



Bloomington Police Department Physical Ability Test Preparation Guide

The Physical Ability Test is designed to assess a candidate's capacity to perform the tasks ordinarily performed by a police officer while on the job. This preparation guide has been distributed to help you prepare for the test. The test consists of the following items:

Physical Agility Task	Test Chart for Men	
	Standard (Age 20-29)	Standard (Age 30-39)
Sit and Reach	16	15
1 Minute Sit-Up	37	34
Max Bench Press (%)	0.98%	0.87%
1.5 Mile Run (Min/Sec)	13:46	14:31
1 Minute Push-Up	27	21

(Not necessarily in this order)

Physical Agility Task	Test Chart for Women	
	Standard (Age 20-29)	Standard (Age 30-39)
Sit and Reach	18.8	17.8
1 Minute Sit-Up	31	24
Max Bench Press (%)	0.58%	0.52%
1.5 Mile Run (Min/Sec)	16:21	16:52
1 Minute Push-Up	14	10

(Not necessarily in this order)

This program is divided into four sections: warm-up, stretching, cardiovascular training, and strength training. Also included in this guide is a fitness test to track your level of training progress, and an exercise log.

WARM-UP

Warming-up before exercise serves several functions, including:

- Increase blood flow
- Decrease likelihood of injury
- Mentally prepare for event or exercise session
- Improve flexibility
- Possibly improve performance

Before starting each day of this program, you should perform a warm-up routine to increase your body's circulation, warm up your muscles and joints, and get your body and mind ready to exercise. You can walk, jog, climb stairs, bike or do any other activity that involves the major muscles of the body for five to ten minutes.

STRETCHING

Stretching exercises should form an integral part of any conditioning program. Performed consistently, the stretching exercises below can help to do the following:

- Increase the range of motion around a joint reducing the risk of muscle and tendon tears during competitive activity
- Relieve muscle tightness and stiffness
- Improve postural imbalances and help to reduce chronic back pain
- Increase localized blood flow to the muscles being stretched
- Possibly relieve muscle soreness after intense physical activity and help to reduce the severity of DOMS (Delayed Onset Muscle Soreness)

Stretching exercises can easily be integrated into a cool down following a training session. It saves time and range of motion increases more readily when the body is warm.

Key Points for Effective Stretching

The stretching exercises below are static stretches. Evidence suggests that static stretching should be avoided immediately before competition in favor of a general warm up and dynamic stretching.

- To increase flexibility and range of motion, perform stretching exercises when the body is warm. This can be at the end of a training session or following 10 minutes of light aerobic exercise.
- Complete a range of stretching exercises for different muscle groups.
- Hold each stretch for 10-20 seconds. Initial tightness should gradually diminish as you hold the stretch.
- Repeat each of the stretching exercises 2-3 times.
- Perform stretching exercises at least 3 times a week.
- Ease slowly in and out of the stretch. Do not bounce! Breathe out as you stretch and continue to breathe as you hold the stretch.
- If you feel any pain, release the stretch immediately.

Stretches

Shoulder Stretch - Interlock your fingers and reach above your head. Your lower back should be flat or slightly arched inwards. You can perform this exercise sitting or standing.



Triceps Stretch - Place your left hand behind your head and reach as far down your back as possible. With your right hand grasp your left elbow and gently pull it behind the back of your head. You can perform this exercise sitting or standing. Repeat for the other arm.



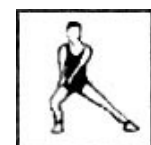
Chest Stretch - Clasp your hands behind your back. Gently straighten your elbows and raise your arms as high as comfortably possible. You can perform this exercise sitting or standing.



Lower Back Stretch - Lying flat on your back place the sole of your right foot on your left thigh. Grasp your right knee with your left hand and gently roll it to the left. Try to get your knee as close to the floor as possible **without** your right shoulder leaving the floor.



Groin Stretch - Stand with your feet about 2 meters apart, toes pointing forward. Gradually shift all your weight to your right leg by bending your right knee. Your left leg stays straight. Place both your hands on your right knee for support. You can increase the starting distance between your feet for a greater stretch.



