

## PHYSICAL FITNESS READINESS

Nevada Administrative Code Section 289.200 sets the physical fitness standards required for all peace officers to successfully graduate from a law enforcement academy. These same standards apply to certified peace officers transferring to a Nevada agency from out of state. There are no exceptions or waivers to this requirement, the POST Physical Fitness Test (PPFT) must be passed in its' entirety and in accordance with the standard procedures as taught in the PPFT Administrator course. The current standard applies to all three categories of peace officers.

Being physical fit does not happen overnight; rather it is the result of ongoing physical conditioning. If you were applying for a typist position would you practice typing before you took the test? Of course you would, the same applies for the PPFT, you must condition yourself before taking the test. Agencies have different hiring fitness standards and academies have different entrance standards so check with the agency or academy you are applying for to be sure of the standard they use.

The Nevada POST Commission is recently approved new standards for the PPFT. The new standards are:

### Category I

- Complete a vertical jump of not less than 14 inches
- Complete the agility run in not more than 19.5 seconds
- Complete not less than 30 sit-ups in 1 minute
- Complete not less than 23 push-ups no time limit
- Run 300 meters in not more than 68 seconds
- Walk or run 1.5 miles in not more than 16 minutes and 57 seconds

### Category II

- Complete a vertical jump of not less than 15 inches
- Complete the agility run in not more than 20.7 seconds
- Complete not less than 29 sit-ups in 1 minute
- Complete not less than 15 push-ups no time limit
- Run 300 meters in not more than 80 seconds
- Walk or run 1.5 miles in not more than 20 minutes and 06 seconds

## Category III

- Complete a vertical jump of not less than 15 inches
- Complete the agility run in not more than 20.4 seconds
- Complete not less than 20 push-ups no time limit
- Run 300 meters in not more than 74 seconds
- Walk or run 1.5 miles in not more than 17 minutes and 37 seconds

There are three fitness improvement programs listed on this page. Before beginning any fitness improvement program, listed here or on your own, consult with your physician to ensure there are no medical reasons for not engaging in an increase to your physical activity. The first step after being medically cleared is to do an assessment of your current fitness level. The easiest way is to take the PPFT administered by a POST certified PPFT administrator. Other assessments can be through a personal trainer at a local fitness center or from an on-line source.

Once you have your assessment, pick the fitness improvement program that best fits your needs:

- A. Push-up improvement
- B. PPFT improvement program
- C. Fitness improvement program

### **A. PUSH UP IMPROVEMENT PROGRAM**

**Note:** X = number of maximum pushups

#### **Week 1**

##### Day 1

Set of  $\frac{1}{2}$  X pushups, hands shoulder width apart

30 seconds of rest

Set of  $\frac{1}{2}$  X pushups, hands more than shoulder width apart

30 seconds of rest

Set of  $\frac{1}{2}$  X pushups, hands close together

30 seconds of rest

Set of  $\frac{1}{2}$  X pushups, hands shoulder width apart

30 seconds of rest

Set of  $\frac{1}{2}$  X negative pushups

If necessary, go to knees to finish each set

##### Day 2

Pushups for 20 seconds, hands shoulder width apart

30 seconds of rest

Pushups for 20 seconds, hands more than shoulder width apart

30 seconds of rest

Pushups for 20 seconds, hands close together

30 seconds of rest

Pushups for 20 seconds, hands shoulder width apart

30 seconds of rest

Set of  $\frac{1}{2}$  X negative pushups

If necessary, go to knees to finish each set.

