

## What is Physical Fitness?

Physical fitness is the ability to carry out daily tasks with vigor and alertness without undue fatigue and with ample energy to engage in leisure time pursuits and to meet the above average physical stresses encountered in emergency situations. Those physical fitness areas that have been determined to be necessary for the Frederick Police Department are:

1. Aerobic power or jumping/explosive power
2. Dynamic strength (lower body)
3. Anaerobic power
4. Dynamic strength (upper body)
5. Cardio- respiratory fitness

## Why is Physical Fitness Important?

Physical fitness is important because the five physical fitness areas determine an individual's capability to do strenuous job task. Physical fitness is important to minimize health risk for health problems such as heart disease, stroke and obesity-all of which can affect job performance capabilities.

## What are the Physical Fitness Tests?

1. Vertical Jump Test
2. One Minute Sit-up Test
3. 300 Meter Run
4. Maximum Push-up Test
5. 1.5 Mile Run

## What Test Standards Must be met?

| Test              | Pre-Selection Standard |
|-------------------|------------------------|
| Vertical Jump     | 16.5 inches            |
| One Minute Sit-up | 27                     |
| 300 Meter Run     | 68 seconds             |
| Maximum Push-up   | 18                     |
| 1.5 Mile Run      | 15:20                  |

We strongly recommend that before you begin this program and especially if any of the following apply to you that you get a check up from your doctor:

- You've been diagnosed with heart problems, high blood pressure or other medical conditions
- You've been sedentary for over a year
- You're pregnant
- You have Diabetes
- You have chest pain, or experience dizziness or fainting spells
- You're recovering from an injury or illness

Obviously, if you have a diagnosed condition or illness, you always want to talk to your doctor before beginning an exercise program.

## What Can I do to Help Prepare Me for the Test?

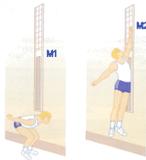
### Vertical Jump:

To prepare for this test you will need to do plyometric training. The basic plyometric exercise routine consists of three exercises; double leg vertical jump; single leg vertical jump and the double leg hop. Perform each exercise with 1 set of 10 repetitions, 3 days a week. Do the repetitions without stopping. Rest 3 minutes between each set of each exercise.

| EXERCISE                 | SETS | REPS | REST   | FREQUENCY |
|--------------------------|------|------|--------|-----------|
| Double leg vertical jump | 1    | 10   | 3 min. | 3/week    |
| Double leg hop           | 1    | 10   | 3 min. | 3/week    |

### Vertical Jump Test:

- Subject stands with one side toward the wall and reaches as high as possible to mark his/her standard reach.
- Subject jumps as high as possible and marks the spot on the wall above his/her standard reach mark. Foot closest to the wall must remain stationary until the jump is initiated.
- Score is the inches to the nearest ½ inch.
- The best of three (3) trials is the score.



### Double Leg Vertical Jump:

- Stand with feet shoulder-width apart.
- Perform a rapid counter movement and jump as high as possible.
- Thrust arms upward vigorously and reach as high as possible with one or two hands
- When the feet hit the ground, jump again immediately without a stutter step.
- Do this for 10 repetitions.



### Double Leg Hop:

- Stand with feet shoulder-width apart.
- Jump off of both legs and strive for maximal distance.
- Land in the starting position and immediately repeat the movement.
- Do this for 10 repetitions.



### One-Minute Sit-up:

To prepare for this test you will need to follow this routine. The first step is to see how many correct sit-ups you can do in a minute. For successive weeks keep adding 2 more repetitions per week

*\* Correct sit-ups are measured by having knees bent at 90 degrees, feet flat on the floor, hands clasped behind the head, elbows much touch the knees (up position), top of shoulder blades touch the floor (down position) and rest is only permitted in the up position.*

| WEEK | SETS | REPETITIONS                    | FREQUENCY |
|------|------|--------------------------------|-----------|
| 1    | 1    | Total Number                   | 3/week    |
| 2    | 2    | Total Number + 2               | 3/week    |
| 3-10 | 3    | Total Number + 2 for each week | 3/week    |

### Maximum Push-up:

To prepare for this test you will need to follow this routine. The first step is to see how many push-ups you can do. For successive weeks keep adding 2 more repetitions per week. If you cannot do a regular push-up at first, do the modified push up for several weeks following the same routine, then advance to the regular push-up.