Groin Stretch - Sit down and place the soles of your feet together. Clasp your ankles with your hands so that your elbows rest on your knees. Gently push your knees down with your elbows until you feel the stretch.



Quadriceps Stretch - Standing upright hold onto a support with one hand (i.e. a chair) for balance. With your other hand clasp your ankle and pull your heel into your butt. Repeat for the other leg.



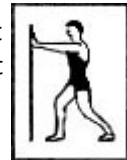
Hamstring Stretch - Sitting down, stretch your legs out in front of you while keeping your back flat and upright. Bend your left leg keeping your left foot flat on the floor. Slowly reach forward and try to touch your right toe with both hands. Bend from your waist keeping your lower back flat and your head up. Repeat for the other leg.



Calf Stretch - Stand arm's length away from a wall and with feet shoulder width apart. Place your right foot about 2 feet in front of your left. Keeping both heels flat on the ground lean towards the wall by bending your right knee. Your left leg should stay straight. Push gently against the wall for a deeper stretch. Repeat for the left leg.



Achilles Stretch - This is exactly the same procedure as above except as you lean towards the wall let both knees bend. Rather than leaning forward you should feel like you are lowering yourself straight down. Remember to keep both heels flat on the floor. Repeat for the other leg.



CARDIOVASCULAR TRAINING

Training Recommendations for 1.5 mile and 300 meter runs

The training schedule below will provide general guidelines to assist the applicant to prepare for the running portion of the test.

	Day 1	Day 2	Day 3	Day 4
Week 1-2	15-20 minutes (Conversational pace)	15-20 minutes (Conversational pace)	15-20 minutes (Conversational pace)	15-20 minutes (Conversational pace)
Week 3-4	20 minutes (Conversational pace)	Track session Run –100 yards at a controlled <u>fast</u> pace and then jog/walk 100 yards repeat for 6-8 laps	20 minutes (Conversational pace)	Week # 3 - 25 minutes Week # 4 - 1.5 mile/300 meter time trial
Week 5-6	20-25 minutes (Conversational pace)	Track session 1 x 300 meters (fast) 5-7 minutes recovery 1 x 300 meters (fast)	20-25 minutes (Conversational pace)	30 minutes (Conversational pace)
Week 7-8	25-30 minutes (Conversational pace)	Track session Run –200 yards at a controlled <u>fast</u> pace and then jog/walk 200 yards repeat for 6-8 laps	25-30 minutes (Conversational pace)	Week # 7 - 25 minutes Week # 8 - 1.5 mile/300 meter time trial
Week 9-10	25-30 minutes (Conversational pace)	Track session 1 x 300 meters (fast) 5-7 minutes recovery 1 x 300 meters (fast)	25-30 minutes (Conversational pace)	20 minutes (Conversational pace)
Week 11-12	20-25 minutes (Conversational pace)	20-25 minutes (Conversational pace)	20 minutes (Conversational pace)	Week # 11 - 30 minutes Week # 12 - 1.5 mile/300 meter time trial

STRENGTH TRAINING

This section includes two separate workouts. Incorporate these workouts three days a week on non-consecutive days. These rest days are important for recovery. You may do aerobic activity on the days you are not lifting. Allow at least one full day of rest per week from all exercise.

These workouts should follow a warm-up that consists of light-to-moderate cardiovascular exercise. They can be completed two different ways: in a circuit style manner moving from one exercise directly to the next with little rest in between exercises or performing all sets of the exercise before moving to the next exercise. You can incorporate both styles in your preparation program for variation.

Beginners may want to start with only 1 set of each exercise. Similarly, for circuits, complete 1 full circuits. Gradually progress to three sets/circuits.

WORKOUT 1

Activity	Sets	Reps	Rest
Chest Press - On Bench With Barbell	1-3	8-12	45-60 sec
Chest Press – Incline Dumbbell	1-3	8-12	45-60 sec
Push Up - On MB	1-3	15-20	30-45 sec
Squat-Barbell or Smith Machine	1-3	12-15	45-60 sec
Walking Lunges with Twist	1-3	12-15	30-45 sec
Power Step-Ups (Frontal)	1-3	15-20	30-45 sec
Jump and Reach	1-3	15-20	30-45 sec
Stability Ball Sit-Ups	1-3	15-20	30-45 sec

CHEST PRESS - ON BENCH WITH BARBELL

You can substitute dumbbells for this exercise for variation.