### Day 3

Set of ½ X pushups, hands shoulder width apart

30 seconds of rest

Set of ½ X pushups, hands more than shoulder width apart

30 seconds of rest

Set of ½ X pushups, hands close together

30 seconds of rest

Set of ½ X pushups, hands shoulder width apart

30 seconds of rest

Set of ½ X negative pushups

If necessary, go to knees to finish each set

### Week 2

#### Day 1

Set of 1/2 X + 2 pushups, hands shoulder width apart

30 seconds of rest

Set of 1/2 X + 2 pushups, hands more than shoulder width apart

30 seconds of rest

Set of 1/2 X + 2 pushups, hands close together

30 seconds of rest

Set of 1/2 X + 2 pushups, hands shoulder width apart

30 seconds of rest

Set of 1/2 X + 2 negative pushups

If necessary, go to knees to finish each set

#### Day 2

Pushups for 20 seconds, hands shoulder width apart

30 seconds of rest

Pushups for 20 seconds, hands more than shoulder width apart

30 seconds of rest

Pushups for 20 seconds, hands close together

30 seconds of rest

Pushups for 20 seconds, hands shoulder width apart

30 seconds of rest

Set of 1/2 X + 2 negative pushups

If necessary, go to knees to finish each set

#### Day 3

Set of 1/2 X + 2 pushups, hands shoulder width apart

30 seconds of rest

Set of 1/2 X + 2 pushups, hands more than shoulder width apart

30 seconds of rest

Set of 1/2 X + 2 pushups, hands close together

30 seconds of rest

Set of 1/2 X + 2 pushups, hands shoulder width apart

30 seconds of rest

Set of 1/2 X + 2 negative pushups

If necessary, go to knees to finish each set

## **Week 3**

### **Day 1**

Set of 1/2 X + 3 pushups, hands shoulder width apart  
30 seconds of rest  
Set of 1/2 X + 3 pushups, hands more than shoulder width apart  
30 seconds of rest  
Set of 1/2 X + 3 pushups, hands close together  
30 seconds of rest  
Set of 1/2 X + 3 pushups, hands shoulder width apart  
30 seconds of rest  
Set of 1/2 X + 3 negative pushups  
If necessary, go to knees to finish each set

### **Day 2**

Pushups for 20 seconds, hands shoulder width apart  
30 seconds of rest  
Pushups for 20 seconds, hands more than shoulder width apart  
30 seconds of rest  
Pushups for 20 seconds, hands close together  
30 seconds of rest  
Pushups for 20 seconds, hands shoulder width apart  
30 seconds of rest  
Set of 1/2 X + 3 negative pushups  
If necessary, go to knees to finish each set

### **Day 3**

Set of 1/2 X + 3 pushups, hands shoulder width apart  
30 seconds of rest  
Set of 1/2 X + 3 pushups, hands more than shoulder width apart  
30 seconds of rest  
Set of 1/2 X + 3 pushups, hands close together  
30 seconds of rest  
Set of 1/2 X + 3 pushups, hands shoulder width apart  
30 seconds of rest  
Set of 1/2 X + 3 negative pushups  
If necessary, go to knees to finish each set

## **Week 4**

### **Day 1**

Set of 1/2 X + 4 pushups, hands shoulder width apart  
30 seconds of rest  
Set of 1/2 X + 4 pushups, hands more than shoulder width apart  
30 seconds of rest  
Set of 1/2 X + 4 pushups, hands close together  
30 seconds of rest  
Set of 1/2 X + 4 pushups, hands shoulder width apart  
30 seconds of rest  
Set of 1/2 X + 4 negative pushups  
If necessary, go to knees to finish each set

### Day 2

Pushups for 20 seconds, hands shoulder width apart  
30 seconds of rest  
Pushups for 20 seconds, hands more than shoulder width apart  
30 seconds of rest  
Pushups for 20 seconds, hands close together  
30 seconds of rest  
Pushups for 20 seconds, hands shoulder width apart  
30 seconds of rest  
Set of 1/2 X + 2 negative pushups  
If necessary, go to knees to finish each set

### Day 3

Set of 1/2 X + 4 pushups, hands shoulder width apart  
30 seconds of rest  
Set of 1/2 X + 4 pushups, hands more than shoulder width apart  
30 seconds of rest  
Set of 1/2 X + 4 pushups, hands close together  
30 seconds of rest  
Set of 1/2 X + 4 pushups, hands shoulder width apart  
30 seconds of rest  
Set of 1/2 X + 4 negative pushups  
If necessary, go to knees to finish each set

### Day 6

Max push up effort

#### Notes:

This is a start up plan, subject to change. Warm up as necessary before each session. Each workout should take about 5 minutes. If these workouts are too strenuous, alter the rest period, not the duration of exercise.

## **B. TRAIN TO IMPROVE YOUR POST PHYSICAL FITNESS TEST SCORES**

The training program below is adopted from a military physical fitness test improvement program. It has been validated and found, if followed correctly, will significantly improve test scores. As with any fitness program, you get out of this what you put into it. If your goal is to improve your fitness level, while preparing for the POST Physical Fitness Test (PPFT), this program will work. Consult with your physician prior to starting this exercise program or any exercise program. To prevent injury always warm-up 5-7 minutes before exercising by walking, slow jogging and stretching. After exercising, cool down by doing the same. If you have questions about any of the exercises contact a recent graduate of the POST academy or the POST Basic Training Bureau at: (775) 687-3310.

