

# Preparing for the Criminal Justice Training Commissions Fitness Ability Test

Before beginning a physical exercise program it is strongly recommended that the individual be cleared by a doctor in order to prepare to undertake such a program. Individuals 40 years of age or older should not prepare to undertake this program until they have been cleared by a doctor!

Whereas many and sundry training routines can be used to improve performance in the Fitness Ability Test, participants should keep in mind that physical training is specific-- that is, one improves in activities as they are practiced. If one wishes to optimize push-up performance, push-ups should be included in the training program. Many other exercises can also be included as well in order to strengthen the chest, shoulders and arms but push-ups should be included in the routine.

Ideally, muscles and the cardiovascular system should be gradually and progressively trained over several weeks or months to achieve desired fitness gains. Physical adaptations occur gradually in response to regular, consistent overloads, i.e. doing more than your body is accustomed to doing. It is important to bear in mind that every individual adapts at a different rate- a stimulus resulting in an appropriate, moderate overload to one person maybe too much or too little for another person. A participant who has been inactive for a significant period of time should plan to take six to eight weeks to train for the Fitness Ability Test.

The training routine should include exercises to train upper body strength and muscular-endurance, abdominal muscular endurance, leg power, cardio-respiratory endurance and anaerobic power. Strength and cardiorespiratory endurance activities should be performed about every other day, or three days per week, to allow adequate recovery and positive adaptations to occur. Anaerobic (high intensity) training should be done once or twice per week, and can be performed in lieu of a cardio respiratory training session. For flexibility enhancement, good back health, and injury prevention, stretching exercises should be performed before and especially after training sessions, as well as off days off.

The following program is progressive to allow the body time to adapt and build up. It is assumed that the applicant will begin this program at least 8 weeks in advance of the test date.

Delayed muscle soreness (24 to 48 hours occurring post exercise) may occur as a result of any new exercise program. This soreness should only be mild in nature and should dissipate prior to the next following scheduled exercise session.

If significant or severe soreness exists, the subject exercised to hard and therefore should not perform any exercise (other than stretching) that stresses the affected area until all soreness has disappeared completely.

Remember that this program is designed to build a person up, not tear him/her down. Subjects should pay close attention to their bodies for any indication of injury or over use.

## Conditioning Program for the Push-up test

Determine exercise level by measuring how many pushups the subject can complete in 60 seconds.

When performing pushups, be sure the subject continues until muscular failure occurs in the straight-knee position and then continues until failure occurs in the bent-knee position.

- If the total number is 15 or less, begin at level A.
- If the subject's total number is greater than 15, begin at level B. Subject should work toward reaching level C below.

Level A-1 set 3 times a week for 1 week

Level B 2 sets 3 times a week for 2 weeks Level C-3 sets 3 times a week until testing

## Conditioning Program for the one-minute Sit-up Test

Determine exercise level by measuring how many sit-ups the subject can complete in 60 seconds.

- If the subject's total number is 15 or less, begin at level A.
- If the subject's total number is greater than 15, begin at level B. Subject should work toward reaching level C below.

Level A-1 set 3 times a week for 1 week Level B 2 sets 3 times a week for 2 weeks Level C-3 sets 3 times a week until testing

- When training for sit-ups, be sure the subject continues until muscular failure occurs and then continues with his/her hands by the hips until muscular failure occurs again.

## Conditioning for the 300 meter Run

- Listed below is a very gradual training schedule that will allow the subject to work at maximum effort in the 300meter sprint/run.
- Generally, it is recommended that the subject reach a training pace that is at the testing level.
- Subjects must run 1-3 time trials to determine their current ability; the training percentage (pace) can then be calculated from that time. Retest at 3-4 week intervals.
- Distances run here can be combined with endurance training.
- A rest period between sprints of 30 - 90 seconds is recommended to maximize sprint training.

Week	Activity	distance	Repetition	Frequesncy
1	jog	100 meters	5	twice /week

2	jog halfway, then sprint	100 meters	5	twice /week
3	jog	200 meters	5	twice/week
4	jog halfway and then sprint	200 meters	5x	3x/week
5	sprint	200 meters	10x	3x/week
6	jog	300 meters	5	3x/week
7	jog halfway-then sprint	300 meters	5	3x
8	sprint	300 metres	5	3x/week

- If the subject is able to adapt and advance more quickly than the schedule recommends, he/she should do so. However, be sure that the subject's exercise program does not cause any undue muscle soreness or strain.