Preparation :

- Lay flat on the bench with abdomen drawn in, feet flat on floor and toes pointing straight ahead.
- Grasp the bar with your hands slightly wider than shoulder width apart.

Movement :

- Slowly lower the bar towards your chest by flexing elbows and retracting and depressing shoulder blades.
- Avoid letting the back arch and/or head jutting forward.
- Press the bar back up extending arms and contracting chest until elbows are fully extended.



CHEST PRESS - INCLINE DUMBBELL

You can substitute an incline bench for this exercise for variation.

Preparation :

- Lie on bench with your feet straight and flat on the ground.
- With arms fully extended, position the dumbbells over the lower part of the shoulders (not the head).

Movement :

- From the start position, draw your belly button inward toward your spine.
- Slowly, lower your elbows out and down, maintaining wrist position over the elbows.
- Continue to lower the weight until your upper arms are level with the shoulders.
- To return, move your elbows up and in toward the center. This will create a triangular motion.
- Wrist should maintain a neutral position. Keep the dumbbells over the wrists throughout the entire exercise.
- Maintain proper posture, as the weight is lowered. DO NOT allow the head to “jut” forward.



PUSH UP - ON MB

Preparation:

- Assume a prone position. Your hands are then placed shoulder width apart, with knees extended.
- Lift one arm up on top of a medicine ball.

Movement:

- From optimal postural alignment, draw your lower abdomen inward toward your spine.
 - Maintaining alignment, push against the stable (floor) and unstable (ball) surface, displacing the thorax backwards as the ball is “passed” to the opposite hand.
 - Keeping optimal spinal alignment, repeat explosive movement
- Note: You should not compensate structural integrity in attempts to perform more repetitions!



SQUAT - BARBELL OR SMITH MACHINE

Preparation:

- Feet may be placed around shoulder width or SLIGHTLY wider, with minimal external rotation. (NOTE: The wider the stance [abduction], the more external rotation required to maintain alignment at the knees).
- Place bar comfortably on the upper back.



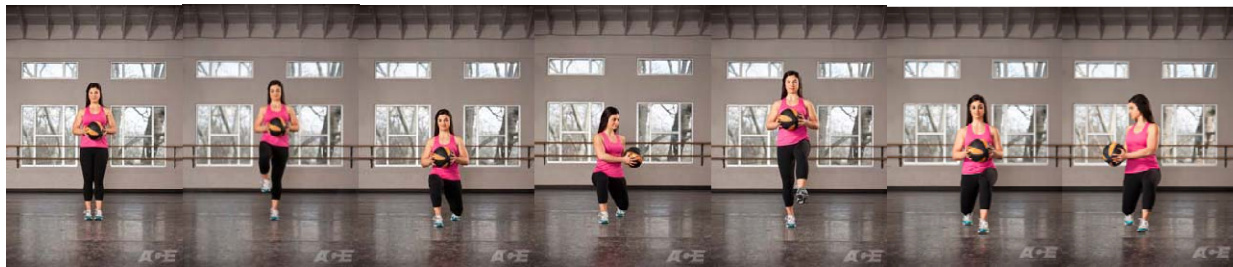
- DON'T BE AFRAID TO USE A BAR PAD!

Movement:

- From the start position, draw your belly button inward toward your spine.
- Maintaining tone in the deep abdominal musculature, descend slowly by bending at the knees and hips.
- During the descent, maintain weight distribution between the mid-foot and h allow the feet to cave inward or shift outward.
- While maintaining tone in the lower abdomen and optimal kinetic chain alignment, “drive” through the feet extending the ankle, knee, and hip joints while your weight is evenly distributed between heels and mid-foot. Do not allow body weight to shift toward the toes.
- The knees should track over the second and third toe.
- Perform downward reps slowly and concentrate on the eccentric (descent) and the isometric (squat position) alignment of your body.
- Descend as far as you can control. Partial squats should progress to full squats as neuromuscular efficiency improves.