## 1. Self Assessment

- Do as many correct (form is important) push-ups in one minute.
- Do as many correct (form is important) sit-ups in one minute.
- Run as fast as you can for ½ mile and record your time.
- Multiply the number of push-ups by 1.25, record this number.
- Multiply the number of sit-ups by 1.25, record this number.
- Multiply the ½ mile time by 4.
- For example:

12 sit-ups in 1 minute	X 1.25	= 15
9 push-ups in 1 minute	X 1.25	= 11.25
½ mile run in 6 minutes	X 4	= 24

## 2. The Program

- Consult your doctor prior to using this exercise program or any exercise program. This program is to be conducted 3 times a week for 20-25 minutes not including the run. This program should bring you to muscle failure and therefore should be done every other day as your muscles need from 24 to 48 hours to recover from hard usage. The self-assessment is the starting point for your individual program.
- Each exercise is described in detail following the charts. Proper form is as important as the number of repetitions. Establish a routine that can become a habit and make the program a priority. After one month conduct another self-assessment. Significant improvement should take place after three months.
- Using the charts on the next page find the number on the top line of the chart that is closest to your performance. Follow the number down the row to give you the number of repetitions for each exercise you're to begin with for your individual program. If your number is not on the chart start with the lowest number for sit-ups and push-ups and the highest number for the run.
- Use the following charts to determine your starting point.

### Sit-ups

Number	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85
Sit-ups	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34
Crunches	4	5	6	7	8	8	9	9	10	10	11	12	13	14	15	16
Flutter Kick	5	6	7	8	9	10	12	14	16	18	20	22	24	26	28	30
Leg Spreader	5	6	7	8	9	10	12	14	16	18	20	22	24	26	28	30

### Push-ups

Number	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85
Push-ups	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34
Tri-ceps	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Wide arm	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Body Twist	5	6	7	8	9	10	12	14	16	18	20	22	24	26	28	30

## Running

Minutes	+12	+13	+14	+15	+16	+17	+18	+19
Sprint Day 1/8 mile (220 yds)	----	----	----	----	----	:48	:51	:55
1/4 mile (440 yds)	1:07	1:15	1:23	1:30	1:37	1:45	1:52	2:00
1/2 mile (880 yds)	2:45	3:00	3:15	3:30	3:45	4:00	4:15	4:30
Fast Run	2mile 11:30	2mile 12:30	1mile 6:30	1mile 7:00	1mile 7:30	1mile 8:00	1mile 8:30	1mile 9:00
	2.5mile 14:30	2.5mile 15:30	2mile 13:30	2mile 14:30	2mile 15:30	2mile 16:30	2mile 17:30	1 1/2 mile 13:30
Long and Slow Run	35min+	35min	35min	30min	30min	25min	25min	20min

### 3. Exercises

#### a. Sit-up Improvement.

1. Sit-ups. Complete three sets of regular sit-ups with one-minute rest between sets. If you can't do all of the sit-ups properly, lower the angle of your legs until they're almost parallel to the ground. After three workouts, add three sit-ups to each set. (Example: you start with 12 sit-ups on Monday, the next Monday you go to 15 sit-ups)
2. Crunches. Starting position is lying on your back, arms crossed over your chest, hands grasping shoulders. Do the prescribed number of repetitions for each crunch; try not to rest between sets.
  - 1) Legs bent at 90°, knees together.
  - 2) Legs bent at 90°, knees apart.
  - 3) Legs bent at 90°, feet in air, knees together.
  - 4) Legs bent at 90°, feet in air, knees apart.
  - 5) One leg bent at 90°, foot on ground, one leg straight and six inches off the ground.
  - 6) Same as 5) but reverse leg positions.
  - 7) One leg bent at 90°, foot off the ground with lower leg parallel to the ground, one leg straight and off the ground 6 inches.
  - 8) Same as 7) but reverse leg positions.
3. Flutter Kick. Start on your back with your hands under your buttocks, supporting your lower back. Lift your feet six to eight inches off the ground to start. Begin by lifting legs in sequence six to 18 inches. Keep legs slightly bent to reduce the strain on your back. One repetition equals four counts. Add two flutter kicks after every three workouts.
4. Leg Spreader. Start on your back with your hands under your buttocks, supporting your lower back. Lift your feet six to eight inches off the ground to start. Begin by spreading legs 18 to 30 inches, and then back together. Keep legs slightly bent to reduce the strain on your back. One repetition equals four counts. Add two leg spreaders after every three workouts.

