



U.S. Customs and
Border Protection



CBP Officer Candidate Field Operations Academy Physical Readiness Program

Table of Contents

INTRODUCTION.....	5
PURPOSE.....	5
GETTING STARTED.....	6
Step 1. Take the FGS Self-Assessment.....	6
Step 2. Begin the CBP Basic Academy Preparation Program	6
EQUIPMENT NEEDS.....	7
SELF ASSESSMENT & PHYSICAL TRAINING SCHEDULE.....	8
Weeks 1-8	8
Weeks 9-21	8
SELF-ASSESSMENT AND DAILY PHYSICAL TRAINING REGIMEN	9
WEEK 1	9
WEEK 2	12
WEEK 3	14
WEEK 4	16
WEEK 5	18
WEEK 6	21
WEEK 7	23
WEEK 8	25
WEEK 9	27
WEEK 10	30
WEEK 11	33
WEEK 12.....	36
WEEK 13	39
WEEK 14	42
WEEK 15	45
WEEK 16	48
WEEK 17	51
WEEK 18	54
WEEK 19	56
WEEK 20	58
WEEK 21	62
Appendix A.....	63
Self-Assessment Protocol.....	63
CBP Officer FGS Protocol.....	63
220-Yard Run	63
Push-Up Test.....	64
1.5 Mile Run.....	65
APPENDIX B: CBPO BASIC ACADEMY PREPARTORY PROGRAM EXERCISE LIST.....	66
WARM-UP EXERCISES.....	66
FLEXIBILITY EXERCISES	67
Neck Rotations Body Part Focus: Neck & Upper Back.....	67
Straight Arms Behind Back Body Part Focus: Shoulder, Chest	67
Cross Arms in Front of Chest Body Part Focus: Shoulder, Back	68
Overhead Arm Pull with Trunk Lean Body Part Focus: Arms, Back Abdomen	68

Hand & Foot Body Part Focus: Hamstring, Hip Flexor, Abdomen.....	69
Straddle Body Part Focus: Hamstrings, Calves, Groin.....	69
Seated Groin (Butterfly) Body Part Focus: Groin.....	70
TYPES OF TRAINING EXPLANATION	73
Muscular Endurance and Strength Training	73
Aerobic and Anaerobic Training	73
TARGET HEART RATE	74
RATE OF PERCEIVED EXERTION OVERVIEW	75
EXERCISE INDEX	76
Abdominal Crunch Body Part Focus: Core.....	76
Abdominal Reverse Crunch Body Part Focus: Core.....	76
Air Squat Body Part Focus: Lower Body, Core	77
Bear Plank Body Part Focus: Lower Body, Core.....	77
Bench Tricep Dips Body Part Focus: Triceps, Shoulders	78
Bend & Reach (Cherry Picker) Body Part Focus: Hamstrings, Lower Back.....	78
Bicycle Crunch Body Part Focus: Core.....	79
Body Builder Body Part Focus: Total Body	79
Burpee Body Part Focus: Total Body	80
Close Grip Push Up Body Part Focus: Upper Body	80
Dead Bug Body Part Focus: Core (Transverse Abdominis and Spinal Erectors).....	81
Flutter Kicks Body Part Focus: Core.....	81
Half Boat Pose Body Part Focus: Core	82
Hand Release Push Up Body Part Focus: Chest, Shoulders, Triceps, Core	82
Heel Tap Crunch Body Part Focus: Core	83
Hip Bridge (Static) Body Part Focus: Glutes, Hamstrings, Core.....	83
Hip Bridge March Body Part Focus: Glutes, Hamstrings, Core.....	84
Lateral Lunge Body Part Focus: Lower Body.....	84
Lateral Plank Walk.....	85
Lunge (In Place) Body Part Focus: Lower Body	86
Mountain Climber.....	86
Partial Curl Up Body Part Focus: Core.....	87
Pike Push Up Body Part Focus: Chest, Shoulders, Triceps, Core.....	88
Plank Body Part Focus: Abdominals, Back, Shoulder.....	88
Pulse Push Up.....	90
Pulse Air Squat	91
Push Up Plank Body Part Focus: Chest, Shoulder, Triceps, Core.....	92
Russian Twist Body Part Focus: Core	93
Side Plank (Left Side) Body Part Focus: Abdominals, Hips, Shoulders.....	94
Side Plank (Right Side) Body Part Focus: Abdominals, Hips, Shoulders.....	94
Single Leg Hip Bridge Body Part Focus: Glutes, Hamstrings, Core	96

Spiderman Plank Body Part Focus: Core.....	96
Spiderman Push Up Body Part Focus: Upper Body, Core.....	97
Sprawl & Up Body Part Focus: Total Body.....	98
Squat Jump Body Part Focus: Total Body.....	99
Tac Fall Standing Base	100
Skydiver Body Part Focus: Lower Back	101
Wide Push Up Body Part Focus: Upper Body and Core.....	101
Windmill Body Part Focus: Hamstrings and Lower Back.....	102
APPENDIX C: EXERCISE VIDEO INDEX.....	103

INTRODUCTION

The primary mission of the U.S. Customs and Border Protection (CBP) Officer position is to perform critical duties related to securing our nation's borders while facilitating the orderly and efficient flow of legitimate trade and lawful travelers. It is a physically demanding position that requires candidates to demonstrate their ability to meet the rigorous demands of training and the physical requirements of the position.

CBP has gone to great lengths to ensure fair and equal hiring practices for the CBP Officer (CBPO) position. Job studies were conducted to assess the minimal physical abilities necessary to perform the required academy physical training and the physically demanding tasks of the job. The Pre-employment Fitness Test (PFT) and Fitness Graduation Standard (FGS) are the result of this important work. These assessments represent the minimal physical abilities needed to train and to perform the work of a CBPO.

The FGS for CBP law enforcement positions¹ has been validated in accordance with the Equal Employment Opportunity Commission Uniform Guidelines on Employee Selection Procedures.² CBP law enforcement fitness standards applied during selection and training are job-related and designed to predict candidates' ability to meet Academy physical requirements and minimum physical job requirements. During the hiring process you are required to participate and pass two fitness tests, the PFT and the FGS. Since job requirements are the same for all CBPOs, the tests and their cut points are the same for all candidates and are not based on race, age, or gender.

PURPOSE

The Field Operations Academy created the CBPO Readiness Program to prepare CBPO candidates who are at their ports of entry waiting for Academy entry on duty. The CBPO Candidate Physical Readiness Program is approximately three hours of training dedicated to improving and maintaining physical fitness. The CBPO Candidate Physical Readiness Program is a standardized training program designed to help candidates stay ready for basic training and successfully pass the CBPO FGS.

The physical training program is a 150-day training program broken down into five phases. Each phase is 30 days in duration and builds on the fitness developed in the previous phase. The fifth phase is the Maintenance Phase of the program. The Maintenance Phase is a continuous program which means it can be repeated as many times as needed and is designed to help maintain and build on the fitness gained throughout the 150-day training program. As part of this physical readiness program, you will have the chance to conduct your own self-assessment using the validated FGS protocol, which will be explained and detailed within this manual.

-
- 1. For purposes of this paper, CBP Officer is being included as a law enforcement position although covered under Title 5 C.F.R. Parts 831, 841, and 842.**
 - 2. As previously indicated, Office of Chief Counsel believes that Human Resources Management's validation studies are in significant part consistent with the Equal Employment Opportunity Commission Guidelines. However, this does not mean that those physical fitness standards with disparate impact(s) (e.g., FGS) are not susceptible to legal challenge on one of several bases**

GETTING STARTED

Step 1. Take the FGS Self-Assessment

To take the FGS Self-Assessment, follow the bullets below:

- Review the test protocols (Appendix A, pg. 63-65) and set up all the equipment needed to take the FGS Assessment.
- Perform the assessment (Day 1) prior to starting the designed training schedule (Day 2).
- Warm-up using the protocol outlined in Appendix B (pg. 66).
- With assistance from a classmate, friend, family member, or fitness specialist, take the FGS Self-Assessment. The day you take the assessment will be referenced as Day 1 of the CBPO Candidate Physical Readiness Program. (pg. 63).
- Document your level of readiness using the form found on the Day 1 sheet of the Training Program (pg. 9). Sign and date the form and give it to your BAPP POC.
- If your readiness score is at the Silver Level or above for all of the FGS tests and you are currently participating in a regular fitness training program, then continue your training program with the goal of being able to easily run 220 yards in 45 seconds, perform 24 proper form push-ups, and run 1.5 miles in 15 minutes. This is the Fitness Graduation Standard to pass at the Academy. However, you are more than welcome to move on to the Step 2 training in the CBPO Basic Academy Preparation Program if you choose to do so.
- If your readiness is at the BRONZE level or below in **any** of the FGS test categories, or if you do not have a specific fitness training plan that you are participating in, then it is highly recommended you move on to Step 2.

Step 2. Begin the CBP Basic Academy Preparation Program

Now that you have gone through the self-assessment process, you are ready to start training. CBP has developed several 4-week specialized training programs designed to increase your fitness. The program consists of warm-up and flexibility training, cardiorespiratory training (continuous running, interval runs, and low impact cardio), and muscular endurance and strength training which consists of various callisthenic workouts.

The training schedule requires you to train 4-5 days per week with each session lasting between 30 and 45 minutes. There are scheduled training days and rests days built into the program. The first 8 weeks of the program require 4 days per week of training. The following 12 weeks of training require 5 days of training per week.

All the exercises and training routines are thoroughly explained within this document. If there is something you do not understand in the daily training schedule you can find a more detailed explanation in Appendix B (pg. 66-102). The program was designed with minimal equipment requirements and can be conducted at home or at a local gym. Each training day builds on the previous day so stay on track, work hard, and have fun.

EQUIPMENT NEEDS

1. Stopwatch or Phone with a timer
2. Marking tape or 2 cones (can use 3 household items for marking distance)
3. Tabata Timer or HITT Timer (can be found in the App store for free)
4. 4" or 5" can (soup and vegetable cans work well) for the push-up test and training
5. Exercise mat or soft area (grass) to perform calisthenics
6. Stable chair, bench, or couch (for bench dips)

SELF ASSESSMENT & PHYSICAL TRAINING SCHEDULE

Weeks 1-8

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Pre-Assessment	Workout 1	Off	Workout 2	Workout 3	Off	Off
Week 2	Workout 1	Workout 2	Off	Workout 3	Workout 4	Off	Off
Week 3	Workout 1	Workout 2	Off	Workout 3	Workout 4	Off	Off
Week 4	Workout 1	Workout 2	Off	Workout 3	Workout 4	Off	Off
Week 5	Assessment	Workout 5	Off	Workout 6-A	Workout 1	Off	Off
Week 6	Workout 2	Workout 3	Off	Workout 4	Workout 5	Off	Off
Week 7	Workout 6-B	Workout 1	Off	Workout 2	Workout 3	Off	Off
Week 8	Workout 4	Workout 5	Off	Workout 6-A	Workout 1	Off	Off

Weeks 9-21

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 9	Assessment	Workout 7	Workout 8	Workout 9	Workout 10	Off	Off
Week 10	Workout 7	Workout 8	Workout 9	Workout 10	Workout 11	Off	Off
Week 11	Workout 7	Workout 8	Workout 9	Workout 10	Workout 11	Off	Off
Week 12	Workout 7	Workout 8	Workout 9	Workout 10	Workout 11	Off	Off
Week 13	Assessment	Workout 12	Workout 13	Workout 14	Workout 15	Off	Off
Week 14	Workout 12	Workout 13	Workout 14	Workout 15	Workout 16	Off	Off
Week 15	Workout 12	Workout 13	Workout 14	Workout 15	Workout 16	Off	Off
Week 16	Workout 12	Workout 13	Workout 14	Workout 15	Workout 16	Off	Off
Week 17	Assessment	Workout 17	Workout 18	Workout 19	Workout 20	Off	Off
Week 18	Workout 17	Workout 18	Workout 19	Workout 20	Workout 21	Off	Off
Week 19	Workout 17	Workout 18	Workout 19	Workout 20	Workout 21	Off	Off
Week 20	Workout 17	Workout 18	Workout 19	Workout 20	Workout 21	Off	Off
Week 21	Assessment					Off	Off

