

# Cobb County Police Department

## Pre-Hire Training

Thank you for your interest in the Cobb County Police Department. The following is a guide to success in the completion of the police physical fitness entrance exam. Use this tool to place yourself as a candidate that is able to successfully complete the physical fitness test which is conducted through our department. We look forward to seeing you at the next fitness test and wish you luck in the hiring process.

### YOUR GUIDE TO PHYSICAL FITNESS

Before beginning any workout program, make sure that you have approval from your medical physician. Always remember to stretch your major muscle groups before and after each workout. Eat a well balanced diet complete with whole grains, fruits, vegetables, protein, and plenty of water

#### **1.5 MILE RUN**

##### **Run 1.5 miles in less than 14:46**

If you are unable to run 1.5 miles, begin by walking for thirty minutes each day and adding 10 – 15 minutes each time you walk.

When you are able to walk comfortably for 1 hour, begin adding some running into the routine. Cut the routine down to 30 minutes. Begin with walking 5 – 10 minutes to warm up and then try alternating running for 5 minutes and then running for 5 minutes.

Once you are able to run for the entire 30 minutes, you may begin adding some speed work into the routine once or twice a week with a rest day in between. Begin by warming up with a 10 minute jog. Then, run a lap on a track at 85% of your ability. Jog or walk a lap and then repeat the speed lap 4 – 6 times. Finally, end the workout with a 10 minute cool down or slow jog. If you do not have access to a track, begin with a 10 minute warm up jog and then alternate running and jogging/ walking every 3<sup>rd</sup> telephone pole. End the workout with a 10 minute cool down or slow jog.

#### **BENCH PRESS**

##### **Press 72 % of your body weight**

If you are unable to lift much weight, try performing 10 – 30 push ups each day.

Two to three days a week on alternating days on a progressive resistance flat bench press machine, begin lifting 2 – 3 sets of 10 -12 repetitions per set of a weight that is achievable or equal to 60% – 75% of the maximum weight that you can lift one time.

After the fourth workout, try and add a third set if you are not already performing three sets. After every fourth workout try and increase your weight by 10%.

## **LEG PRESS**

### **Press 1.46 times your body weight**

Two to three times per week on alternating days on a progressive resistance leg press machine, begin lifting 2 – 3 sets of 10 – 12 repetitions per set of a weight that is achievable or equal to 60% - 75% of the maximum weight that you can lift one time. After the fourth workout, try and add a third set if you are not already performing three sets. After every fourth workout try and increase your weight by 10%.

## **SIT UPS**

### **Perform 29 full sit ups in one minute**

If you are unable to perform a sit up, begin with performing crunches where your knees are bent with your hands behind your head. Keeping your head in neutral alignment with your spine, contract your abdominal muscles, squeeze your buttocks muscles, take a deep breath in and exhale as you raise your torso to the point where your shoulder blades come up off of the floor. Try and perform 2 sets of 15 repetitions each day.

After a week, try and perform five full sit ups where your knees are bent with your feet on the floor. Fold your hands in front of your chest. When you rise up, touch your knees with your elbows and lower back down to the floor. Every second day, try and add another sit up until you can perform sixty sit ups continuously. Once a week try and perform as many as you can in one minute.

## **STEP TEST**

### **Achieve 50 Steps in one minute**

If you have Reebok aerobic step that is 6 inches tall with one platform you can use it to practice or you can build your own that is 6 inches high. Every other day try and see how many steps that you can perform in one minute.

If you do not have access to a step, try running 10 rounds of stadium steps at your local high school football stadium as fast as you can go.