



# Greenbelt Police Department

## Pre-Employment Physical Fitness Test

Push-ups (1 min)	Sit-ups (1 min)	Sit and Reach	1.5 Mile Run
23	32	16"	15:26

**\*\*All Candidates must meet the minimum requirements listed above in all phases.\*\***

### PREPARING FOR THE TEST:

*You should consult with a physician prior to commencing any physical exercise routine.*

**PREPARING FOR THE PUSH-UPS TEST** - To increase muscular endurance, do as many standard push-ups as possible in one minute. At least three times per week, perform three sets of the total number of repetitions you did in one minute.

**PREPARING FOR THE SIT-UP TEST** - To increase your muscular endurance, do as many bent leg sit-ups (hands across your chest to opposite shoulders with someone holding your feet) as possible in one minute. At least three times per week, perform three sets of the total number of repetitions you did in one minute.

**PREPARING FOR THE FLEXIBILITY TEST** - Performing the following exercises daily will increase flexibility. a. Sit and Reach - Do five repetitions of the exercise. Sit on the ground with your legs straight. Slowly bend forward at the waist and extend your fingertips toward your toes while keeping your legs straight and hold for ten seconds. b. Towel Stretch - Sit on the ground with your legs straight. Wrap a towel around the bottom of your feet holding the ends of the towel extending your torso toward your toes and hold for ten seconds.

**PREPARING FOR THE 1.5 MILE RUN (Cardiovascular Capacity) TEST** - Below is a gradual schedule that would enable you to perform a maximum effort for the 1.5 mile run. If you can complete the distance in less time, you are encouraged to do so.

### 1.5 Mile Training Recommendation

Week	Activity	Distance (Miles)	Times (Minutes)	Frequency (Per Week)
1	Walk	1	17-20	5
2	Walk	1.5	25-29	5
3	Walk	2	32-35	5
4	Walk	2	28-30	5
5	Walk/Jog	2	27	5
6	Walk/Jog	2	26	5
7	Walk/Jog	2	25	5
8	Walk/Jog	2	24	4
9	Jog	2	23	4
10	Jog	2	22	4
11	Jog	2	21	4
12	Jog	2	20	4