SELF-ASSESSMENT AND DAILY PHYSICAL TRAINING REGIMEN

WEEK 1

Week 1 Day 1: (Pre-Fitness Assessment)	Objective: To assess your physical abilities and to evaluate your level of readiness for the FGS
Task	Time (minutes)
1. Warm-up	10
2. FGS Pre-Assessment Set-up and Test Protocol Review (Appendix A): <ul style="list-style-type: none"> • Set up the test with required equipment using the FGS administration information • Ask someone to assist you 	10
3. Complete CBPO Candidate Physical Fitness Training Program Self-Assessment	30
4. Cool down and stretch	5
5. Complete the Self-Assessment Levels of Readiness information below and give it to your BAPP point of contact	5
Total Time	60

Test	Test Result	Levels of Readiness				
		Failed	Bronze	Silver	Gold	
220 Yard Run		More than 45 seconds	43 to 45 seconds	40 to 42.9 seconds	38 to 39.9 seconds	Lower than 38 seconds
Push Up		Below 24 reps	24-30 reps	31- 36 reps	37-42 reps	43 reps and up
1.5 Mile Run		More than 15:00	14:00 to 15:00	12:00 to 13:59	10:00 to 11:59	Lower than 10:00

Based on the results of your self-assessment, use the rating scale below to **check the box** that best represents your current level of confidence in passing the upcoming FGS.

I am not confident I would pass	I am fairly confident I would pass	I am very confident I would pass

Name (printed): _____ Signature: _____ Date: _____

Week 1 Day 2: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 1)	Time (minutes)
1. Warm-up	10
2. 30 second max push up test Rest 2 minutes 30 second max push up test <i>Conducted with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	3
3. Continuous Run for 10 minutes	10
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 2 sets <ul style="list-style-type: none"> • Push-up • Hip Bridge (Static Hold) • Abdominal Crunch 	3
5. Cool Down and Stretch	5
TOTAL TIME	~31 minutes

Week 1 Day 3: (Off)

Week 1 Day 4: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 2)	Time (minutes)
1. Warm-up	10
2. 60:120 interval runs x 4 reps	12
3. Plank @ 30 seconds Rest 30 seconds Complete 3 sets	3
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 2 sets <ul style="list-style-type: none"> • Body Builder • Partial Curl-up • Overhead Squat • Side Plank (left side) • Side Plank (right side) • Sky Diver (prone hyper) 	6
5. Cool Down and Stretch	5
TOTAL TIME	~36 minutes

Week 1 Day 5: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 3)	Time (minutes)
1. Warm-up	10
2. 60 second max push up test Rest 1 minute <i>Conducted with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	2
3. Continuous Run for 15 minutes	15
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 2 sets <ul style="list-style-type: none"> • Hand Release Push Up • Hip Bridge March • Flutter Kick 	5
5. Cool Down and Stretch	3
TOTAL TIME	~35 minutes

Week 1 Day 6 & 7: (Off)

WEEK 2

Week 2 Day 1:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 1)	Time (minutes)	
1. Warm-up	10	
2. 30 second max push up test Rest 2 minutes 30 second max push up test <i>Conducted with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	3	
3. Continuous Run for 10 minutes	10	
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 2 sets <ul style="list-style-type: none"> • Push-up • Hip Bridge (Static Hold) • Abdominal Crunch 	3	
5. Cool Down and Stretch	5	
TOTAL TIME		~31 minutes

Week 2 Day 2:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 2)	Time (minutes)	
1. Warm-up	10	
2. 60:120 interval runs x 4 reps	12	
3. Plank @ 30 seconds Rest 30 seconds Complete 3 sets	3	
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 2 sets <ul style="list-style-type: none"> • Body Builder • Partial Curl-up • Overhead Squat • Side Plank (left side) • Side Plank (right side) • Sky Diver (prone hyper) 	6	
5. Cool Down and Stretch	5	
TOTAL TIME		~36 minutes

Week 2 Day 3: (Off)

Week 2 Day 4: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 3)	Time (minutes)
1. Warm-up	10
2. 60 second max push up test Rest 1 minute	2
<i>Conducted with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	
3. Continuous Run for 15 minutes	15
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 2 sets <ul style="list-style-type: none"> • Hand Release Push Up • Hip Bridge March • Flutter Kick 	5
5. Cool Down and Stretch	3
TOTAL TIME	~35 minutes

Week 2 Day 5: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 2)	Time (minutes)
1. Warm-up	10
2. 30:60 interval runs x 6 reps	9
3. Push-up Plank @ 30 seconds Rest 30 seconds Complete 3 sets	3
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 2 sets <ul style="list-style-type: none"> • Burpee • Dead Bug • Air Squat • Bend & Reach (Cherry Picker) • Prone Rower • Windmill 	5
5. Cool Down and Stretch	5
TOTAL TIME	~32 minutes

Week 2 Day 6 & 7: (Off)

WEEK 3

Week 3 Day 1: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 1)	Time (minutes)
1. Warm-up	10
2. 30 second max push up test Rest 2 minutes 30 second max push up test <i>Conducted with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	3
3. Continuous Run for 10 minutes	10
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 3 sets <ul style="list-style-type: none"> • Push-up • Hip Bridge (Static Hold) • Abdominal Crunch 	5
5. Cool Down and Stretch	5
TOTAL TIME	~33 minutes

Week 3 Day 2: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 2)	Time (minutes)
1. Warm-up	10
2. 60:120 interval runs x 4 reps	12
3. Plank @ 30 seconds Rest 30 seconds Complete 4 sets	4
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 2 sets <ul style="list-style-type: none"> • Body Builder • Partial Curl-up • Overhead Squat • Side Plank (left side) • Side Plank (right side) • Sky Diver (prone hyper) 	6
5. Cool Down and Stretch	5
TOTAL TIME	~37 minutes

Week 3 Day 3: (Off)

Week 3 Day 4: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 3)	Time (minutes)
1. Warm-up	10
2. 60 second max push up test Rest 1 minute <i>Conducted with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	2
3. Continuous Run for 15 minutes	15
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 3 sets <ul style="list-style-type: none"> • Hand Release Push Up • Hip Bridge March • Flutter Kick 	5
5. Cool Down and Stretch	5
TOTAL TIME	~37 minutes

Week 3 Day 5: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 3)	Time (minutes)
1. Warm-up	10
2. 30:60 interval runs x 6 reps	9
3. Push up Plank @ 30 seconds Rest 30 seconds Complete 4 sets	4
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 2 sets <ul style="list-style-type: none"> • Burpee • Dead Bug • Air Squat • Bend & Reach (Cherry Picker) • Prone Rower • Windmill 	5
5. Cool Down and Stretch	5
TOTAL TIME	~33 minutes

Week 3 Day 6 & 7: (Off)

WEEK 4

Week 4 Day 1: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 1)	Time (minutes)
1. Warm-up	10
2. 30 second max push up test Rest 2 minutes 30 second max push up test <i>Conducted with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	3
3. Continuous Run for 10 minutes	10
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 3 sets <ul style="list-style-type: none"> • Push-up • Hip Bridge (Static Hold) • Abdominal Crunch 	5
5. Cool Down and Stretch	5
TOTAL TIME	~33 minutes

Week 4 Day 2: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 2)	Time (minutes)
1. Warm-up	10
2. 60:120 interval runs x 5 reps	15
3. Plank @ 30 seconds Rest 30 seconds Complete 4 sets	4
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 2 sets <ul style="list-style-type: none"> • Body Builder • Partial Curl-up • Overhead Squat • Side Plank (left side) • Side Plank (right side) • Sky Diver 	6
5. Cool Down and Stretch	5
TOTAL TIME	~40 minutes

Week 4 Day 3: (Off)

Week 4 Day 4: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 3)	Time (minutes)
6. Warm-up	10
7. 60 second max push up test Rest 1 minute	2
<i>Conducted with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	
8. Continuous Run for 15 minutes	15
9. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 3 sets <ul style="list-style-type: none"> • Hand Release Push Up • Hip Bridge March • Flutter Kick 	5
10. Cool Down and Stretch	5
TOTAL TIME	~37 minutes

Week 4 Day 5: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 4)	Time (minutes)
1. Warm-up	10
2. 30:60 interval runs x 6 reps	9
3. Push-up Plank @ 30 seconds Rest 30 seconds Complete 4 sets	4
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 2 sets <ul style="list-style-type: none"> • Burpee • Dead Bug • Air Squat • Bend & Reach (Cherry Picker) • Prone Rower • Windmill 	5
5. Cool Down and Stretch	5
TOTAL TIME	~33 minutes

Week 4 Day 6 & 7: (Off)

WEEK 5

Week 5 Day 1: (Post-Fitness Assessment)	Objective: To assess your physical abilities and to evaluate your level of readiness for the FGS
Task	Time (minutes)
1. Warm-up	10
2. FGS Pre-Assessment Set-up and Test Protocol Review (Appendix A): <ul style="list-style-type: none"> Set up the test with required equipment using the FGS administration information Ask someone to assist you 	10
3. Complete CBPO Candidate Physical Fitness Training Program Self-Assessment	30
4. Cool down and stretch	5
5. Complete the Self-Assessment Levels of Readiness information below and give it to your BAPP point of contact	5
Total Time	60

		Levels of Readiness				
Test	Test Result	Failed	Bronze	Silver	Gold	
220 Yard Run		More than 45 seconds	43 to 45 seconds	40 to 42.9 seconds	38 to 39.9 seconds	Lower than 38 seconds
Push Up		Below 24 reps	24-30 reps	31- 36 reps	37-42 reps	43 reps and up
1.5 Mile Run		More than 15:00	14:00 to 15:00	12:00 to 13:59	10:00 to 11:59	Lower than 10:00

Based on the results of your self-assessment, use the rating scale below to **check the box** that best represents your current level of confidence in passing the upcoming FGS.