*\*Correct push-ups are measured by keeping the hips, legs, and torso at a level plane, hands shoulder-width apart, feet no more than six inches (6) apart, lowering the chest to 3" from the floor, and returning to the up position (arms fully extended). Rest is only permitted in the up position. Modified push-ups will not count.*

| WEEK | SETS | REPETITIONS                     | FREQUENCY |
|------|------|---------------------------------|-----------|
| 1    | 1    | Total Number                    | 3/week    |
| 2    | 2    | Total Number + 2                | 3/week    |
| 3-10 | 3    | Total Number + 2 extra per week | 3/week    |

### 1.5-Mile Run:

To prepare for this test, one needs to gradually increase running endurance. The schedule below is a proven progressive routine. If one can advance the schedule on a weekly basis, then proceed to the next level. If one can do the distance in less time, then do so.

| WEEK | ACTIVITY | DISTANCE | TIME      | FREQUENCY |
|------|----------|----------|-----------|-----------|
| 1    | Walk     | 1 mile   | 17-20 min | 5/week    |
| 2    | Walk     | 1.5 mile | 25-29 min | 5/week    |
| 3    | Walk     | 2 miles  | 32-35 min | 5/week    |
| 4    | Walk     | 2 miles  | 28-30 min | 5/week    |
| 5    | Walk/Jog | 2 miles  | 27 min    | 5/week    |
| 6    | Walk/Jog | 2 miles  | 26 min    | 5/week    |
| 7    | Walk/Jog | 2 miles  | 25 min    | 5/week    |
| 8    | Walk/Jog | 2 miles  | 24 min    | 5/week    |
| 9    | Jog      | 2 miles  | 23 min    | 4/week    |
| 10   | Jog      | 2 miles  | 22 min    | 4/week    |
| 11   | Jog      | 2 miles  | 21 min    | 4/week    |
| 12   | Jog      | 2 miles  | 20 min    | 4/week    |

### 300-Meter Run:

To prepare for this test one will need to do interval training. The schedule below is a proven progressive routine. If one can advance the schedule on a weekly basis, then proceed to the next level. If one can do the distance in less time, then it should be done. One should jog the distance twice before each training session before attempting the training pace.

| WEEK | TRAINING DISTANCE | # OF TIMES YOU SPRINT REPETITIONS | Time for the Sprint TRAINING TIME | Rest period between sprints | FREQUENCY |
|------|-------------------|-----------------------------------|-----------------------------------|-----------------------------|-----------|
| 1    | 300 meters        | 2                                 | 77 seconds                        | 2 min.                      | 1/week    |
| 2    | 300 meters        | 2                                 | 75 seconds                        | 2 min.                      | 1/week    |
| 3    | 300 meters        | 2                                 | 73 seconds                        | 2 min.                      | 1/week    |
| 4    | 300 meters        | 2                                 | 71 seconds                        | 2 min.                      | 1/week    |
| 5    | 300 meters        | 2                                 | 69 seconds                        | 2 min.                      | 1/week    |
| 6    | 300 meters        | 2                                 | 67 seconds                        | 2 min.                      | 1/week    |
| 7    | 300 meters        | 2                                 | 65 seconds                        | 2 min.                      | 1/week    |
| 8    | 300 meters        | 2                                 | 64 seconds                        | 2 min.                      | 1/week    |
| 9    | 300 meters        | 2                                 | 63 seconds                        | 2 min.                      | 1/week    |
| 10   | 300 meters        | 2                                 | 62 seconds                        | 2 min.                      | 1/week    |
| 11   | 300 meters        | 2                                 | 61 seconds                        | 2 min.                      | 1/week    |
| 12   | 300 meters        | 2                                 | 60 seconds                        | 2 min.                      | 1/week    |