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PHYSICAL TRAINING

DISCLAIMER: *There are inherent risks in any physical activity - intense fitness training is no exception. Failure to seek competent medical advice before undertaking a physical fitness regime, whether entailing a change of diet or a change of physical activity, is done at your own risk. The content of this document is intended to serve educational purposes only and should not be considered a substitute for the advice of a physician.*

As a law enforcement training program Recruit you will perform physical and cognitive tasks that involve situational stress commensurate with the realities of the law enforcement profession. Your training will include a physical training (PT) component including, but not limited to, aerobic exercises, calisthenics, weight lifting, flexibility and plyometric exercises.

Two exercises Recruit applicants should be familiar with include the *Push-Up* and the *Sit-Up*. Both exercises require muscular endurance to perform correctly to standard. In preparation for your assigned training session, perform sets of *Push-Ups* and *Sit-Ups* three (3) to five (5) times per week, resting one (1) to two (2) minutes between sets. While standardized physical evaluations (e.g., the North Carolina Police Officer's Physical Ability Test (POPAT) and the National Park Service Physical Efficiency Battery (PEB)) require these exercises to be performed as rapidly as possible, in training the best adaptations will occur by performing the exercises in a slow and controlled manner. During training, the negative, or downward portion of the exercise, should take at least twice as long as the positive, or upward portion, to achieve maximum benefits by resisting gravity. Approximately once per week, perform a max set (i.e., the maximal number of consecutive repetitions) to assess your progress. See Table 1 below for specific training recommendations. See the descriptions of both exercises to see how it must be performed to standard. While training, you may occasionally do alternate versions for both variety and additional fitness adaptations.

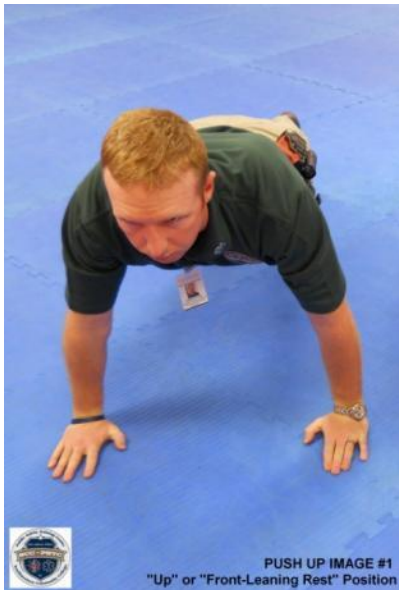
Push-Up & Sit-Up Progressions			
If Your Max Is:	<40		
Your Workout Is:	Sets 5-6	Reps 10-15	Total 50-90
If Your Max Is:	40-60		
Your Workout Is:	Sets 4-5	Reps 15-20	Total 60-100
If Your Max Is:	60-80		
Your Workout Is:	Sets 4-5	Reps 20-25	Total 80-125
If Your Max Is:	80-100		
Your Workout Is:	Sets 3-4	Reps 30-40	Total 90-160

If Your Max Is:	>100		
Your Workout Is:	Sets 3-4	Reps 40-50	Total 120-200
TABLE 1 Source: <i>USNSW/NSO Physical Training Guide</i>			

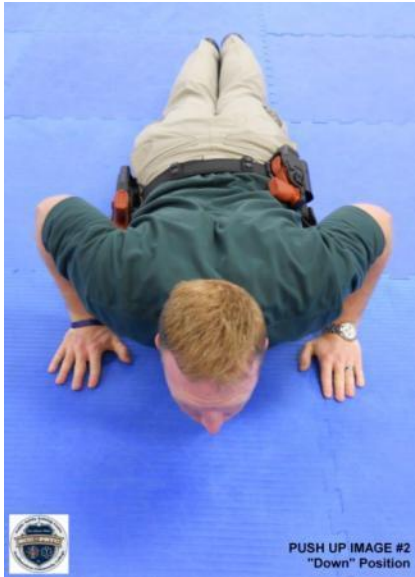
PUSH-UP

Description

- Begin in the “front-leaning” rest position, with feet together and palms on floor directly beneath, or slightly wider than shoulders.



- Back, buttocks and legs should remain straight from head to heels at all times. Palms and toes remain in contact with the floor.
- Lower the entire body as a single unit by extending the elbows until the arms form right angles, then return to the starting position by extending the elbows, raising the body as a single unit until the arms are straight.



Variations

- Include, wide, narrow (triceps) and dive bomber.
- Use caution with any push-up variation, since placing the hands in any position other than beneath the shoulders may create painful stress upon the elbow joints.
- Additional challenges may be created by lifting one foot off the floor, or by placing the feet on a raised surface slightly higher than the hands.

SIT-UP

Description

- Begin by lying flat on the floor with knees bent and heels approximately ten (10) inches from buttocks.



- Arms should be folded across the chest with hands touching the upper chest or shoulders. The feet may be stabilized, if desired.



- To perform the exercise, curl the body up, touching the elbows to the thighs just below the knees, keeping the hands in contact with the chest or shoulders.



- After touching the elbows to thighs, lie back until the shoulder blades touch the floor.

Variations

Variation #1 – Trunk Rotation

- With fingers placed loosely behind the neck (avoid pulling the neck), curl the trunk and rotate so the right elbow contacts the left knee.



- Lower the trunk to the floor and bring left elbow up to the right knee. Continue to alternate rotations from right to left.



Variation #2 – Alternating Knee To Elbow (Not Pictured)

- Keeping shoulders on the floor and knees bent, alternate drawing each knee up to the opposite elbow. Return each leg so the foot rests on the floor while the other knee is drawn up.

Variation #3 – Reverse Sit-Up

- With arms across chest, or fingers placed behind neck, keeping the knees bent, lift the legs and hips off the floor drawing the knees toward the shoulders. After the abdominals have been fully contracted, lower the hips and legs until the feet touch the floor.





- NOTE: For all abdominal exercises, keep the pelvis neutral and the lower back pressed to the floor to avoid undue stress upon the lumbar spine.

Photo Credits:
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