I am not confident I would pass	I am fairly confident I would pass	I am very confident I would pass

Name (printed): _____ Signature: _____ Date: _____

Week 5 Day 2: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 5)	Time (minutes)
1. Warm-up	10
2. Continuous Run for 5 minutes	5
3. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 2 sets <ul style="list-style-type: none"> • Wide Push-up • Bicycle Crunch • Single Leg Hip Bridge (10 sec each side) • Mountain Climber • Bear Plank 	5
4. Continuous Run for 5 minutes	5
5. Cool Down and Stretch	5
TOTAL TIME	~30 minutes

Week 5 Day 3: (Off)

Week 5 Day 4: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 6-A)	Time (minutes)
1. Warm-up	5
2. Continuous Low Impact Cardio for 20 minutes <ul style="list-style-type: none"> • Bike, Rower, Stair Climber or Brisk Walk 	20
3. Calisthenics (as many sets as possible in 3 minutes): <ul style="list-style-type: none"> • Tac Fall to Standing Base x 5 reps (use soft mats/flooring to perform) • Push-ups x 10 reps • Air Squats x 10 reps • Abdominal Reverse Crunch x 10 reps 	3
3. Cool Down and Stretch	5
TOTAL TIME	~35 minutes

Week 5 Day 5: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 1)	Time (minutes)
1. Warm-up	10
2. 30 second max push up test Rest 2 minutes 30 second max push up test <i>Conducted with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	3
3. Continuous Run for 12 minutes	12
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 2 sets <ul style="list-style-type: none"> • Push-up • Hip Bridge (Static Hold) • Abdominal Crunch 	3
5. Cool Down and Stretch	5
TOTAL TIME	~33 minutes

Week 5 Day 6 & 7: (Off)

WEEK 6

Week 6 Day 1: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 2)	Time (minutes)
1. Warm-up	10
2. 60:120 interval runs x 5 reps	15
3. Plank @ 30 seconds Rest 30 seconds Complete 4 sets	4
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 3 sets <ul style="list-style-type: none"> • Body Builder • Partial Curl-up • Overhead Squat • Side Plank (left side) • Side Plank (right side) • Sky Diver 	9
5. Cool Down and Stretch	5
TOTAL TIME	~43 minutes

Week 6 Day 2: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 3)	Time (minutes)
1. Warm-up	10
2. 60 second max push up test Rest 1 minute <i>Conducted with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	2
3. Continuous Run for 15 minutes	15
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 3 sets <ul style="list-style-type: none"> • Hand Release Push Up • Hip Bridge March • Flutter Kick 	5
5. Cool Down and Stretch	5
TOTAL TIME	~37 minutes

Week 6 Day 3: (Off)

Week 6 Day 4: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 4)	Time (minutes)
1. Warm-up	10
2. 30:60 interval runs x 8 reps	12
3. Push-up Plank @ 30 seconds Rest 30 seconds Complete 4 sets	4
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 3 sets <ul style="list-style-type: none"> • Burpee • Dead Bug • Air Squat • Bend & Reach (Cherry Picker) • Prone Rower • Windmill 	9
5. Cool Down and Stretch	5
TOTAL TIME	~40 minutes

Week 6 Day 5: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 5)	Time (minutes)
1. Warm-up	10
2. Continuous Run for 5 minutes	5
3. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 3 sets <ul style="list-style-type: none"> • Wide Push-up • Bicycle Crunch • Single Leg Hip Bridge (10 sec each side) • Mountain Climber • Bear Plank 	8
4. Continuous Run for 5 minutes	5
5. Cool Down and Stretch	5
TOTAL TIME	~33 minutes

Week 6 Day 6 & 7: (Off)

WEEK 7

Week 7 Day 1: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 6-B)	Time (minutes)
1. Warm-up	5
2. Continuous Low Impact Cardio for 25 minutes <ul style="list-style-type: none"> • Bike, Rower, Stair Climber or Brisk Walk 	25
3. Calisthenics (as many sets as possible in 3 minutes): <ul style="list-style-type: none"> • Sprawl and Up x 5 reps (use soft mats/flooring to perform) • Hand Release Push-ups x 10 reps • Overhead Squats x 10 reps • Rower Sit-ups x 10 reps 	3
3. Cool Down and Stretch	5
TOTAL TIME	~38 minutes

Week 7 Day 2: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 1)	Time (minutes)
1. Warm-up	10
2. 30 second max push up test Rest 2 minutes Complete 3 sets <i>Conducted with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	6
3. Continuous Run for 12 minutes	12
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 3 sets <ul style="list-style-type: none"> • Push-up • Hip Bridge (Static Hold) • Abdominal Crunch 	5
5. Cool Down and Stretch	5
TOTAL TIME	~38 minutes

Week 7 Day 3: (Off)

Week 7 Day 4: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 2)	Time (minutes)
1. Warm-up	10
2. 60:120 interval runs x 5 reps	15
3. Plank @ 30 seconds Rest 30 seconds Complete 4 sets	4
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 3 sets <ul style="list-style-type: none"> • Body Builder • Partial Curl-up • Overhead Squat • Side Plank (left side) • Side Plank (right side) • Sky Diver 	9
5. Cool Down and Stretch	5
TOTAL TIME	~43 minutes

Week 7 Day 5: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 3)	Time (minutes)
1. Warm-up	10
2. 60 second max push up test Rest 1 minute <i>Conducted with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	2
3. Continuous Run for 18 minutes	18
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 3 sets <ul style="list-style-type: none"> • Hand Release Push Up • Hip Bridge March • Flutter Kick 	5
5. Cool Down and Stretch	5
TOTAL TIME	~40 minutes

Week 7 Day 6 & 7: (Off)

WEEK 8

Week 8 Day 1: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 4)	Time (minutes)
1. Warm-up	10
2. 30:60 interval runs x 8 reps	12
3. Push-up Plank @ 30 seconds Rest 30 seconds Complete 4 sets	4
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 3 sets <ul style="list-style-type: none"> • Burpee • Dead Bug • Air Squat • Bend & Reach (Cherry Picker) • Prone Rower • Windmill 	9
5. Cool Down and Stretch	5
TOTAL TIME	~40 minutes

Week 8 Day 2: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 5)	Time (minutes)
1. Warm-up	10
2. Continuous Run for 5 minutes	5
3. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 3 sets <ul style="list-style-type: none"> • Wide Push-up • Bicycle Crunch • Single Leg Hip Bridge (10 sec each side) • Mountain Climber • Bear Plank 	8
4. Continuous Run for 5 minutes	5
5. Cool Down and Stretch	5
TOTAL TIME	~33 minutes

Week 8 Day 3: (Off)

Week 8 Day 4: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 6-A)	Time (minutes)
1. Warm-up	5
2. Continuous Low Impact Cardio for 30 minutes <ul style="list-style-type: none"> • Bike, Rower, Stair Climber or Brisk Walk 	30
3. Calisthenics (as many sets as possible in 4 minutes): <ul style="list-style-type: none"> • Tac Fall to Standing Base x 5 reps (use soft mats/flooring to perform) • Push-ups x 10 reps • Air Squats x 10 reps • Abdominal Reverse Crunch x 10 reps 	4
3. Cool Down and Stretch	5
TOTAL TIME	~44 minutes

Week 8 Day 5: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 1)	Time (minutes)
1. Warm-up	10
2. 30 second max push up test Rest 2 minutes Complete 3 sets <i>Conducted with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	6
3. Continuous Run for 15 minutes	15
4. Callisthenic Circuit: Exercise 20 seconds, rest for 10 seconds x 4 sets <ul style="list-style-type: none"> • Push-up • Hip Bridge (Static Hold) • Abdominal Crunch 	6
5. Cool Down and Stretch	5
TOTAL TIME	~42 minutes

Week 8 Day 6 & 7: (Off)

WEEK 9

Week 9 Day 1: (Post-Fitness Assessment)	Objective: To assess your physical abilities and to evaluate your level of readiness for the FGS
Task	Time (minutes)
1. Warm-up	10
2. FGS Pre-Assessment Set-up and Test Protocol Review (Appendix A): <ul style="list-style-type: none"> Set up the test with required equipment using the FGS administration information Ask someone to assist you 	10
3. Complete CBPO Candidate Physical Fitness Training Program Self-Assessment	30
4. Cool down and stretch	5
5. Complete the Self-Assessment Levels of Readiness information below and give it to your BAPP point of contact	5
Total Time	60

		Levels of Readiness				
Test	Test Result	Failed	Bronze	Silver	Gold	
220 Yard Run		More than 45 seconds	43 to 45 seconds	40 to 42.9 seconds	38 to 39.9 seconds	Lower than 38 seconds
Push Up		Below 24 reps	24-30 reps	31- 36 reps	37-42 reps	43 reps and up
1.5 Mile Run		More than 15:00	14:00 to 15:00	12:00 to 13:59	10:00 to 11:59	Lower than 10:00

Based on the results of your self-assessment, use the rating scale below to **check the box** that best represents your current level of confidence in passing the upcoming FGS.

I am not confident I would pass	I am fairly confident I would pass	I am very confident I would pass

Name (printed): _____ Signature: _____ Date: _____

Week 9 Day 2: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 7)	Time (minutes)
1. Warm-up	5
2. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace 	5
3. Calisthenics (as many sets as possible in 10 minutes): <ul style="list-style-type: none"> • Lunge (in place) x 5 reps each leg • Pulse Push-ups x 5 reps • Bodybuilder x 5 reps • Russian Twist x 5 reps each way 	10
3. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace minus 1 minute 	5
4. Cool Down and Stretch	5
TOTAL TIME	~30 minutes

Week 9 Day 3: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 8)	Time (minutes)
1. Warm-up	5
2. 30 second max push-up test Rest 90 seconds 30 second max push-up test <i>Both sets conducted with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	4
3. Plank Series (rest 60 seconds between each) <ul style="list-style-type: none"> • Bear Plank for 60 seconds • Side Plank (right side) for 60 seconds • Side Plank (left side) for 60 seconds 	5
3. Tabata Run <ul style="list-style-type: none"> • 20 seconds hard run, 10 second walk x 6 reps • Brisk Walk for 4 minutes • 20 seconds hard run, 10 second walk x 6 reps 	10
4. Cool Down and Stretch	5
TOTAL TIME	~29 minutes

Week 9 Day 4:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 9)	Time (minutes)	
1. Warm-up	5	
2. Continuous Low Impact Cardio for 25 minutes <ul style="list-style-type: none"> • Bike, Rower, Stair Climber, Elliptical or Brisk Walk 	25	
3. Cool Down and Stretch	5	
TOTAL TIME		~30 minutes

Week 9 Day 5:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 10)	Time (minutes)	
1. Warm-up	5	
2. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace 	5	
3. Calisthenics (as many sets as possible in 10 minutes): <ul style="list-style-type: none"> • Tac Fall x 5 reps • Pike Push-ups x 5 reps • Mountain Climber x 5 reps each leg • Bicycle Crunch x 5 reps each way 	10	
3. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace minus 1 minute 	5	
4. Cool Down and Stretch	5	
TOTAL TIME		~30 minutes

Week 9 Day 6 & 7: (Off)

WEEK 10

Week 10 Day 1: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 7)	Time (minutes)
1. Warm-up	5
2. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace 	5
3. Calisthenics (as many sets as possible in 12 minutes): <ul style="list-style-type: none"> • Pulse Squat x 5 reps • Push-ups x 5 reps • Burpee x 5 reps • Abdominal Crunch x 10 reps 	12
3. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace minus 1 minute 	5
4. Cool Down and Stretch	5
TOTAL TIME	~32 minutes

Week 10 Day 2: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 8)	Time (minutes)
1. Warm-up	5
2. 30 second max push-up test Rest 90 seconds Complete 3 sets <i>All sets conducted are with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	6
3. Plank Series (rest 60 seconds between each) <ul style="list-style-type: none"> • Bear Plank for 60 seconds • Side Plank (right side) for 60 seconds • Side Plank (left side) for 60 seconds 	5
3. Tabata Run <ul style="list-style-type: none"> • 20 seconds hard run, 10 second walk x 8 reps • Brisk Walk for 4 minutes • 20 seconds hard run, 10 second walk x 8 reps 	12
4. Cool Down and Stretch	5
TOTAL TIME	~33 minutes

Week 10 Day 3: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 9)	Time (minutes)
1. Warm-up	5
2. Continuous Low Impact Cardio for 30 minutes <ul style="list-style-type: none"> • Bike, Rower, Stair Climber, Elliptical or Brisk Walk 	30
3. Cool Down and Stretch	5
TOTAL TIME	~40 minutes

Week 10 Day 4: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 10)	Time (minutes)
1. Warm-up	5
2. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace 	5
3. Calisthenics (as many sets as possible in 12 minutes): <ul style="list-style-type: none"> • Sprawl & Up x 5 reps • Bench Dip x 5 reps • Plank Jack x 5 reps each leg • Rower Sit Up x 5 reps each way 	12
4. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace minus 1 minute 	5
5. Cool Down and Stretch	5
TOTAL TIME	~32 minutes