- b. Push-up Improvement.
1. Push-ups. Complete three sets of regular push-ups with one-minute rest between sets. Form is important. If you can't do the push-ups correctly, go to your knees and continue until you've finished the sets. After three workouts, add three push-ups to each set. (Example: If you start with 14 on Monday, the next Monday go to 17 push-ups)
  2. Tri-ceps Push-ups. Align your hands under your shoulders, fingers pointing forward. Perform the push-up by lowering your body while keeping your elbows close to your sides. Go to your knees if necessary. Add one push-up after every three workouts.
  3. Wide Arm Push-ups. Place hands as far apart as possible. Perform the push-ups. Go to your knees if necessary. Add one wide arm push-up every three workouts.
  4. Body Twist. Standing with a comfortable stance, hold arms away from your side and parallel to the ground with palms facing up. The exercise is an eight-count movement at a slow cadence. Pivot slowly at the waist to the right for four counts and then to the left for four counts. Add two body twists after every three workouts.
- c. Running Improvement. This program is designed for you to run every other day, although there is no harm in running more than three times per week. Alternate between sprints, fast runs and long slow runs.
1. Sprint Day. Enter the sprint portion of the chart at your self-assessment run time. Do four sprints each of the two distances, alternating your sprints between the distances. Begin with the lower distance for your speed. Attempt to beat the time listed. Rest one minute before you run the longer sprint. Rest two minutes between the longer and shorter sprints. If you feel that you are not being properly stressed, and as you develop you wind, decrease the amount of rest time between sprints. For those with run times of +17 and higher, when the 220 yds sprint goal is met move up to the 440 yds and 880 yds runs.
  2. Fast Run Day. Begin with the lower distance for your speed. When you beat the time for the distance, move to a longer distance within the same row. When you surpass the time for the distance at the bottom of the row, move to the left, one row, maintaining the same distance. When you move one row to the left on the fast run, move your sprint goals to the same row.
  3. Long and Slow Run. Run at least 20 minutes for a good cardiovascular workout, running for time during this session not distance. You may keep track of your distance to measure your improvement.

## C. FITNESS IMPROVEMENT PROGRAM

### WEEK 1

#### WARM UP

Walk	2 minutes
Skip	30 seconds
Walk	30 seconds
Jog	90 seconds
Jump rope	30 seconds
Walk	1 minute
Stretch	4 minutes

**Total time: 10:00**

#### PUSH UP IMPROVEMENT

Type:	Time (secs)	Rest interval (secs)
Regular	10	50
Wide hands	10	50
Close hands	10	50
Regular	10	50
Regular	15	End

(It is important to complete the time allotted for each set. If you can't continue with the type of push up noted, lower the resistance by going to your knees, doing negatives, elevating your hands, or using the wall. Remember to continue the movement through the complete range of motion for the entire time period.)

**Total time: 4:20**

#### VERTICAL JUMP IMPROVEMENT

Ankle hops	3 sets of 10, walk/jog/sprint 30 seconds between sets
Bend and jump	3 sets of 10, walk/jog/sprint 30 seconds between sets

**Total time: 4:00**

#### AGILITY RUN/300 METER/ SIT UP IMPROVEMENT

Start in prone position  
Stand and run 60 feet around cones  
Lie on back and do 10 sit ups (positive or negative)  
Walk /jog 2 minutes  
Repeat 4 times

**Total time: 12:00**

#### COOL DOWN

Walk/jog/sprint	2 minutes
Stretch	3 minutes

**Total time: 5:00**

**Total time: 35:20**

### WEEK 2

## WARM UP

Walk 2 minutes  
Skip 30 seconds  
Walk 30 seconds  
Jog 90 seconds  
Jump rope 30 seconds  
Walk 1 minute  
Stretch 4 minutes

**Total time: 10:00**

## PUSH UP IMPROVEMENT

Type:	Time (secs)	Rest interval (secs)
Feet elevated	12	48
Wide hands	12	48
Close hands	12	48
Regular	12	48
Regular	20	End

**Total time: 4:30**

## VERTICAL JUMP IMPROVEMENT

Ankle hops 2 sets of 12, walk/jog/sprint 30 seconds between sets  
Double-leg hops 2 sets of 12, walk/jog/sprint 30 seconds between sets  
Bend and jump 2 sets of 12, walk/jog/sprint 30 seconds between sets

**Total time: 4:00**

## AGILITY RUN/300 METER/ SIT UP IMPROVEMENT

Start in prone position  
Stand and run 60 feet around cones  
Lie on back and do 12 sit ups (positive or negative)  
Walk /jog 2 minutes  
Repeat 4 times