WALKING LUNGES WITH TWISTS



Starting Position:

- Stand with your feet about hip width apart. Pull your shoulders blades down and back without arching your low back. Engage your abdominal/core muscles to stabilize your spine. Hold a medicine ball or dumbbell in front of your mid-section firmly holding it with both hands.

Movement:

- Step forward: Slowly lift the right foot off the floor, finding your balance on the standing leg. Keeping the abdominals engaged will help to avoid any sideways tilting or swaying in your upper body. Press the standing foot firmly into the ground to reduce any unwanted movement and maintain stability. Hold this position briefly before stepping forward. The right foot should land on the floor heel first. With the right (forward) leg placed firmly on the floor, shift your body weight forward. Focus on lowering yourself downward toward the floor rather than forward. As you load your bodyweight into the right leg, avoid any sideway tilting or swaying in your upper body and try not to move the left (back) foot.
- Continue lowering your body to a comfortable position or until the front thigh is parallel with the floor and the shinbone is in a slight forward lean. While in this lunge, lean forward slightly at your hips. Keep the abdominals braced to stabilize the spine. Keep the medicine ball in front of your mid-section and rotate your torso to the left.
- While still in the lunge, rotate back to center. Firmly plant the right foot into the ground and pull your body weight forward. As you bring yourself to an upright position and begin to center your weight over the right leg, bring the left leg off of the ground and slowly swing it forward to initiate the next lunge.

- While balancing on the right leg, the left foot reaches forward into the lunge. The left foot should land on the floor heel first. With the left (forward) leg placed firmly on the floor, shift your body weight forward. Focus on lowering yourself downward toward the floor rather than forward. As you load your bodyweight into the left leg, avoid any sideways tilting or swaying in your upper body and try not to move the right (back) foot. Keep the abdominals braced.
- Continue lowering your body to a comfortable position or until the front thigh is parallel with the floor and the shinbone is in a slight forward lean. While in this lunge, lean forward slightly at your hips. Keep the abdominals braced to stabilize the spine. Keep the medicine ball in front of your mid-section, rotate your torso to the right.
- While still in the lunge, rotate back to center. Firmly plant the left foot into the ground and pull your body weight forward. As you bring yourself to an upright position and begin to center your weight over the left leg, bring the right leg off of the ground and slowly swing it forward to initiate the next lunge.
- Continue the walking lunge with rotation for a specific number of repetitions or a certain distance.

POWER STEP-UPS (FRONTAL)

Preparation:

- Begin with one foot on step 6-18" high and one foot on ground with both feet pointing straight ahead and knee aligned over toe.

Movement:

- Forcefully push off step leg, getting full extension and switch legs for the landing.
- Keep body weight on step-leg.
- For example if you push off right leg, then land on left leg.
- Land with feet, knees, and hips in optimal alignment and repeat with controlled alternating legs.



JUMP AND REACH



Preparation:

- Downward Phase: Shift your hips back and down. This will create a hinge-like movement at your knees. Continue to lower yourself until you feel your heels about to lift off the floor. Try to maintain a flat back by bending forward at the hips. Keep your head directly facing forward and position your arms where they offer the greatest degree of balance support.

Movement:

- With ONLY a very brief pause at the bottom of your downward phase, reach your arms behind you to prepare to jump. Swinging the arms forward and up will help upward momentum of the jump. Explode up through your lower body, fully extending your hips, knees and ankles. Shoot your arms

forward and up in the air, reaching overhead. As you jump into the air, keep your feet level with each other and parallel to the floor.

- Extend all the way through the body to create a straight line from your toes up through your arms and out of your hands. Try to land softly and quietly on the mid-foot, rolling into the heels. Always push your hips back and down to absorb the impact of landing. Do not lock out your knees on your landing. Land with your trunk slightly forward, head aligned with your spine and back rigid or flat. Keep your abdominal / core muscles engaged, bracing your torso to protect your spine.
- Exercise Variation: To increase the level of difficulty do a knee tuck and pull your knees up towards your chest as you are jumping into the air.
- Before jumping become familiar with the movement mechanics by doing a few squats where you squat back into your heels and sink into your hips with your arms extended behind you, stand up from the squat while swinging your arms forward and roll up on your toes, then sink back into your heels; repeat for 4-6 repetitions.

