

Weight = W Reps = R

Use the spaces provided for each exercise to record the weight lifted and the number of reps performed.

BURN PHASE

BURN CIRCUIT 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1. Some Squat with Hip Lift	W _____ R _____			
2. Lunge with Posterior Fly	W _____ R _____			
3. Push-Up with Leg Lift	R _____	R _____	R _____	R _____
4. Dead Lift with Posterior Fly	W _____ R _____			
5. Lunge with Core Rotation	W _____ R _____			
6. Bench Press and Leg Lower	W _____ R _____			
7. Squat with Side Bend	W _____ R _____			
8. Forward-Lean Lunge With DBL Arm Posterior Fly	W _____ R _____			
9. Chest Fly with Hip Lift	W _____ R _____			
BURN CIRCUIT 2	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1. Some Squat with Bicep Curl	W _____ R _____			
2. Lunge with One-Arm Tricep Extension	W _____ R _____			
3. Dead Lift Row	W _____ R _____			
4. Some Squat with Overhead Tricep Extension	W _____ R _____			
5. Dead Lift with Double Row	W _____ R _____			
6. Bowler's Lunge with Single-Arm Row	W _____ R _____			
7. Bicep Curls with Abductor Balance	W _____ R _____			
8. Forward-Lean Lunge with Double Row	W _____ R _____			
9. Triple-Threat Push-Ups	R _____	R _____	R _____	R _____
BURN CIRCUIT 3	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1. Some Squat with Overhead Press	W _____ R _____			
2. Lunge with Calf Raise	W _____ R _____			
3. Squat with Lateral Raise	W _____ R _____			
4. Lunge with Frontal Press	W _____ R _____			
5. Squat with Calf Raise	W _____ R _____			
6. Some Squat with Delt Raises	W _____ R _____			
7. Squat with Double Overhead Press	W _____ R _____			
8. Lunge with Lateral Raise	W _____ R _____			
9. Some Squat with Calf Raise	W _____ R _____			

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to be eligible to compete in the nys court officer sergeant 55 833 promotional examination candidates must by the date of the examination march 16 2024 have current permanent competitive class status in the new york state court officer or senior court officer title see more

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important please note that testing for nys court officer trainee examination 45 815 start on september 7 2021 and ended on december 10 2021 the entitled list was established on

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the court officer exam has been rescheduled to start the week of september 7 2021 all exam applicants will receive an email from the office of court administration with a link to self

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results of the 2021 nys court officer trainee exam 45 815 passing grades only list information this is a list arranged by name and zip code of applicants who passed