**Total time: 12:00**

## COOL DOWN

Walk/jog/sprint 2 minutes  
Stretch 3 minutes

**Total time: 5:00**

**Total time: 35:30**

## WEEK 3

### WARM UP

Walk 2 minutes  
Skip 60 seconds  
Jog 2 minutes  
Jump rope 1 minute  
Stretch 4 minutes  
**Total time: 10:00**

### PUSH UP IMPROVEMENT

Type:	Time (secs)	Rest interval (secs)
Regular	15	60
Wide hands	15	60
Close hands	15	60
Regular	15	60
Regular	20	End

**Total time: 6:20**

### VERTICAL JUMP IMPROVEMENT

Ankle hops 3 sets of 12, walk/jog/sprint 30 seconds between sets  
Double-leg hops 3 sets of 12, walk/jog/sprint 30 seconds between sets  
Bend and jump 3 sets of 12, walk/jog/sprint 30 seconds between sets  
**Total time: 5:00**

### AGILITY RUN/300 METER/ SIT UP IMPROVEMENT

Start in prone position  
Stand and run 60 feet around cones  
Lie on back and do 15 sit ups (positive or negative)  
Walk /jog 2 minutes  
Repeat 4 times  
**Total time: 12:00**

### COOL DOWN

Walk/jog/sprint 2 minutes  
Stretch 3 minutes  
**Total time: 5:00**

Total time: 38:20

## WEEK 4

### WARM UP

Walk 2 minutes  
Skip 30 seconds  
Walk 30 seconds  
Jog 90 seconds  
Jump rope 30 seconds  
Walk 1 minute  
Stretch 4 minutes

**Total time: 10:00**

### PUSH UP IMPROVEMENT

Type:	Time (secs)	Rest interval (secs)
Feet elevated	20	45
Wide hands	20	45
Close hands	20	45
Regular	20	45
Regular	30	End

**Total time: 5:20**

### VERTICAL JUMP IMPROVEMENT

Ankle hops 2 sets of 15, walk/jog/sprint 30 seconds between sets  
Double-leg hops 2 sets of 15, walk/jog/sprint 30 seconds between sets  
Bend and jump 2 sets of 15, walk/jog/sprint 30 seconds between sets  
Step back and jump 2 sets of 15, walk/jog/sprint 30 seconds between sets

**Total time: 6:00**

### AGILITY RUN/300 METER/ SIT UP IMPROVEMENT

Start in prone position  
Stand and run 60 feet around cones  
Lie on back and do 18 sit ups (positive or negative)  
Walk /jog 2 minutes  
Repeat 4 times

**Total time: 13:00**

### COOL DOWN

Walk/jog/sprint 2 minutes  
Stretch 3 minutes

**Total time: 5:00**

Total time: 39:20

## WEEK 5

### WARM UP

Walk 2 minutes  
Skip 30 seconds  
Walk 30 seconds  
Jog 90 seconds  
Jump rope 30 seconds  
Walk 1 minute  
Stretch 4 minutes

**Total time: 10:00**

### PUSH UP IMPROVEMENT

Type:	Time (secs)	Rest interval (secs)
Feet elevated	25	30
Close hands	25	30
Wide hands	25	30
Regular	25	30
Close hands	25	30
Regular	25	End

**Total time: 5:10**

### VERTICAL JUMP IMPROVEMENT

Ankle hops 2 sets of 15, walk/jog/sprint 30 seconds between sets  
Double-leg hops 2 sets of 15, walk/jog/sprint 30 seconds between sets  
Single-leg hops 2 sets of 15, walk/jog/sprint 30 seconds between sets  
Bend and jump 2 sets of 15, walk/jog/sprint 30 seconds between sets  
Step back and jump 2 sets of 15, walk/jog/sprint 30 seconds between sets

**Total time: 6:30**

### AGILITY RUN/300 METER/ SIT UP IMPROVEMENT

Start in prone position  
Stand and run 60 feet around cones  
Lie on back and do 20 sit ups (positive or negative)  
Walk /jog 2 minutes  
Repeat 4 times

**Total time: 13:00**

### COOL DOWN

Walk/jog/sprint 2 minutes  
Stretch 3 minutes

**Total time: 5:00**

Total time: 39:40

## WEEK 6

### WARM UP

Walk 2 minutes  
Skip 30 seconds  
Jog 2 minutes  
Jump rope 30 seconds  
Walk 1 minute  
Stretch 4 minutes