STABILITY BALL SIT-UPS



Preparation:

- Sit on the stability ball with your feet flat on the floor. Slowly begin walking your feet forward as you tuck your tail under. Lower your spine onto the ball as you walk your feet away from the ball. Continue lowering until your shoulders, back and tailbone are resting on the ball. Feet should be parallel and shoulder width apart. Knees are bent to about 90 degrees. Distribute your weight evenly through your feet. Your mid-back should be positioned on the top of the ball (at 12 o'clock) and your hips should be positioned at 2 o'clock.
- Place your hands behind your head, squeezing your shoulder blades together and pulling your elbows back without arching your low back. This elbow position should be maintained throughout the exercise. Keep your head aligned with your spine, but allow your chin to tuck slightly during the upward phase of the exercise.

Movement:

- Upward Phase: Exhale. Engage your abdominal and core muscles. Tuck your chin slightly toward your chest and slowly curl your torso toward your thighs. Since the abdominal muscles attach the rib cage to the pelvis, your movement should focus on pulling these two body parts closer together. Try to keep the neck relaxed. Your feet should be firmly planted, and your tailbone and lower back should remain in contact with the ball at all times. Continue to curl up until your upper back is off the ball. Hold this position briefly while maintaining your balance.
- Downward Phase: Gently inhale and slowly uncurl, lowering your spine back towards the ball in a controlled fashion. The feet are planted, and your tailbone and low back stay connected to the ball. Should balance prove to be a challenge, widen your base of support by moving your feet apart. As you improve your balance skills, increase the balance challenge of this exercise by reducing your base of support and moving your feet together.

WORKOUT 2

Activity	Sets	Reps	Rest
Stability Ball Dumbbell Press	1-3	8-12	45-60 sec
Push-up with Single Leg Raise	1-3	12-15	45-60 sec
Jack Knife with Push-ups on Ball	1-3	12-20	30-45 sec
Box Jumps	1-3	12-15	30-45 sec
Cycled Split Squat Jump	1-3	12-15	30-45 sec
Bent Knee Sit-Up	1-3	15-20	30-45 sec
Vertical Toe Touches	1-3	15-20	30-45 sec

STABILITY BALL DUMBBELL PRESS



Preparation:

- Starting Position: Sit on the stability ball holding each dumbbell with your thumbs wrapped around the handles and your feet flat on the floor. Slowly begin walking your feet forward as you tuck your tail under, lowering your spine onto the ball as you walk your feet away from the ball until your head, shoulders and upper back are resting on the ball. Feet should be parallel and shoulder width apart. Knees are bent to about 90 degrees with your thighs and torso at or nearly parallel to the floor. Distribute your weight evenly through your feet.
- Pull your shoulders down and back until you feel your shoulder blades hugging the ball. Position the dumbbells near your chest and armpits with your palms facing forward. Keep the wrist in a neutral position (straight, not bent).

Movement:

- Upward Phase: Exhale, engage your abdominal/core muscles ("bracing") to stabilize your spine. Slowly press the dumbbells upward to a position directly above your chest with your elbows straight but not locked. Your hands should be shoulder-width apart and wrists neutral (straight, not bent). Keep your feet pressed into the floor and your hips pushed up towards the ceiling to maintain stability and control during the exercise.
- Downward Phase: Inhale and slowly lower the dumbbells until they are level with or near your chest. Imagine that a bar connects the dumbbells. Try to keep the dumbbells parallel with each other and wrists in neutral position. Your head, shoulders and upper back should be resting on the ball, and your torso and thighs should be parallel with the floor at all times.
- During the upward phase, avoid the tendency to thrust your hips upwards and arch your back. Your torso and hips should remain strong and parallel with the floor throughout the exercise.