Week 10 Day 5: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 11)	Time (minutes)
1. Warm-up	5
2. 30 second max Hand Release Push-ups Rest 90 seconds Complete 3 sets <i>All sets conducted are with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	6
3. Plank Series (rest 60 seconds between each) <ul style="list-style-type: none"> • Lateral Plank Walk for 45 seconds • Plank for 45 seconds • Plank Push-up for 45 seconds 	6
4. Continuous Run for 18 minutes	18
5. Cool Down and Stretch	5
TOTAL TIME	~40 minutes

Week 10 Day 6 & 7: (Off)

WEEK 11

Week 11 Day 1: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 7)	Time (minutes)
1. Warm-up	5
2. Continuous Run for 6 minutes <ul style="list-style-type: none"> Run at 1.5-mile pace 	6
3. Calisthenics (as many sets as possible in 12 minutes): <ul style="list-style-type: none"> Lunge (in place) x 5 reps each leg Pulse Push-ups x 5 reps Bodybuilder x 5 reps Russian Twist x 5 reps each way 	12
3. Continuous Run for 6 minutes <ul style="list-style-type: none"> Run at 1.5-mile pace minus 1 minute 	6
4. Cool Down and Stretch	5
TOTAL TIME	~34 minutes

Week 11 Day 2: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 8)	Time (minutes)
1. Warm-up	5
2. 30 second max push-up test Rest 90 seconds Complete 3 sets <i>All sets conducted with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	6
3. Plank Series (rest 60 seconds between each) <ul style="list-style-type: none"> Bear Plank for 60 seconds Side Plank (right side) for 60 seconds Side Plank (left side) for 60 seconds 	5
4. Tabata Run <ul style="list-style-type: none"> 20 seconds hard run, 10 second walk x 10 reps Brisk Walk for 4 minutes 20 seconds hard run, 10 second walk x 10 reps 	14
5. Cool Down and Stretch	5
TOTAL TIME	~35 minutes

Week 11 Day 3:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 9)	Time (minutes)	
1. Warm-up	5	
2. Continuous Low Impact Cardio for 30 minutes <ul style="list-style-type: none"> • Bike, Rower, Stair Climber, Elliptical or Brisk Walk 	30	
3. Cool Down and Stretch	5	
	TOTAL TIME	~40 minutes

Week 11 Day 4:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 10)	Time (minutes)	
1. Warm-up	5	
2. Continuous Run for 6 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace 	6	
3. Calisthenics (as many sets as possible in 12 minutes): <ul style="list-style-type: none"> • Tac Fall x 5 reps • Pike Push-up x 5 reps • Mountain Climber x 5 reps each leg • Bicycle Crunch x 5 reps each way 	12	
4. Continuous Run for 6 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace minus 1 minute 	6	
5. Cool Down and Stretch	5	
	TOTAL TIME	~34 minutes

Week 11 Day 5: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 11)	Time (minutes)
1. Warm-up	5
2. 30 second max Hand Release Push-ups Rest 90 seconds Complete 3 sets <i>All sets conducted are with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	6
3. Plank Series (rest 60 seconds between each) <ul style="list-style-type: none"> • Lateral Plank Walk for 45 seconds • Plank for 45 seconds • Plank Push-Up for 45 seconds 	6
4. Continuous Run for 20 minutes	20
5. Cool Down and Stretch	5
TOTAL TIME	~42 minutes

Week 11 Day 6 & 7: (Off)

WEEK 12

Week 12 Day 1:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 7)	Time (minutes)	
1. Warm-up	5	
2. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace 	5	
3. Calisthenics (as many sets as possible in 10 minutes): <ul style="list-style-type: none"> • Pulse Squat x 5 reps • Push-ups x 5 reps • Burpee x 5 reps • Abdominal Crunch x 5 reps 	10	
3. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace minus 1 minute 	5	
4. Cool Down and Stretch	5	
TOTAL TIME		~30 minutes

Week 12 Day 2:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 8)	Time (minutes)	
1. Warm-up	5	
2. 30 second max push-up test Rest 90 seconds Complete 2 sets	4	
<i>Both sets conducted with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>		
3. Plank Series (rest 60 seconds between each) <ul style="list-style-type: none"> • Bear Plank for 60 seconds • Side Plank (right side) for 60 seconds • Side Plank (left side) for 60 seconds 	5	
4. Tabata Run <ul style="list-style-type: none"> • 20 seconds hard run, 10 second walk x 6 reps • Brisk Walk for 4 minutes • 20 seconds hard run, 10 second walk x 6 reps 	10	
5. Cool Down and Stretch	5	
TOTAL TIME		~29 minutes

Week 12 Day 3: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 9)	Time (minutes)
1. Warm-up	5
2. Continuous Low Impact Cardio for 25 minutes <ul style="list-style-type: none"> • Bike, Rower, Stair Climber, Elliptical or Brisk Walk 	25
3. Cool Down and Stretch	5
TOTAL TIME	~35 minutes

Week 12 Day 4: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 10)	Time (minutes)
1. Warm-up	5
2. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace 	5
3. Calisthenics (as many sets as possible in 10 minutes): <ul style="list-style-type: none"> • Sprawl & Up x 5 reps • Bench Dip x 5 reps • Plank Jack x 5 reps each leg • Rower Sit Up x 5 reps each way 	10
4. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace minus 1 minute 	5
5. Cool Down and Stretch	5
TOTAL TIME	~30 minutes

Week 12 Day 5: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 11)	Time (minutes)
1. Warm-up	5
2. 30 second max Hand Release Push-ups Rest 90 seconds Complete 2 sets <i>Both sets conducted are with same rules as PT test; once protocol is broken you are done regardless of how much time is left</i>	4
3. Plank Series (rest 60 seconds between each) <ul style="list-style-type: none"> • Lateral Plank Walk for 45 seconds • Plank for 45 seconds • Plank Push-Up for 45 seconds 	6
4. Continuous Run for 15 minutes	15
5. Cool Down and Stretch	5
TOTAL TIME	~34 minutes

Week 12 Day 6 & 7: (Off)

WEEK 13

Week 13 Day 1: (Post-Fitness Assessment)	Objective: To assess your physical abilities and to evaluate your level of readiness for the FGS
Task	Time (minutes)
1. Warm-up	10
2. FGS Pre-Assessment Set-up and Test Protocol Review (Appendix A): <ul style="list-style-type: none"> Set up the test with required equipment using the FGS administration information Ask someone to assist you 	10
3. Complete CBPO Candidate Physical Fitness Training Program Self-Assessment	30
4. Cool down and stretch	5
5. Complete the Self-Assessment Levels of Readiness information below and give it to your BAPP point of contact	5
Total Time	60

		Levels of Readiness				
Test	Test Result	Failed	Bronze	Silver	Gold	
220 Yard Run		More than 45 seconds	43 to 45 seconds	40 to 42.9 seconds	38 to 39.9 seconds	Lower than 38 seconds
Push Up		Below 24 reps	24-30 reps	31- 36 reps	37-42 reps	43 reps and up
1.5 Mile Run		More than 15:00	14:00 to 15:00	12:00 to 13:59	10:00 to 11:59	Lower than 10:00

Based on the results of your self-assessment, use the rating scale below to **check the box** that best represents your current level of confidence in passing the upcoming FGS.

I am not confident I would pass	I am fairly confident I would pass	I am very confident I would pass

Name (printed): _____ Signature: _____ Date: _____

Week 13 Day 2: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 12)	Time (minutes)
1. Warm-up	5
2. Push-up & Ab Circuit: <ul style="list-style-type: none"> • 30 seconds Hand Release Push-up • 30 seconds Rest • 20 seconds Half Boat Pose • 60 seconds Rest • Repeat for 2 rounds • 30 seconds Push-up • 30 seconds Rest • 30 seconds Dead Bug • 60 seconds Rest • Repeat for 2 rounds 	10
3. Continuous Run for 15 minutes <ul style="list-style-type: none"> • Run at a conversational pace 	15
4. Cool Down and Stretch	5
TOTAL TIME	~35 minutes

Week 13 Day 3: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 13)	Time (minutes)
1. Warm-up	5
2. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace 	5
3. Continuous Low Impact Cardio for 20 minutes <ul style="list-style-type: none"> • Bike, Rower, Stair Climber, Elliptical or Brisk Walk 	20
4. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace minus 1 minute 	5
5. Cool Down and Stretch	5
TOTAL TIME	~40 minutes

Week 13 Day 4: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 14)	Time (minutes)
1. Warm-up	5
2. Calisthenics (as many sets as possible in 15 minutes): <ul style="list-style-type: none"> • Side to Side Hops x 10 reps each way • Flutter Kicks x 10 reps each leg • Pulse Squat x 5 reps • Spiderman Push-up x 5 reps each leg <p><i>Pace yourself. The goal is continuous movement the entire time. Take short breaks as needed.</i></p>	15
3. Cool Down and Stretch	5
TOTAL TIME	~25 minutes

Week 13 Day 5: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 15)	Time (minutes)
1. Warm-up	5
2. Running Clock Sprint Workout <ul style="list-style-type: none"> • Start watch and run 300 meters (RPE 8) • At 3:00 minutes, run another 300 meters (RPE 8) • At 6:00 minutes, run 200 meters (RPE 8) • At 8:00 minutes, run 100 meters (RPE 8) • At 11:00 minutes, reset clock and repeat 	22
3. Cool Down and Stretch	5
TOTAL TIME	~32 minutes

Week 13 Day 6 & 7: (Off)

WEEK 14

Week 14 Day 1: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 12)	Time (minutes)
1. Warm-up	5
2. Push-up & Ab Circuit: <ul style="list-style-type: none"> • 45 seconds Push-up • 30 seconds Rest • 30 seconds Half Boat Pose • 60 seconds Rest • Repeat for 2 rounds • 45 seconds Hand Release Push-up • 30 seconds Rest • 45 seconds Dead Bug • 60 seconds Rest • Repeat for 2 rounds 	12
3. Continuous Run for 18 minutes <ul style="list-style-type: none"> • Run at a conversational pace 	18
5. Cool Down and Stretch	5
TOTAL TIME	~40 minutes

Week 14 Day 2: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 13)	Time (minutes)
1. Warm-up	5
2. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace 	5
3. Continuous Low Impact Cardio for 20 minutes <ul style="list-style-type: none"> • Bike, Rower, Stair Climber, Elliptical or Brisk Walk 	20
4. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace minus 1 minute 	5
5. Cool Down and Stretch	5
TOTAL TIME	~40 minutes

Week 14 Day 3: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 14)	Time (minutes)
1. Warm-up	5
2. Calisthenics (as many sets as possible in 15 minutes): <ul style="list-style-type: none"> • Squat Jump x 5 reps • Spiderman Plank x 5 reps each leg • Lateral Lunge x 5 reps each leg • Close Grip Push-up x 5 reps <p><i>Pace yourself. The goal is continuous movement the entire time. Take short breaks as needed.</i></p>	15
3. Cool Down and Stretch	5
TOTAL TIME	~25 minutes

Week 14 Day 4: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 15)	Time (minutes)
1. Warm-up	5
2. Running Clock Sprint Workout <ul style="list-style-type: none"> • Start watch and run 300 meters (RPE 8) • At 3:00 minutes, run another 300 meters (RPE 8) • At 6:00 minutes, run 200 meters (RPE 8) • At 8:00 minutes, run 100 meters (RPE 8) • At 11:00 minutes, reset clock and repeat 	22
3. Cool Down and Stretch	5
TOTAL TIME	~32 minutes

Week 14 Day 5: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 16)	Time (minutes)
1. Warm-up	5
2. Push-up & Ab Circuit: <ul style="list-style-type: none"> • 45 seconds Pulse Push-up • 30 seconds Rest • 45 seconds Heel Tap Crunch • 60 seconds Rest • Repeat for 2 rounds • 45 seconds Pike Push-up • 30 seconds Rest • 45 seconds Single Leg Heel Tap • 60 seconds Rest • Repeat for 2 rounds 	12
3. Continuous Run for 18 minutes <ul style="list-style-type: none"> • Run at a conversational pace 	18
4. Cool Down and Stretch	5
TOTAL TIME	~40 minutes