**Total time: 10:00**

### PUSH UP IMPROVEMENT

Type:	Time (secs)	Rest interval (secs)
Partner resisted	25	20
Partner resisted Wide hands	25	20
Partner resisted Close hands	25	20
Regular	30	20
Regular	25	20
Regular	25	End

**Total time: 5:10**

### VERTICAL JUMP IMPROVEMENT

Ankle hops 2 sets of 15, walk/jog/sprint 30 seconds between sets  
Double-leg hops 2 sets of 15, walk/jog/sprint 30 seconds between sets  
Single-leg hops 2 sets of 15, walk/jog/sprint 30 seconds between sets  
Bend and jump 2 sets of 15, walk/jog/sprint 30 seconds between sets  
Step back and jump 2 sets of 15, walk/jog/sprint 30 seconds between sets  
Jump and reach 2 sets of 15, walk/jog/sprint 30 seconds between sets

**Total time: 7:30**

### AGILITY RUN/300 METER/ SIT UP IMPROVEMENT

Start in prone position  
Stand and run 60 feet around cones  
Lie on back and do 20 sit ups (positive or negative)  
Walk /jog 2 minutes  
Repeat 5 times

**Total time: 14:00**

### COOL DOWN

Walk/jog/sprint 2 minutes  
Stretch 3 minutes

**Total time: 5:00**

Total time: 41:40

## WEEK 7

### WARM UP

Walk 2 minutes  
Skip 60 seconds  
Jog 90 seconds  
Jump rope 30 seconds  
Walk 1 minute  
Stretch 4 minutes

**Total time: 10:00**

### PUSH UP IMPROVEMENT

Type:	Time (secs)	Rest interval (secs)
Partner resisted	30	15
Feet elevated Wide hands	30	15
Feet elevated	30	15
Regular	15	10
Regular	15	10
Regular	15	End

**Total time: 3:20**

### VERTICAL JUMP IMPROVEMENT

Ankle hops 3 sets of 12, walk/jog/sprint 30 seconds between sets  
Double-leg hops 3 sets of 12, walk/jog/sprint 30 seconds between sets  
Single-leg hops 3 sets of 12, walk/jog/sprint 30 seconds between sets  
Bend and jump 3 sets of 12, walk/jog/sprint 30 seconds between sets  
Step back and jump 3 sets of 12, walk/jog/sprint 30 seconds between sets  
Jump and reach 3 sets of 12, walk/jog/sprint 30 seconds between sets

**Total time: 10:00**

### AGILITY RUN/300 METER/ SIT UP IMPROVEMENT

Start in prone position  
Stand and run 60 feet around cones  
Lie on back and do 20 sit ups (positive or negative)  
Walk /jog 2 minutes  
Repeat 5 times

**Total time: 14:00**

### COOL DOWN

Walk/jog/sprint 2 minutes  
Stretch 3 minutes

**Total time: 5:00**

Total time: 42:20

## WEEK 8

### WARM UP

Walk 2 minutes  
Skip 60 seconds  
Jog 90 seconds  
Jump rope 30 seconds  
Walk 1 minute  
Stretch 4 minutes

**Total time: 10:00**

### PUSH UP IMPROVEMENT

Type:	Time (secs)	Rest interval (secs)
Partner resisted	40	15
Regular	30	15
Close hands	30	15
Wide hands	30	15
Regular	30	15
Regular	15	End

**Total time: 4:25**

### VERTICAL JUMP IMPROVEMENT

Ankle hops 3 sets of 12, walk/jog/sprint 30 seconds between sets  
Double-leg hops 3 sets of 12, walk/jog/sprint 30 seconds between sets  
Single-leg hops 3 sets of 12, walk/jog/sprint 30 seconds between sets  
Bend and jump 3 sets of 12, walk/jog/sprint 30 seconds between sets  
Step back and jump 3 sets of 12, walk/jog/sprint 30 seconds between sets  
Jump and reach 3 sets of 12, walk/jog/sprint 30 seconds between sets

**Total time: 10:00**

### AGILITY RUN/300 METER/ SIT UP IMPROVEMENT

Start in prone position  
Stand and run 60 feet around cones  
Lie on back and do 20 sit ups (positive or negative)  
Walk /jog 2 minutes  
Repeat 4 times

**Total time: 12:00**

### COOL DOWN

Walk/jog/sprint 2 minutes  
Stretch 3 minutes

**Total time: 5:00**

Total time: 39:20