PUSH-UP WITH SINGLE LEG RAISE



Preparation:

- Starting Position: Come to a hands and knees position (quadruped) on the mat with your hands directly under your shoulders; fingers facing forward, and knees under your hips. Engage the abdominals and pull the shoulder blades down your back.
- Reach one leg out and away followed by the other leg, bringing you to plank position. Keep the abdominals/core engaged to brace the torso. Your head should be aligned with your spine. Your feet are together with your toes tucked under and your heels reaching toward the wall behind you

Movement:

- Downward Phase: Slowly bend the elbows, lowering your body toward the floor. Keep the torso rigid and the head aligned with your spine. Do not allow your low back or ribcage to sag or your hips to hike upward. Engage your glutes (butt) and quadriceps (thigh) muscles to help maintain stability and a rigid body. Try to lower yourself until your chest or chin touch the mat or floor. Your elbows should remain close to the sides of your body or be allowed to flare outwards slightly.
- Upward Phase: Straighten the elbows, pressing upward through your arms. Keep the torso rigid and head aligned with your spine. As you straighten the arms, lift your left foot off the floor, keeping the knee straight. Do not allow the hips to rotate as you raise the leg off the floor. Do not allow your low back or ribcage to sag or your hips to hike upward. Continue pressing until the elbows are straight and your left leg is off the floor. Hold this position briefly before returning to your starting position. Repeat the push up alternating legs with each repetition.
Pushing through the heel and outside surface of your palm provides greater force in your press and stability to your shoulders.

JACK-KNIFE WITH PUSH UP ON SB

Preparation:

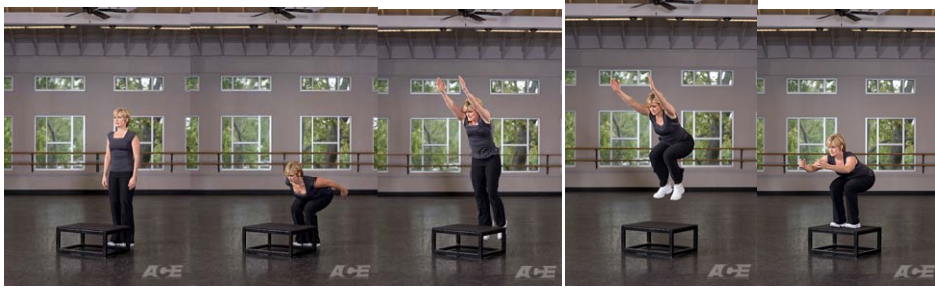
- Lie prone on the ground, hands are slightly wider than shoulder width and spine angles are 'neutral'.
- Place shins on the stability ball.
- Activate core with a drawing in and pelvic floor contraction.

Movement:

- With your arms extended, perform a stability ball roll – in crunch by bring your knees to your chest.
- Bring your legs back into triple extension (at hip, knee, and ankle) and do a push up.
- Once your arms are in full extension, repeat movements.
- AVOID letting your back sag by keeping the core engaged and activating the glutes and lats.



BOX JUMPS



Preparation:

- Starting Position: Place a 6-12" raised platform or box on the floor 3-6" in front of your feet on a non-slip surface. Stand with your feet hip-width apart or closer, arms by your sides. Pull your shoulder blades down and back. Engage your abdominal / core muscles to stabilize your spine.
- Downward Phase: Shift your hips back and down. This will create a hinge-like movement at your knees. Continue to lower yourself until you feel your heels about to lift off the floor. Try to maintain a flat back by bending forward at the hips. Keep your head directly facing the box and position your arms where they offer the greatest degree of balance support.

Movement:

- Jumping Movement: With ONLY a very brief pause at the bottom of your downward phase, explode up through your lower body, fully extending your hips, knees and ankles. Swing your arms forward to help drive your vertical movement and land on top of the box. As you jump into the air, keep your feet level with each other and parallel with the floor.
- Landing: The most important components of the landing phase are correct foot position and control of the forward movement in your knees. Excessive forward movement in the knees places additional stress on the joint.
- Try to land softly and quietly on the mid-foot, rolling into the heels. Always push your hips back and down to absorb the impact of landing. Do not lock out your knees on your landing. Land with your trunk slightly forward, head aligned with your spine and back rigid or flat. Keep your abdominal / core muscles engaged, bracing your torso to protect your spine.
- Exercise Variation: As you develop your jumping and landing skills, you can progress the exercise intensity and complexity by: (1) driving your arms behind you during the downward phase (illustrated), (2) driving your arms forward or upward (illustrated) during the jumping phase, (3) driving your knees towards your chest (illustrated) during the jumping phase., or (4) increasing the height of the raised platform or box.

