

# Fitness Training Test preparations for the Criminal Justice Commission

*Before beginning a physical exercise program it is strongly recommended that the individual be cleared by a medical professional 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!*

The following program works progressively to allow the body time to adapt to the strenuous physical demands it presents. It is assumed that the applicant will begin this program at least 8 weeks in advance of the test date.

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

If severe soreness persists, this may indicate that the subject exercised beyond their current limitations, and therefore should not perform any exercise (other than stretching) that stresses the affected area until all soreness has disappeared completely.

## 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. The subject should work toward reaching level C (see below).

Level A: 1 set 3 times per week for 1 week

Level B: 2 sets 3 times per week for 2 weeks

Level C: 3 sets 3 times per week until testing

## Conditioning Program for the One-Minute Sit-up Test

*Determine the 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. The subject should work toward reaching level C (see below).
- When training for sit-ups, be sure the subject continues until muscular failure occurs and then continues with their hands by the hips until muscular failure occurs again.

Level A: 1 set 3 times per week for 1 week

Level B: 2 sets 3 times per week for 2 weeks

Level C: 3 sets 3 times per week until testing

## Conditioning for the 300 Meter Run

*Listed below is a very gradual training schedule that will allow the subject to work toward maximizing their abilities in the 300 meter run (see **Table 1** on the following page).*

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

*Generally, it is recommended that the subject reach a training level that is comfortable before moving to a proceeding level. If the subject is able to adapt and advance more quickly than the schedule recommends, they should do so accordingly. However, be the subject should monitor their exercise program to ensure that it does not cause any extreme muscle soreness or strain. If such symptoms persist, the subject should consult a doctor or medical professional.*

**TABLE 1: Conditioning for 300 Meter Run**

<b>Week</b>	<b>Activity</b>	<b>distance</b>	<b>Repetition</b>	<b>Frequency</b>
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, then sprint	200 meters	5x	3x /week
5	sprint	200 meters	10x	3x /week
6	jog	300 meters	5x	3x /week
7	jog halfway, then sprint	300 meters	5x	3x /week
8	sprint	300 meters	5x	3x /week

## **Splits Squat Jump**

*Extra stretching is advised prior to this exercise. The subject should also consider protective equipment such as knee braces.*

- 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 reaching full extension.
- Direction of Jump: Vertical.
- Arm Action: None, or double arm action.
- Starting Action: Start with a counter-movement of approximately 6 to 10 inches.
- Ascent: Explosively jump off the front leg, using the calves of the back leg.
- Descent: When landing, maintain the lunge position (same leg forward) and immediately repeat the jump.
- Volume: 10 repetitions, 2-3 times per week
- After completing a set, rest and switch legs.

## **Double or Single Leg Zigzag Hop**

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

- Intensity Level: Intense.

- Starting Position: Place about 10 cones (or bags) 45 to 60 cm apart in a zigzag pattern. Begin with the feet apart at shoulder width, with the arms bent at a 90 degree angle at the sides of the body.
- Direction of Jump: Diagonal.
- Arm action: Double arm action.
- Starting Action: Jump diagonally over the first cone.
- Ascent: Propel 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 times per week

## Box Jumping

*Regarding the boxes to be used in this exercise; please consult with a resource such as a physical fitness professional before proceeding using such exercise equipment. The boxes in question should be designed for purposes of this exercise and constructed of materials stable enough to contain your weight and impact without structural failure or compromise to your safety.*

- Intensity Level: High.
- Starting Position: Place 4 to 8 wooden boxes evenly, 1 to 2 yards apart; or only one box may be used. Stand about 2 feet in front of the first box. Feet should be apart at shoulder width, with the ankles, knees, and hips slightly flexed. Keep your head up and your 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 1 or 2 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: 2-4 sets of 5-10 repetitions, 2-3 times per week.

## Box Depth Jumps

*Regarding the boxes to be used in this exercise; please consult with a resource such as a physical fitness professional before proceeding with the exercise. The boxes in question should be designed for purposes of this exercise and constructed of materials stable enough to contain your weight and impact without structural failure or compromise to your safety.*

- 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: 5-10 repetitions, 2-3 times 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 apart at shoulder width.
- Direction: Vertical.
- Arm action: Double arm action.
- Starting action: Perform a rapid countermovement and jump as high as possible.
- Ascent: Thrust arms upward vigorously and reach as high as possible with one or both hands.
- Descent: When the feet hit the ground, jump again immediately without a stutter step.
- Volume: 10 repetitions, 2-3 times per week.

In conclusion, all of these exercises are intended to serve as preparation routines for applicants and interested parties seeking to take the Fitness Training Test for the Criminal Justice Commission.

It is strongly advised that individuals looking to work with the exercises and physical preparations called out in this document seek the advice of a doctor or medical professional.

When performing these exercises, it is advised that individuals experiencing excessive fatigue or pain cease said activity to allow for adequate recovery time, and consult with a doctor or medical professional if such pain persists.

Thank you for your efforts and commitment to excellence. Good luck!