## Conditioning for the Vertical Jump test.

Listed below is a very gradual training schedule that will allow the subject to work at maximum effort in the 300 meter run.

Generally, it is recommended that the subject reach a training level that is comfortable before moving to the next level.

**[Note to editor from writer: Data still to come for missing following table!]**

- If the subject is able to adapt and advance more quickly than the schedule recommends, he/she should do so. However, be sure that the subject's exercise program does not cause any undue. muscle soreness or strain.

## Splits Squat Jump

*Intensity Level:* Low.

*Starting position:* Assume a stance with one leg extended forward and then the other oriented behind the midline of the body as in a lunge position. The forward leg should be almost fully-extended.

*Direction of Jump:* Vertical.

*Arm Action:* None, or double arm action.

*Starting Action:* Start with a counter-movement of approximately 6 to 10 in.

*Ascent:* Explosively jump off the front leg, using the calves (plantar flexion) of the back leg.

*Descent:* When landing, maintain the lunge position (same leg forward) and immediately repeat the jump.

*Volume:* 10 repetitions, 2 - 3 x per week

After completing a set, rest and switch front legs.

## **Double or Single Leg ZigZag hop**

*Intensity Level:* Intense.

*Starting Position:* Place about 10 cones (or bags) 45 to 60 cm apart in a zigzag pattern. Begin with the feet shoulder-width apart, arms flexed at a 90° angle and at the sides of the body.

*Direction of Jump:* Diagonal.

*Arm action:* Double arm action.

*Starting Action:* Jump Diagonally over the first cone.

*Ascent:* Propell the body in a forward diagonal direction and keep the shoulders perpendicular to an imaginary (or actual) straight line through the center of all cones.

*Descent:* Immediately upon landing, change direction and jump diagonally over the second cone. Continue, hopping over all the cones.

*Volume:* 10 repetitions, 2 - 3 x per week

Emphasize the explosive hops and try to attain maximum height. Mentally picture yourself "hanging" in the air.

## **Box Jumping**

*Intensity Level:* Intent.

*Starting Position:* Place four to eight wooden boxes evenly, 1 to 2 yds. apart; or just one box may be used. Stand about 2 feet in front of the first box. Feet should be shoulder-width apart; ankles, knees, and hips slightly flexed; head up; and arms at the side.

*Jump Direction:* Vertical and horizontal. *Arm Action:* Double or single arm action.

*Starting Action:* Jump upward and forward to land on the first box. Foot contact may be either one or two feet. (Only athletes of adequate strength and conditioning base, extensive background in plyometrics, and less than 100 kg should perform this drill with one leg.)

*Ascent:* Explode upward onto the first box.

*Descent:* As soon as you land on the box, explode again as high and/or far forward as possible. The distance between the boxes depends on the amount of horizontal movement desired. Upon landing on the ground, immediately jump to the next box and continue. If only one box is used, when contacting the ground after jumping off the box immediately jump up or forward as far as possible.

*Volume:* Two to four sets of 5 to 10 repetitions, 2 - 3 x per week

## **Box Depth Jumps**

*Intensity Level:* Intense.

*Starting Position:* Start with the balls of the feet on the edge of a box, knees slightly bend and arms relaxed at the sides.

*Direct on of Jump:* Either vertical or horizontal.

*Arm Action:* Double arm action.

*Starting Action:* Begin by stepping off the platform to land on the ground; do not jump off the platform

*Descent:* While in the air, be sure to keep the knees very slightly bent. Land on the balls of the feet with the feet shoulder width or slightly wider apart. When landing, the body weight should cause the knees to flex more.

*Ascent:* As soon as possible upon landing on the ground, jump upward or forward, swing the arm in the desired direction, and propel the body as high or as far forward as possible. Concentrate on maximal effort.

*Volume:* 5 to 10 repetitions, 2 - 3 x per week

## **Double Leg Vertical Power Jump**

The jump is often performed against a wall or a free-standing device that measures the jump height, with the athlete touching as high as possible.

*Intensity Level:* High.

*Starting Position:* Stand with the feet shoulder-width apart.

*Direction:* Vertical.

*Arm: Action:* Double arm action.

*Starting action:* Perform a rapid counter-movement and jump as high as possible.

*Ascent:* Thrust arms upward vigorously and reach as high as possible with one or two hands. *Descent:* When the feet hit the ground, jump again immediately without a stutter step. *Volume:* 10 repetitions, 2 - 3 x per week.