CYCLED SPLIT SQUAT JUMP



Preparation:

- Starting Position: Stand in an athletic ready position with your feet hip-width apart, right leg forward, left leg back. Both arms are bent with the left arm in front of your body and the right arm behind your body. Prepare for the jump by leaning forward at the hips, keeping your weight back in your thighs, shoulder blades pulling down your back and abdominals engaged to brace your spine.

Movement:

- Jumping Movement: Quickly sink your weight back into your hips then explosively push both feet into the floor and drive your hips forward to launch your body into the air completely extending the ankles, knees and hips. As you jump into the air, keep your feet level with each other and parallel with the floor.
- While you are in the air switch legs bringing your left leg forward and right leg back behind your body. Switch arms bringing your right arm forward and your left arm back.
- Downward phase: As you land your left leg should be in front of your body and your right leg back behind your body. The most important components of the landing phase are correct foot position and avoiding excessive forward movement in your lower legs which places additional stress on your knees. Try to land softly and quietly on the mid-foot, quickly rolling toward the heels to in order to level the foot, making it parallel with the floor. Always push your hips backwards and drop your hips to absorb the jumping forces. Do not lock your knees on the landing in order to avoid potential knee injuries. Land with your trunk inclined slightly forward, head aligned with your spine and back rigid or flat. Keep your abdominal / core muscles engaged, bracing your torso to protect your spine.
- Exercise Variation: Be sure to alternate the forward leg, when learning this exercise focus first on landing with control and resetting before another repetition, as you improve your strength and power progress to performing multiple jumps in a row.

BENT-KNEE SIT-UPS**Preparation:**

- Starting Position: Lie on your back on a mat with your knees bent, feet flat on the floor and heels a comfortable distance (12-18") away from your seat.
- Place your hands behind your head. Pull your shoulder blades together and your elbows back without arching your low back or causing your ribs to splay out. This elbow position should be maintained throughout the exercise. Your head should be aligned with your spine.

Movement:

- Upward Phase: Exhale. Engage your abdominal and core muscles. Nod your chin slightly as you slowly curl your head and shoulders off the mat. Pull your rib cage together and toward your pelvis. Keep the neck relaxed. Your feet, tailbone and lower back should remain in contact with the mat at all times. Continue curling up until your upper back is lifted off the mat. Hold this position briefly.
- Downward Phase: Gently inhale and lower your torso back toward the mat slowly and with control. Keep your feet, tailbone and low back in contact with the mat.
Proper form is important for this exercise to prevent excessive stress on your low back. Individuals typically perform this movement too rapidly and recruit the hip flexors to assist with the upward

phase. Doing this should be avoided as it causes the pelvis to tilt anteriorly, increasing the stress on the low back. The abdominals connect the rib cage to the pelvis so the movement should focus on bringing these two body parts closer together while keeping the neck and shoulders relaxed.

VERTICAL TOE TOUCHES



Preparation:

- Starting Position: Lie flat on your back on the floor / mat with your knees bent and feet flat on the floor. Your arms are by your sides. Brace your abdominal muscles to stabilize your spine. Pull your shoulder blades down your back. Try to keep these engagements throughout the exercise. Slowly lift both feet off the floor. Straighten your knees until your thighs are vertical to the floor. Your toes can point away from your body. (DO NOT move your thighs beyond this point as that shifts your body weight from your butt into your low back, causing increased stress to the low back). Put your hands on your thighs. Shoulder blades are flat on the floor.