Week 14 Day 6 & 7: (Off)

WEEK 15

Week 15 Day 1: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 12)	Time (minutes)
1. Warm-up	5
2. Push-up & Ab Circuit: <ul style="list-style-type: none"> • 45 seconds Hand Release Push-up • 30 seconds Rest • 30 seconds Half Boat Pose • 60 seconds Rest • Repeat for 2 rounds • 45 seconds Push-up • 30 seconds Rest • 45 seconds Dead Bug • 60 seconds Rest • Repeat for 2 rounds 	12
3. Continuous Run for 20 minutes <ul style="list-style-type: none"> • Run at a conversational pace 	20
4. Cool Down and Stretch	5
TOTAL TIME	~42 minutes

Week 15 Day 2: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 13)	Time (minutes)
1. Warm-up	5
2. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace 	5
3. Continuous Low Impact Cardio for 20 minutes <ul style="list-style-type: none"> • Bike, Rower, Stair Climber, Elliptical or Brisk Walk 	20
4. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace minus 1 minute 	5
5. Cool Down and Stretch	5
TOTAL TIME	~40 minutes

Week 15 Day 3: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 14)	Time (minutes)
1. Warm-up	5
2. Calisthenics (as many sets as possible in 15 minutes): <ul style="list-style-type: none"> • Side to Side Hops x 10 each way • Flutter Kicks x 10 reps each leg • Pulse Squat x 5 reps • Spiderman Push-up x 5 reps each leg <p><i>Pace yourself. The goal is continuous movement the entire time. Take short breaks as needed.</i></p>	15
3. Cool Down and Stretch	5
TOTAL TIME	~25 minutes

Week 15 Day 4: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 15)	Time (minutes)
1. Warm-up	5
2. Running Clock Sprint Workout <ul style="list-style-type: none"> • Start watch and run 300 meters (RPE 8) • At 3:00 minutes, run another 300 meters (RPE 8) • At 6:00 minutes, run 200 meters (RPE 8) • At 8:00 minutes, run 100 meters (RPE 8) • At 11:00 minutes, reset clock and repeat 	22
3. Cool Down and Stretch	5
TOTAL TIME	~32 minutes

Week 15 Day 5: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 16)	Time (minutes)
1. Warm-up	5
2. Push-up & Ab Circuit: <ul style="list-style-type: none"> • 45 seconds Pike Push-up • 30 seconds Rest • 45 seconds Heel Tap Crunch • 60 seconds Rest • Repeat for 2 rounds • 45 seconds Pulse Push-up • 30 seconds Rest • 45 seconds Single Leg Heel Tap • 60 seconds Rest • Repeat for 2 rounds 	12
3. Continuous Run for 20 minutes <ul style="list-style-type: none"> • Run at a conversational pace 	20
4. Cool Down and Stretch	5
TOTAL TIME	~42 minutes

Week 15 Day 6 & 7: (Off)

WEEK 16

Week 16 Day 1: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 12)	Time (minutes)
1. Warm-up	5
2. Push-up & Ab Circuit: <ul style="list-style-type: none"> • 45 seconds Hand Release Push-up • 30 seconds Rest • 30 seconds Half Boat Pose • 60 seconds Rest • Repeat for 2 rounds • 45 seconds Push-up • 30 seconds Rest • 45 seconds Dead Bug • 60 seconds Rest • Repeat for 2 rounds 	10
3. Continuous Run for 15 minutes <ul style="list-style-type: none"> • Run at a conversational pace 	15
4. Cool Down and Stretch	5
TOTAL TIME	~35 minutes

Week 16 Day 2: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 13)	Time (minutes)
1. Warm-up	5
2. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace 	5
3. Continuous Low Impact Cardio for 20 minutes <ul style="list-style-type: none"> • Bike, Rower, Stair Climber, Elliptical or Brisk Walk 	20
4. Continuous Run for 5 minutes <ul style="list-style-type: none"> • Run at 1.5-mile pace minus 1 minute 	5
5. Cool Down and Stretch	5
TOTAL TIME	~40 minutes

Week 16 Day 3: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 14)	Time (minutes)
1. Warm-up	5
2. Calisthenics (as many sets as possible in 15 minutes): <ul style="list-style-type: none"> • Squat Jump x 5 reps • Spiderman Plank x 5 reps each leg • Lateral Lunge x 5 reps each leg • Close Grip Push-up x 5 reps <p><i>Pace yourself. The goal is continuous movement the entire time. Take short breaks as needed.</i></p>	15
3. Cool Down and Stretch	5
TOTAL TIME	~25 minutes

Week 16 Day 4: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 15)	Time (minutes)
1. Warm-up	5
2. Running Clock Sprint Workout <ul style="list-style-type: none"> • Start watch and run 300 meters (RPE 8) • At 3:00 minutes, run another 300 meters (RPE 8) • At 6:00 minutes, run 200 meters (RPE 8) • At 8:00 minutes, run 100 meters (RPE 8) • At 11:00 minutes, reset clock and repeat 	22
3. Cool Down and Stretch	5
TOTAL TIME	~32 minutes

Week 16 Day 5: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 16)	Time (minutes)
1. Warm-up	5
2. Push-up & Ab Circuit: <ul style="list-style-type: none"> • 30 seconds Pulse Push-up • 30 seconds Rest • 30 seconds Heel Tap Crunch • 60 seconds Rest • Repeat for 2 rounds • 30 seconds Pike Push-up • 30 seconds Rest • 30 seconds Single Leg Heel Tap • 60 seconds Rest • Repeat for 2 rounds 	10
3. Continuous Run for 15 minutes <ul style="list-style-type: none"> • Run at a conversational pace 	15
4. Cool Down and Stretch	5
TOTAL TIME	~35 minutes

Week 16 Day & 7: (Off)

WEEK 17

Week 17 Day 1: (Post-Fitness Assessment)	Objective: To assess your physical abilities and to evaluate your level of readiness for the FGS
Task	Time (minutes)
1. Warm-up	10
2. FGS Pre-Assessment Set-up and Test Protocol Review (Appendix A): <ul style="list-style-type: none"> Set up the test with required equipment using the FGS administration information Ask someone to assist you 	10
3. Complete CBPO Candidate Physical Fitness Training Program Self-Assessment	30
4. Cool down and stretch	5
5. Complete the Self-Assessment Levels of Readiness information below and give it to your BAPP point of contact	5
Total Time	60

		Levels of Readiness				
Test	Test Result	Failed	Bronze	Silver	Gold	
220 Yard Run		More than 45 seconds	43 to 45 seconds	40 to 42.9 seconds	38 to 39.9 seconds	Lower than 38 seconds
Push Up		Below 24 reps	24-30 reps	31- 36 reps	37-42 reps	43 reps and up
1.5 Mile Run		More than 15:00	14:00 to 15:00	12:00 to 13:59	10:00 to 11:59	Lower than 10:00

Based on the results of your self-assessment, use the rating scale below to **check the box** that best represents your current level of confidence in passing the upcoming FGS.

I am not confident I would pass	I am fairly confident I would pass	I am very confident I would pass

Name (printed): _____ Signature: _____ Date: _____

Week 17 Day 2:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 17)	Time (minutes)	
1. Warm-up	5	
2. Push-up & Ab Circuit <ul style="list-style-type: none"> Choose 1 Circuit from Page 60 	8-15	
3. Continuous Run for 15 minutes <ul style="list-style-type: none"> Run at conversational pace 	15	
4. Cool Down and Stretch	5	
TOTAL TIME		~33 to 40 minutes

Week 17 Day 3:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 18)	Time (minutes)	
1. Warm-up	5	
2. Continuous Run for 5 minutes <ul style="list-style-type: none"> Run at 1.5-mile pace 	5	
3. Continuous Low Impact Cardio for 20 minutes <ul style="list-style-type: none"> Bike, Rower, Stair Climber, Elliptical or Brisk Walk 	20	
4. Continuous Run for 5 minutes <ul style="list-style-type: none"> Run at 1.5-mile pace minus 1 minute 	5	
5. Cool Down and Stretch	5	
TOTAL TIME		~40 minutes

Week 17 Day 4:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 19)	Time (minutes)	
1. Warm-up	5	
2. Callisthenic Circuit (as many rounds as possible in 12 minutes): <ul style="list-style-type: none"> Choose 1 Bodyweight Circuit from Page 61 <p><i>Pace yourself. The goal is continuous movement the entire time. Take short breaks as needed.</i></p>	12	
3. Cool Down and Stretch	5	
TOTAL TIME		~22 minutes

Week 17 Day 5:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 20)	Time (minutes)	
1. Warm-up	5	
2. Sprint Workout <ul style="list-style-type: none"> • Choose 1 Sprint Workout from Page 61 	12	
3. Cool Down and Stretch	5	
	TOTAL TIME	~22 to 32 minutes

Week 17 Day 6 & 7: (Off)

WEEK 18

Week 18 Day 1: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 17)	Time (minutes)
1. Warm-up	5
2. Push-up & Ab Circuit <ul style="list-style-type: none"> Choose 1 Circuit from Page 60 	8-15
3. Continuous Run for 18 minutes <ul style="list-style-type: none"> Run at conversational pace 	18
4. Cool Down and Stretch	5
TOTAL TIME	~36 to 43 minutes

Week 18 Day 2: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 18)	Time (minutes)
1. Warm-up	5
2. Continuous Run for 5 minutes <ul style="list-style-type: none"> Run at 1.5-mile pace 	5
3. Continuous Low Impact Cardio for 20 minutes <ul style="list-style-type: none"> Bike, Rower, Stair Climber, Elliptical or Brisk Walk 	20
4. Continuous Run for 5 minutes <ul style="list-style-type: none"> Run at 1.5-mile pace minus 1 minute 	5
5. Cool Down and Stretch	5
TOTAL TIME	~40 minutes

Week 18 Day 3: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 19)	Time (minutes)
1. Warm-up	5
2. Callisthenic Circuit (as many rounds as possible in 12 minutes): <ul style="list-style-type: none"> Choose 1 Bodyweight Circuit from Page 61 <p><i>Pace yourself. The goal is continuous movement the entire time. Take short breaks as needed.</i></p>	12
3. Cool Down and Stretch	5
TOTAL TIME	~22 minutes

Week 18 Day 4:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 20)	Time (minutes)	
1. Warm-up	5	
2. Sprint Workout <ul style="list-style-type: none"> • Choose 1 Sprint Workout from Page 61 	12-22	
3. Cool Down and Stretch	5	
TOTAL TIME		~22 to 32 minutes

Week 18 Day 5:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 21)	Time (minutes)	
1. Warm-up	5	
2. Push-up & Ab Circuit <ul style="list-style-type: none"> • Choose 1 Circuit from Page 60 	8-15	
3. Continuous Run for 18 minutes <ul style="list-style-type: none"> • Run at conversational pace 	18	
4. Cool Down and Stretch	5	
TOTAL TIME		~36 to 43 minutes

Week 18 Day 6 & 7: (Off)

WEEK 19

Week 19 Day 1: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 17)	Time (minutes)
1. Warm-up	5
2. Push-up & Ab Circuit <ul style="list-style-type: none"> Choose 1 Circuit from Page 60 	8-15
3. Continuous Run for 20 minutes <ul style="list-style-type: none"> Run at conversational pace 	20
4. Cool Down and Stretch	5
TOTAL TIME	~38 to 45 minutes

