hike and a mix of Day 2 and 4 Deck of Cards.

Ideas for Break PT:

10 push-ups

30 second Bear Plank

Part of Roxanne (Burpee)

Part of Sally (Squats)