Movement:

- Gently exhale. Use your abdominals to bring your head and shoulders off the floor, curling the spine. Reach your hands along your thighs toward your ankles. Keep your head aligned with your upper spine. Do not lower your chin, jut it out or drop your head back.
- Continue curling upward until the tips of your shoulder blades lift completely off the floor. Hold this position for 5 - 10 seconds. Slowly return to your starting position and repeat the movement. Complete a set of quality repetitions. Discontinue the exercise when you are unable to maintain good form.
- To maximize the benefits of this exercise and reduce the potential for injury, it is important to control your movement speed, keep your thighs aligned vertically and roll your trunk upwards and downwards during the exercise.

Assessing Your Current Level of Fitness

This section contains instructions for a simple fitness test that you can use to assess your current level of fitness. Take the test now, before you begin the fitness program included in this guide, to determine your current level of fitness. Also, take the test at several intervals while you are participating in the fitness program before the test to measure your progress.

The events described in the fitness test are related to the events you will be asked to perform during the physical test. Sit-ups, and push-ups measure strength and muscular endurance. A 1.5-mile run measures cardiovascular fitness.

Keep a record of your results each time you complete the test. Use your results to monitor your progress, to provide motivation, to establish goals, and to determine the effectiveness of the fitness program.

Please note that the assessment below may differ from your actual Physical Ability Test. The assessment is only a tool to track your progress throughout the training program.

Here is a list of the equipment and facilities you will need to conduct the fitness test.

- Stop watch
- 1.5 mile measured distance (a high school track or measured running path)
- 300 meter measured distance
- Piece of tape

Fitness Test Descriptions and Instructions

Before beginning the fitness test, do five to ten minutes of warm-up. See the warm-up section of the guide for suggested exercises.

Sit and Reach – Flexibility test (Lower back and Hamstrings)

The applicant will sit on the floor with their shoes removed. Feet will be placed squarely against the box with the knees extended. Hands will be placed one on top of the other. The applicant will slowly lean forward, without lunging or bobbing, and reach as far down the measuring device as possible. The applicant will need to hold this position for 1 second. 3 attempts will be allowed.

1 Minute Sit-Up test (Test of Muscular Endurance (Core Body))

The applicant will start by lying on their back with their knees bent, feet flat on the floor, with their fingers interlocked and placed behind their head. Their partner will hold their feet. The applicant will then perform as many correct sit-ups in 1 minute. A correct sit-up will consist of the applicant curling up until their elbows touch their knees and then descending to the ground until their shoulder blades touch the ground. If you would need to rest at any point, the resting position is the up position (elbows touching the knees).

1RM Bench Press test – Test of Absolute Strength of Upper Body

The applicant will have their body weight measured on a scale. The proctor will determine the proper weight to place on the bar as close to the designated weight, without going over. Applicant will lay flat on the bench with spotters on both sides. Applicant will grip the bar. Spotters on both sides will lower the bar until the applicant's upper arms are parallel to the floor. Applicant will then push the bar upwards, out of the spotters open hands, until the applicant's arms reach soft extension. Spotters will then rack the bar.

1.5 Mile Run – Test of Aerobic Capacity (Cardiorespiratory)

The applicant will run 1.5 miles on the track. This will consist of 6 laps on an outdoor track or 12 laps on an indoor track. The applicant may wear a watch to assist with their pace, but NO headphones or other listening devices will be allowed. As the applicant completes a lap, the proctor will advise them of how many laps they have completed as well as what the current elapsed time is.

1 Minute Push-Up test – Test of Muscular Endurance (Upper Body)

The applicant will start in the plank position with their hands placed slightly wider than shoulder width apart. There will be a 3 inch sponge placed under the sternum. At the start of the test, the applicant will lower their body towards the ground until the applicant’s chest touches the sponge. The applicant will then push themselves up until their elbows are extended. This will count as 1 push-up. During this test, the applicant must keep their back straight at all times. Rest may only be done in the up (plank) position.

FITNESS TEST SCORE SHEET

Date of Test #1: _____

Date of Test #2: _____

Date of Test #3: _____

	Test #1	Test #2	Test #3
Sit and Reach			
1 Minute Sit-Up			
Max Bench Press			
1.5 Mile Run			
1 Minute Push-Up			