Week 19 Day 2: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 18)	Time (minutes)
1. Warm-up	5
2. Continuous Run for 5 minutes <ul style="list-style-type: none"> Run at 1.5-mile pace 	5
3. Continuous Low Impact Cardio for 20 minutes <ul style="list-style-type: none"> Bike, Rower, Stair Climber, Elliptical or Brisk Walk 	20
4. Continuous Run for 5 minutes <ul style="list-style-type: none"> Run at 1.5-mile pace minus 1 minute 	5
5. Cool Down and Stretch	5
TOTAL TIME	~40 minutes

Week 19 Day 3: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 19)	Time (minutes)
1. Warm-up	5
2. Callisthenic Circuit (as many rounds as possible in 12 minutes): <ul style="list-style-type: none"> Choose 1 Bodyweight Circuit from Page 60 <p><i>Pace yourself. The goal is continuous movement the entire time. Take short breaks as needed.</i></p>	12
3. Cool Down and Stretch	5
TOTAL TIME	~22 minutes

Week 19 Day 4:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 20)	Time (minutes)	
1. Warm-up	5	
2. Sprint Workout <ul style="list-style-type: none"> • Choose 1 Sprint Workout from Page 61 	12-22	
3. Cool Down and Stretch	5	
	TOTAL TIME	~22 to 32 minutes

Week 19 Day 5:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 21)	Time (minutes)	
1. Warm-up	5	
2. Push-up & Ab Circuit <ul style="list-style-type: none"> • Choose 1 Circuit from Page 60 	8-15	
3. Continuous Run for 20 minutes <ul style="list-style-type: none"> • Run at conversational pace 	20	
4. Cool Down and Stretch	5	
	TOTAL TIME	~38 to 45 minutes

Week 19 Day 6 & 7: (Off)

WEEK 20

Week 20 Day 1: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 17)	Time (minutes)
1. Warm-up	5
2. Push-up & Ab Circuit <ul style="list-style-type: none"> Choose 1 Circuit from Page 60 	8-15
3. Continuous Run for 15 minutes <ul style="list-style-type: none"> Run at conversational pace 	15
4. Cool Down and Stretch	5
TOTAL TIME	~33 to 40 minutes

Week 20 Day 2: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 18)	Time (minutes)
1. Warm-up	5
2. Continuous Run for 5 minutes <ul style="list-style-type: none"> Run at 1.5-mile pace 	5
3. Continuous Low Impact Cardio for 20 minutes <ul style="list-style-type: none"> Bike, Rower, Stair Climber, Elliptical or Brisk Walk 	20
4. Continuous Run for 5 minutes <ul style="list-style-type: none"> Run at 1.5-mile pace minus 1 minute 	5
5. Cool Down and Stretch	5
TOTAL TIME	~40 minutes

Week 20 Day 3: Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 19)	Time (minutes)
1. Warm-up	5
2. Callisthenic Circuit (as many rounds as possible in 12 minutes): <ul style="list-style-type: none"> Choose 1 Bodyweight Circuit from Page 61 <p><i>Pace yourself. The goal is continuous movement the entire time. Take short breaks as needed.</i></p>	12
3. Cool Down and Stretch	5
TOTAL TIME	~22 minutes

Week 20 Day 4:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 20)	Time (minutes)	
1. Warm-up	5	
2. Sprint Workout <ul style="list-style-type: none"> • Choose 1 Sprint Workout from Page 61 	12-22	
3. Cool Down and Stretch	5	
	TOTAL TIME	~22 to 32 minutes

Week 20 Day 5:	Objective: To develop anaerobic endurance, muscular endurance, and strength	
Task (Workout 21)	Time (minutes)	
1. Warm-up	5	
2. Push-up & Ab Circuit <ul style="list-style-type: none"> • Choose 1 Circuit from Page 60 	8-15	
3. Continuous Run for 15 minutes <ul style="list-style-type: none"> • Run at conversational pace 	15	
4. Cool Down and Stretch	5	
	TOTAL TIME	~33 to 40 minutes

Week 20 Day 6 & 7: (Off)

Push-Up and Ab Circuit Choices			
Option 1	Option 2	Option 3	Option 4
Perform each exercise for 45 seconds each. Try to get as many reps as possible in given time.	Perform each exercise for a total of 1 minute (20 seconds on, 10 seconds rest x 2). Try to get as many reps as possible in given time.	10 sets, each set begins on the minutes (first set begins at 0 on timer).	Countdown workout; 10, 9, 8, ...3, 2, 1 of each exercise (if easy start at 12).
A. Choice Push-Up x 2 sets B. Choice Ab x 2 sets	A. Choice Push-Up (Rest 30 seconds) B. Choice Ab (Rest 30 seconds) C. Choice Plank (Rest 2 minutes)	A. Choice Push-Up x 5 reps B. Choice Abs x 10 reps C. Choice Lower Body x 10 reps	A. Choice Push-up B. Choice Lower Body
Rest for 2 minutes			
A. Choice Push-Up x 2 sets B. Choice Ab x 2 sets	A. Choice Push-Up (Rest 30 seconds) B. Choice Ab (Rest 30 seconds) C. Choice Plank (Rest 2 minutes)		
Duration: 8 minutes	Duration: 11 minutes	Duration: 10 minutes	Duration: Varies
Push-Up Choices:	Plank Choices:	Ab Choices:	Lower Body Choices:
<ul style="list-style-type: none"> • Push-Ups • Hand Release Push-Ups • Pike Push-Ups • Wide Push-Ups • Close Grip Push-Ups • Ups Pulse Push-Up • Spiderman Push-Ups 	<ul style="list-style-type: none"> • Plank • Push-Up Plank • Plank Jack • Bear Plank • Side Plank • Spiderman Plank • Lateral Plank Walks 	<ul style="list-style-type: none"> • Ab Crunch • Ab Reverse Crunch • Bicycle Crunch • Dead Bug • Half Boat Pose • Heel Tap Crunch • Mountain Climber 	<ul style="list-style-type: none"> • Air Squat • Bodybuilder • Burpee • Lateral Lunge • Lunge • Overhead Squat • Pulse Air Squat

BODYWEIGHT CIRCUIT OPTIONS

Option 1	Option 2	Option 3	Option 4
C. Side to Side Hops x 6 each way	A. Squat Jump x 5	A. Tac Fall x 5	A. Sprawl & Up x 5
B. Flutter Kicks x 10 each leg	C. Russian Twist x 6 each way	B. Mountain Climber x 5 each leg	B. Abdominal Crunch x 6
C. Pulse Squat x 5	D. Lateral Lunge x 5 each leg	C. Burpee x 5	C. Bodybuilder x 5
D. Heel Tap Crunch x 6 each way	E. Rower Sit Up x 6	D. Bicycle Crunch x 5 each way	D. Prone Rower x 6

SPRINT WORKOUT OPTIONS

Option 1	Option 2	Option 3	Option 4
Running Clock Workout (See Page 39 for explanation)	20 second hard run, 10 second walk	30/60's (see page 70 for explanation)	60/120's (see page 70 for explanation)
300 meters @ 0:00 300 meters @ 3:00 200 meters @ 6:00 100 meters @ 8:00 Restart @ 11:00	Repeat for 8 rounds (4 minutes total)	Repeat for 8 rounds	Repeat for 6 rounds
Repeat for 2 rounds			
Duration: 22 minutes	Duration: 12 minutes	Duration: 12 minutes	Duration: 18 minutes

WEEK 21

Week 21 Day 1: (Post-Fitness Assessment)	Objective: To assess your physical abilities and to evaluate your level of readiness for the FGS
Task	Time (minutes)
1. Warm-up	10
2. FGS Pre-Assessment Set-up and Test Protocol Review (Appendix A): <ul style="list-style-type: none"> Set up the test with required equipment using the FGS administration information Ask someone to assist you 	10
3. Complete CBPO Candidate Physical Fitness Training Program Self-Assessment	30
4. Cool down and stretch	5
5. Complete the Self-Assessment Levels of Readiness information below and give it to your BAPP point of contact	5
Total Time	60

		Levels of Readiness				
Test	Test Result	Failed	Bronze	Silver	Gold	
220 Yard Run		More than 45 seconds	43 to 45 seconds	40 to 42.9 seconds	38 to 39.9 seconds	Lower than 38 seconds
Push Up		Below 24 reps	24-30 reps	31- 36 reps	37-42 reps	43 reps and up
1.5 Mile Run		More than 15:00	14:00 to 15:00	12:00 to 13:59	10:00 to 11:59	Lower than 10:00

Based on the results of your self-assessment, use the rating scale below to **check the box** that best represents your current level of confidence in passing the upcoming FGS.

I am not confident I would pass	I am fairly confident I would pass	I am very confident I would pass

Name (printed): _____ Signature: _____ Date: _____

Appendix A

Self-Assessment Protocol

Complete the following steps when going through the pre and post self-assessments:

- Step One.** Review the protocols (pg. 63-65) and set up all equipment needed to administer the FGS protocol.
- Step Two.** With assistance from a friend, family member, or fitness specialist, take the FGS self-assessment.
- Step Three.** Document your level of readiness using daily workout sheet of the CBPO Physical Preparatory Program.

CBP Officer Fitness Graduation Requirements		
Test	Requirement	Time
220-Yard Run	45.0 seconds or less	-
Push-ups	24 repetitions or more	60 seconds
1.5 Mile Run	15:00 or less	-

CBP Officer FGS Protocol

Be sure to warm-up for 5-10 minutes prior to conducting the FGS self-assessment. In addition to the typical warm-up, include five, 25-yard sprints at 70-80% speed with a walking recovery to get ready for the 220-yard run.

220-Yard Run

Purpose: to evaluate anaerobic power by measuring a trainee's maximal running ability over a 220-yard distance.

Materials:

- Stopwatch or Phone with Stopwatch
- Track or open area 220 yards (660 feet) long
- 2 cones or objects marking the start and finish on the 220-yard distance

Administrator Instructions:

1. Use the 220-yard distance marked on the 440-yard track.
2. Walk the course and clearly identify the start/finish lines using cones
3. A friend or family member can assist you as the timer or you can hold the stopwatch and time yourself.
4. Time will be started at first movement and stopped when your feet have crossed the finish line, time will be recorded to the nearest one-tenth of a second (e.g., 42.5).

Trainee Instructions:

1. The purpose of this test is to evaluate your maximal running ability over a 220-yard distance.
2. You will begin this test at the start line. Make sure you stay in your lane. Begin when you are ready. The time starts on your first movement.
3. Continue running as quickly as you can until you reach the finish line
4. Your run time will be recorded as the time to the nearest one-tenth of a second it takes for you to complete the full run.
5. The FGS minimal passing score for this test is 45 seconds.

Push-Up Test

- Place a 4" or 5" foam block (Candidates 5 feet 9 inches or taller use the 5-inch foam block) or have an assistant place their fist on the ground directly below the sternum/chest. Soup or vegetable cans can also be used which are typically either 4" or 5".
- Assume the starting or "up position" with elbows straight, hands spaced shoulder width apart, with the thumbs aligned with the crease of the shoulders. The foam block or fist should be directly under your chest/sternum.
- On the command "Go" bend your elbows and drop down until the sternum touches the foam block or fist then push back up until the elbows are straight. This completes one proper form push-up. The body is kept in a straight line with feet no more than 12 inches apart.
- You may rest in the up position only, but the time continues.
- Count aloud or have your assistant do so as each proper form push-up is completed. Keep in mind that when you are tested by a CBP Test Administrator they will only count good quality push-ups, so be honest with yourself about your test performance.
- You must perform as many proper form push-ups as possible in 60 seconds. The minimum passing score is 24 proper form repetitions.
- A push-up will **NOT** count when:
 - your back is sagging,
 - your buttocks are raised in the air,
 - your feet are spread wider than 12 inches apart, or
 - you perform half push-ups, where you do not touch your sternum to the foam block/fist or you do not straighten your elbows.
- The Push-Up Test will stop:
 - When 60 seconds expires – OR –
 - When you cannot perform any more push-ups with proper form and stops

- voluntarily – OR –
- If one or both knees touch the ground.

