

**LANCASTER COUNTY SHERIFF'S OFFICE**  
**DEPUTY SHERIFF - PHYSICAL ABILITIES TESTING**  
**PREPARATION AND SUGGESTED PRE-TRAINING**

The Physical Fitness Ability Test is a physically challenging test that will require personal pre-training to facilitate successful completion. Ideally, muscles and the cardiovascular system should be gradually and progressively trained over several weeks or months to achieve fitness gains. Training programs should be specific to the applicant's physical abilities. In other words, do not try to do too much, too soon. The result of such a fitness program will undoubtedly result in over training, or injury. Any applicant who has been inactive for a significant period of time should plan to take approximately 6 -12 weeks of physical pre-training in preparation for the Physical Fitness Ability Test.

The personal pre-training program should include strength training and muscular endurance exercises for the upper body, abdominal endurance, leg power, aerobic endurance and anaerobic power. Strength and aerobic endurance training should be performed approximately every other day or three days a week. A recovery period is paramount to facilitate positive fitness results. Anaerobic, high intensity training should be done once a week, and can be completed in lieu of the aerobic (cardio-respiratory) training session. Proper footwear is required to avoid injury to the musculature and tendons of the legs and feet.

Flexibility exercises should also be incorporated in a daily training regimen. Stretching exercises should be performed before and after each training session.

**300 METER SPRINT & 1.5 MILE RUN**

Slow, long distance jogging

A slow, long distance jog/run is the bedrock of an endurance running program. An upright relaxed posture is recommended for the conservation of energy. Slightly bend your arms and hold your hands in a comfortable position. Keep arm swing at a minimum. Hold your head up, looking in the direction you are running. Legs should swing freely from the hip, try not to over stride. Your foot strike should be heel to toe, pushing off the ball of the foot. Exercise duration is 45-60 minutes, once a week.

Interval Training

Alternate 15 seconds to 3 minutes of high intensity to a lower intensity run. Begin with an easy jog then progress to a faster pace. Run for a total of 3 minutes. Finish cycle with the 15 second sprint interval. Recovery period: walk for 30 seconds to 1 minute and repeat the intervals.

UNL Football stadium/Auditorium Stairs (Alpines)

Begin by running up either the east or west stadium stairs. Once you've reached the top, turn and **WALK** down; do not run down the stairs as this may cause injury. For those with a high fitness level, run the south stadium stairs. Complete 5-10 cycles of running up and walking down.

**PUSH-UPS**

Flat bench barbell press

Load a barbell with enough weight to allow you to complete 10-12 repetitions. Lay back, flat on the bench. Place hands approximately shoulder width apart and grip the bar. Remove the barbell, lowering the bar to your chest at nipple level, press the weight back up. You may increase the barbell weight load per repetition; however, keep the repetitions to no less than 8-10. Complete 2-3 sets, 3 times a week, or every other day.

Dumbbell flat bench press

Hold a dumbbell in each hand, back flat on the bench. Bend your arms to allow dumbbell to rest at the side of your chest, palms facing toward your feet. Elbows are extended as the dumbbells are pressed upward, DO NOT lock your elbows. Dumbbells may touch at the top, then lower dumbbell for one complete repetition. Repeat movement 10-12 repetitions, completing 2-3 sets.

Push-Ups

The standard push-up is one of the best exercises to strengthen the chest, shoulders, and the back of the arms. This exercise indirectly strengthens the back, abdomen, and hips. In order to get the maximum training benefit out of push-

ups, they must be executed correctly. The proper push-up is performed by lying on the floor on your stomach, legs extended, and together. Elbows should be bent, palms of hands placed on the floor, to the sides of the chest. Head is held level, eyes are either looking at floor or forward. Begin in the "up" position, elbows extended, lower body down to the floor; stopping 10-12 inches from the floor. Do not touch your body to the floor, but return your body to the "up" position. Keep your body rigid, moving as one unit, no sagging or bending at the waist. No head bobbing or bending your neck and dropping your head down toward the floor. If you must rest, you need to do that in the "up" position. Breathe during this exercise; do not hold your breath. Exercise goal is 21-36 repetitions, 3 times a week or every other day. Complete maximum push-ups once a week. A modified push-up may be executed to assist inexperienced individuals in working up to a proper push-up. A modified push-up consists of touching the knees on the floor, but the rest of the body positioning is the same as a proper push-up.

## **SIT-UPS**

### Seated leg tuck/Jack-knife sit-ups

The seated leg tuck exercise will strengthen the lower abdominal region. Sit on a flat bench or chair. Move towards the end of the bench or chair, placing your hands behind your buttocks, grip the bench or chair for support. Lean back slightly, extend your legs and lift your feet several inches off the floor. As you bend your knees towards your torso, simultaneously bring your torso forward until it touches your thighs, inhaling during the contraction. Return your legs to the extended position as you exhale. Begin with 1 set of 10, with a training goal of 3 sets of 15 -20 repetitions, 2 -3 times a week.

### Sit-ups

Sit-ups performed correctly will strengthen the abdominal region and assist in maintaining good posture. Lay on your back with your knees bent at a comfortable angle, both feet are placed flat on the floor. You may have a partner hold your feet in position or hook or wedge your feet underneath an object. Hands are cupping each ear or cradling the back of the head. (Do not pull on the back of the head to cause strain to the neck.) Sit up, touching elbows to knees/thighs and return to a laying flat position. A variation may be performed slowly and deliberately, concentrating on the abdominal contraction. Begin with 15-20 repetitions, 2 times a week. Work at improving the total number of sit-ups completed. Do the maximum number of sit-ups that you can do once a week.

## **VERTICAL JUMP**

### Leg press, leg extensions, leg curls (universal, paramount, hammer strength)

The leg press, extension and curls strengthen muscles of the upper legs and hip region. Select a weight that would allow you to complete 10-12 repetitions. Remember to concentrate on the contraction phase of the exercise, complete each repetition slowly and deliberately. These exercises should be completed 2-3 times a week. You may increase the weight; however keep the repetitions to no less than 8-10 repetitions.

### Calf Raises

While standing on a flat surface, or a low step, grip a chair, railing, or the wall for balance. Extend heels off the edge, placing the weight on the balls of your feet, wrapping the left foot around your right heel. While standing on the right foot, press your weight onto the ball of your foot, causing your heel to raise as high as you can, lower heel and repeat alternating to the other foot. Exercise goal is 15-25 repetitions, 2-3 times a week.

### Jumping

By using the proper technique, the jumping exercise will simulate a vertical jump. Stand with feet no wider than hip width apart. With both feet placed on the floor, bend both knees, crouching down, arms are bent, swinging from shoulders to the rear. As you jump upward, use your arms to drive you upward, concentrating on the total leg thrust as you jump. Exercise goals - 8 jumps, 1-2 times a week.

SUGGESTED STRETCHING EXAMPLES