-TAKE 5-MINUTES TO REST PRIOR TO 1.5 MILE RUN TEST-

1.5 Mile Run

Purpose: to evaluate cardiovascular endurance by measuring a candidate's 1.5 mile run time.

Materials:

- Stopwatch
- Track or 1.5 mile run distance

Administrator Instructions:

1. The test will be performed on the 440-yard track or other running course 1.5 mile long. If you are not using a track, be sure to clearly mark the start and finish points of the distance. If you use a 400-meter track, you will need to add 46 feet to the 6th lap
2. Line up on the starting line, on first movement start the stopwatch.
3. Once your feet have crossed the marked finish line, stop the stopwatch and record the time to the nearest one-tenth of a second (e.g., 13:30.5) as shown on the watch.
4. If you do not finish the run, it should be scored as "DNF" (did not finish).

Candidate Instructions:

1. The purpose of this test is to evaluate your cardiovascular endurance.
2. You will stand on the start/finish line. On the command "go," begin running.
3. Continue running until you complete 6 laps (1.5 miles).
4. Your score will be recorded as the time it takes to complete the 1.5-mile run. Therefore, run as quickly as you can.
5. The FGS minimal passing score for this test is 15.

APPENDIX B: CBPO BASIC ACADEMY PREPARTORY PROGRAM EXERCISE LIST

WARM-UP EXERCISES

Warm-up exercises should be performed for 5 to 10 minutes prior to any fitness training or testing.

Warm-up Exercise	Description / Action / Speed
1. 440-880 Yard Jog	Perform a light jog of 440-880 yards or 5-10 minutes in duration.
2. In-place Jogging (Engine)	Perform an in-place jog by cycling your legs and arms in a running pattern focusing on staying upright and not projecting your body forward or backwards. Moderate pace.
3. Cross-Country Skier	From a position of attention* step forward with the left leg, extend the left arm forward and the right arm backwards keeping the elbows straight. Jump slightly in the air and move the right foot and right arm forward and the left foot and left arm backwards landing with both knees slightly bent then immediately return to starting position. Moderate pace.
4. Jumping Jacks	From a position of attention* jump slightly into the air and move the right and left foot into a wide stance keeping your knees slightly bent. At the same time move both arms from your sides to the overhead position keeping the arms straight. Jump slightly again and move back to the starting position. Moderate pace.
5. Jump Rope	From a position of attention* with the rope handles grasped in your hands and the rope on the ground behind you jump slightly into the air. At the same time rotate the wrist and bring the rope overhead and then under your feet. The arms and legs should be slightly bent. Additional jump rope variation can be introduced as skill level improves. Moderate pace.

FLEXIBILITY EXERCISES

Neck Rotations

Body Part Focus: Neck & Upper Back



From a position of attention extend place your hand on your hips. Start by flexing your head up and down (like you are nodding your head in the “yes” motion) for 5 repetitions. Then turn the head to the right and then the left (like you are nodding your head in the “no” motion) for 5 repetitions. With each movement pause at the end range of motion and hold for 2 seconds.

Straight Arms Behind Back

Body Part Focus: Shoulder, Chest



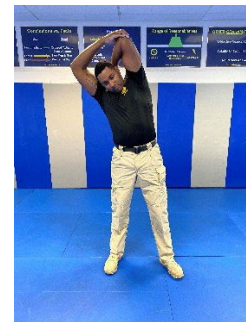
From a position of attention place both hands behind the back, interlock the fingers with the palms facing each other, elbows fully extended, slowly raise the arms keeping the elbows straight and head upright and relaxed. Hold for 10-15 seconds.

Cross Arms in Front of Chest
Body Part Focus: Shoulder, Back



From a position of attention place the right arm across the body, the arm should be level with the shoulder and the elbow slightly flexed. With the left arm grasp the right arm above the elbow and slowly pull the arm across the chest. Repeat for left side. Hold each for 10-15 seconds.

Overhead Arm Pull with Trunk Lean
Body Part Focus: Arms, Back Abdomen



From a position of attention widen the stance to approximately shoulder width apart, flex the right arm at the elbow and raise the elbow overhead. Reach with the left hand and grasp the right elbow, slowly pull the right elbow behind the head and slightly towards the back. With the legs straight slowly lean from the waist to the left side. Repeat for left side. Hold each for 10-15 seconds.

Hand & Foot

Body Part Focus: Hamstring, Hip Flexor, Abdomen



Start by kneeling on the ground. Place hands flat on the ground, and then place the instep of your right foot next to your right hand. Extend your left leg to the rear, and try drop your hips so that your shoulders, hips, left knee, and left ankle form a generally straight line. Repeat for the other side. Hold each for 10-15 seconds.

Straddle

Body Part Focus: Hamstrings, Calves, Groin



Start sitting up with your upper body nearly vertical and the legs straight. Abduct the hips by spreading the legs as wide as possible. With both hands reach between both legs and push chest towards the floor. Hold for 10-15 seconds.

Seated Groin (Butterfly)

Body Part Focus: Groin



Start sitting up with your upper body nearly vertical and the legs straight. Flex both knees and bring the soles of the feet together. Once together pull them towards the body. Place the hand on the feet and the elbows on the legs, pull the torso slightly forward and press the elbows down causing hip abduction. Hold for 10-15 seconds.

Supine Knee Flex (Knees to Chest)

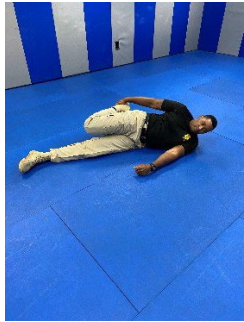
Body Part Focus: Lower Back, Glute, Hamstring



From the supine position flex both knees and bring the thighs towards the chest, grasp both knees and continue to pull towards the chest. Keep low back in contact with the floor. Hold for 10-15 seconds.

Side Quadriceps Stretch

Body Part Focus: Quads, Hip Flexor, Anterior Tibialis



Lying on your side, keep your bottom leg straight and grab the ankle on the top leg. Flex the knee and pull the ankle behind the top glute until you feel a slight stretch in the quad and/or hip flexor. Roll onto your other side and repeat. Hold each for 10-15 seconds.

Prone Low Back and Hip Stretch (Cobra)

Body Part Focus: Abdomen, Hip Flexor, Lower Back



Begin prone, lying face down with your legs extended behind you. Your feet should be spread a few inches apart. Place your hands under your shoulders with your palms flat on the ground. Extend both arms to lift your head and chest off of the ground. Only extend your arms as much your body allows. Hold for 10-15 seconds.

Spinal Twist (Pretzel)

Body Part Focus: Abdomen, Lower Back and Glute



Sit up with your upper body nearly vertical and the legs straight. Place the left foot to the outside of the right knee; place the back of the right elbow on the outside of the knee that is now bent. Place left hand on the floor 12-16 inches behind the hips. Turn the shoulders and head to the left; try to look behind you. Repeat for the other side. Hold each for 10-15 seconds.

TYPES OF TRAINING EXPLANATION

Muscular Endurance and Strength Training

Callisthenic Circuits

The callisthenic workouts are full body workouts that will help build overall muscular endurance and strength using your body weight as the resistance. The body weight exercises in the workouts are set to a Tabata interval clock, which can be accessed for free on your phone. All exercises will require you to perform as many “proper form” reps as possible for 20 seconds and then rest and transition to the next exercise for 10 seconds. Other calisthenics workouts will require you to do as many sets as possible in either 3, 4, or 5 minutes. The exercises within these workouts will have a specific number of repetitions to complete. The idea is to complete the exercise and goal repetitions and move on to the next exercise as quickly as possible while still maintaining proper form.

Aerobic and Anaerobic Training

Continuous Runs

The objective of the continuous run is to develop aerobic capacity and to develop mental and physical tolerance to running long distances and experiencing environmental stress. Steady state (non-stop) distance running improves aerobic endurance, assists in caloric expenditure, and can be beneficial for assisting in recovery from more intensive training days. The overall **minimal** goal is for you to be able to run 1.5 miles within 15 minutes.

Interval Running

The objective of interval training is to help develop speed and anaerobic endurance. Intervals appropriate for you to improve physical fitness are **30/60s** and **60/120s**. Anaerobic endurance is important to accomplish higher intensity bouts of work such as foot pursuits, hands-on or intermediate use of force, and emergency response situations.

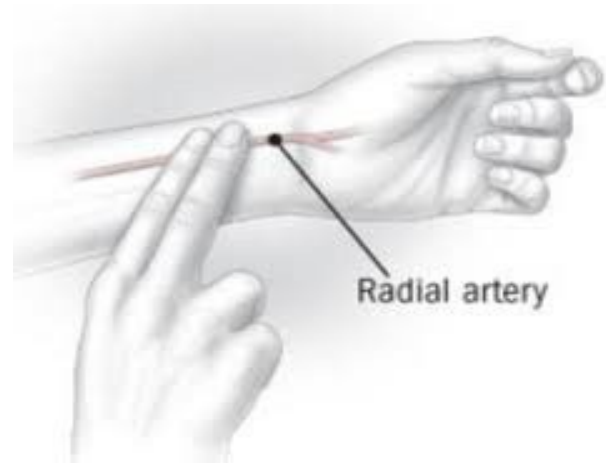
The work intervals are followed immediately by an active recovery interval, so in a 30/60s interval, you will run hard for 30 seconds and briskly walk for 60 seconds. In the 60/120s interval, you will run hard for 60 seconds (1 minute) and slowly jog for 120 seconds (2 minutes). Multiple work intervals allow you to train at and above your maximum aerobic ability and cause the onset of fatigue many times during a single training session. Interval running improves the resistance to fatigue of your active muscles by repeatedly exposing them to high intensity efforts. Keep in mind that your pace during these interval runs should be much faster (at least 25%) than what you would do during a timed continuous run. After each run you should be out of breath and “need” the walking or slow jogging time to recover before your next run. A stopwatch and running area of at least 100 yards will be needed to properly execute this training.

Biking / Elliptical / Rowing / Stair Climbing / Brisk Walking

If the equipment is available, you have the option to perform additional aerobic training. Choose any low impact cardiorespiratory training and perform 15-30 minutes at a target heart rate of 70-80% of your heart rate max. These sessions can be conducted on off days or as additional work during your schedule fitness training days. Use the % of Heart Rate Max. chart to help you stay within your targeted zone to improve aerobic fitness. For example, let's say you are 26 years old, and you choose to Bike for 15 minutes at 70 to 80% HR max. You will manipulate the bikes resistance and pedal speed to achieve a heart rate of 136 to 155 beats per minute for a goal of 15 minutes.

TARGET HEART RATE

Goal Heart Rates Using % of Heart Rate Max.						
Age	70 %	75%	80%	85%	90 %	95 %
20	140	150	160	170	180	190
21	139	149	159	169	179	189
22	139	149	158	168	178	188
23	138	148	158	167	177	187
24	137	147	157	167	176	186
25	137	146	156	166	176	185
26	136	146	155	165	175	184
27	135	145	154	164	174	183
28	134	144	154	163	173	182
29	134	143	153	162	172	181
30	133	143	152	162	171	181
31	132	142	151	161	170	180
32	132	141	150	160	169	179
33	131	140	150	159	168	178
34	130	140	149	158	167	177
35	130	139	148	157	167	176
36	129	138	147	156	166	175
37	128	137	146	156	165	174
38	127	137	146	155	164	173
39	127	136	145	154	163	172
40	126	135	144	153	162	171



1. Assessing your heart rate during your training bouts will help to ensure that the training is safe and at an intensity level high enough to elicit improvements in cardiorespiratory fitness.
2. After at least 5 minutes of exercise assess your heart rate.
3. Using your index and middle finger find your radial artery (picture above).
4. Count the numbers of beats for 10 seconds and multiply the number by 6 to get beats per minute.
5. Try to keep your heart rate in the target area. For Continuous Runs and Low Impact Cardio use the 70-80% range and for Interval Runs (30:60 and 60:120) use the 85% to 95% range.
6. Use the table to find your target heart rate zone based on your age.
7. If your heart rate is lower than the target range, you will need to speed up or add more incline.

RATE OF PERCEIVED EXERTION OVERVIEW

In your program you will see the use of RPE (Rate of Perceived Exertion). The RPE scale is used to measure the intensity of your exercise. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of an exercise stress test or after an extremely difficult short burst activity.

RPE	How Easy or Difficult You Find an Activity
1	Very easy. No exertion. You are sitting or lying down, doing nothing physically.
2	Fairly light exertion. This is how you ought to feel when you are warming up and cooling down or stretching. You can converse with no effort.
3	Light exertion. You are moving, but it's slow and easy like strolling. This how you should warm up your body before running. You can converse with almost no effort.
4	Moderately easy. Your breathing and heart rate is a little faster. You're feeling a little warmer. And you're starting to work up a sweat. But you can still maintain a conversation while exercising without much effort.
5	Moderate to somewhat hard exertion. Your heart is pumping faster. You are breathing harder. You're feeling warmer. You can still converse, but it is getting tougher.
6	Hard exertion. You are breathing hard now. But you can still sip from your water bottle. You can only say a few words at a time.
7	Hard to somewhat intense exertion. You are breathing really hard and are wondering how you can keep on going like this.
8	Very hard. You are breathing hard and nearing your maximal limit. You can no longer say a few words without gasping for air.
9	Super hard. You feel like your lungs are about to explode. You cannot keep this intensity for more than one minute. Conversing is impossible. This is one tad bit away from your maximum.
10	Ultimate exertion. This is your absolute limit. You cannot keep this pace for more than 10 seconds. Speaking is out of the question. Pain is everywhere.

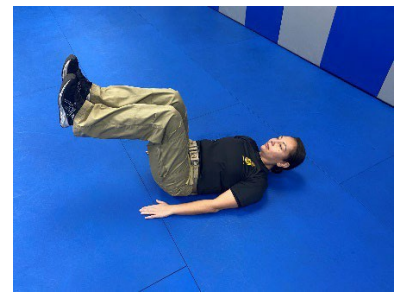
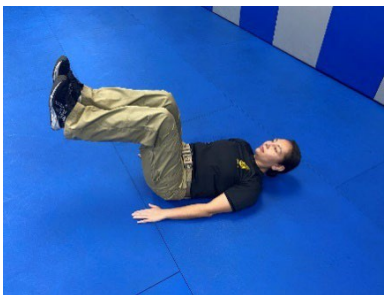
EXERCISE INDEX

Abdominal Crunch Body Part Focus: Core



Start lying on your back, legs off the ground with the knees bent at 90-degrees with your hands cupped behind your ears. Begin by pushing your low back into the ground and raising your upper back off the ground. Your elbows do not need to touch your thighs, but you should go as far as you can without bringing your knees towards your elbows (keep thighs at 90 degrees to torso). Return to the starting position.

Abdominal Reverse Crunch Body Part Focus: Core



Start by lying down with your arms by your sides. Raise your legs so your thighs are perpendicular to the floor and your knees are bent at a 90° angle. Contract your abs to bring your knees up towards your chest and raise your hips off the floor. Hold for a one count in this position, then slowly lower your legs back to the starting position. Moving slowly with complete control is key to the reverse crunch.

Air Squat

Body Part Focus: Lower Body, Core



Start with your feet about shoulder width apart, toes pointed slightly out, and knees gently flexed. Start with your arms at your side. While driving through your heels, lower your hips down and back and descend into a squat. While you are squatting raise your arms, so they are parallel to the ground. Squat as deeply as you can pain free; while maintaining a flat back, weight on your heels, and eyes straight ahead. Return to the starting position.

Bear Plank

Body Part Focus: Lower Body, Core



Start on all fours. Your hands should be about shoulder width apart with the wrist directly under the shoulders. Engage your core (think belly button to spine) to keep the back flat, push the palms into the floor, and lift your knees three to six inches off the floor. Your hips will be level with the shoulders in the up position. Hold for given time requirement. Return to starting position.

Bench Tricep Dips

Body Part Focus: Triceps, Shoulders



Start by sitting on the edge of bench with your hands besides your hips, palms down. Slide forward off the bench while straightening your legs so that your heels touch the floor, and your butt is just off the side of the bench. Lower your body down by bending your arms until your upper arms are parallel with the floor. Try not to let your elbows push outward. Push down on the bench with your hands to push your body back up to the starting position.

Bend & Reach (Cherry Picker)

Body Part Focus: Hamstrings, Lower Back



Stand with your legs wider than shoulder width apart, slightly bend your knees and hinge at the hip. Aim to touch the ground between your feet initially and then stand back up with your arms extended overhead. Each rep progressively try to reach a little further behind your legs. Avoid ballistic, or bouncy stretching in this exercise. Aim for smooth movements.

Bicycle Crunch
Body Part Focus: Core



Lie flat on the floor with your lower back pressed to the ground. Raise your legs so your thighs are perpendicular to the floor and your knees are bent at a 90° angle. With your hands gently cupping your ears, bring one knee up towards your armpit while straightening the other leg, keeping both elevated higher than your hips. Rotate your torso so you can touch your elbow to the opposite knee as it comes up. Repeat to the opposite side. Don't pull your head forward, make your torso do the work of rotation.

Body Builder
Body Part Focus: Total Body



From a standing position begin the movement by squatting and then placing both hands on the ground. Thrust the legs back to a pushup position, return the legs to the squat position and then return to the standing position.

Burpee

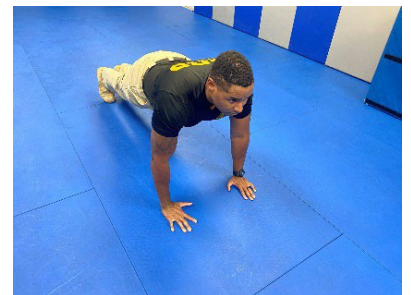
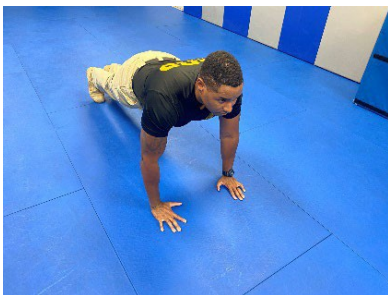
Body Part Focus: Total Body



From a standing position begin the movement by squatting and then placing both hands on the ground. Thrust the legs back to a pushup position, return the legs to the squat position followed by jumping straight up in the air with arms extended overhead. Carefully land with both knees slightly bent to absorb the force.

Close Grip Push Up

Body Part Focus: Upper Body



Start in the up portion of a push up with your hands flat on the floor and your index fingers approximately 8-12 inches apart from each other. This should be narrower than your normal push up hand positioning. While keeping your elbows pointed behind you and keeping your arms close to your torso throughout the movement; lower yourself until your chest is 3-4 inches off the floor and push back up to the start. Remember to keep your body in straight line from your shoulders to your ankles on each repetition.

Dead Bug

Body Part Focus: Core (Transverse Abdominis and Spinal Erectors)



Start by lying on your back with your arms extended straight up. Lift your feet off the floor and bend your hips and knees to 90-degrees. Engage your core by pressing your lower back into the floor and continue to do so throughout the entire set. Begin by slowly reaching your right arm backward, over your head and toward the floor as you simultaneously extend your left knee and hip, reaching your right heel toward the floor. Stop the movement just before your arm and leg touch the ground. Reverse the movement and return your right arm and left leg to their starting positions. Move slowly and steadily, breathing normally as you go and avoiding any twisting movements of your hips. Perform the same movements on the opposite sides (leg arm back, right leg straight). Continue to alternate sides for time or reps.

Flutter Kicks

Body Part Focus: Core



Lie down on your back, facing up. Place both of your hands underneath your buttocks. Keep your lower back on the ground as you raise your legs about 6-8" inches off the ground. Keep both legs straight, raise your right leg while lowering your left leg, and then switch. Continue alternating for the given amount of time or reps.

Half Boat Pose

Body Part Focus: Core



Starting position is in the upright sitting position, with your knees bent and feet flat on the floor. Begin the movement by keeping your back flat and lean back. When you have found a balance point, raise your feet so that your calves are parallel to the floor. Reach your hands toward your feet, arms should also be parallel to the floor. Breathe normally while holding the pose and try to maintain straight back throughout the given time. If needed you can grab the underside of knees to make the pose easier, however the goal is to work up to not needing to.

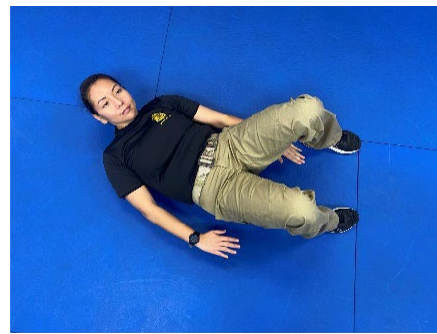
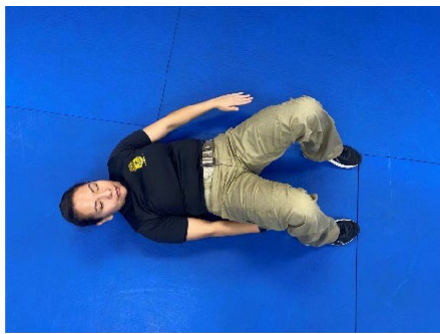
Hand Release Push Up

Body Part Focus: Chest, Shoulders, Triceps, Core



Start in the “up position” of push-up with your shoulders directly over your wrists, hand slightly outside of shoulder width, and feet together or up to a boot’s width apart. Lower yourself down until your chest hits the floor. Keep elbows at a 45-degree angle from your torso so you look like an arrow from above. At the bottom, pick your hands up to hover off the floor a few inches. Then, place your palms back down, engage your core, leg, and glute muscles, and without arching or rounding your spine, push back to the “up position”.

Heel Tap Crunch
Body Part Focus: Core



Lie on your back with knees bent, feet flat on the floor- slightly wider than shoulder width apart, and hands at your sides. Push your low back into the ground, lift your upper back and shoulder blades off the floor while fully extending your arms down the side of your body. Crunch your torso forward and to the right until you can touch your right heel with your right hand. Hold for a count of one. Return to the starting position smooth motion, inhaling as you do so. Repeat the movement, this time to your left side. When you have completed the movement on both sides, you have done one repetition.

Hip Bridge (Static)
Body Part Focus: Glutes, Hamstrings, Core



Lie on your back with your hands at your sides, knees bent, and feet flat on the floor under your knees. Tighten your abdominal and buttock muscles by pushing your low back into the ground before you push up. Push through your heels and raise your hips to create a straight line from your knees to shoulders. Squeeze your core and pull your belly button back toward your spine. Hold in the up position for the given amount of time. Return to the starting position.

Hip Bridge March

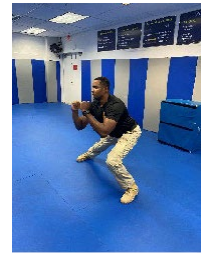
Body Part Focus: Glutes, Hamstrings, Core



Lie on your back with your hands at your sides, knees bent, and feet flat on the floor under your knees. Tighten your abdominal and buttock muscles by pushing your low back into the ground before you push up. Push through your heels and raise your hips to create a straight line from your knees to shoulders. Squeeze your core and pull your belly button back toward your spine. While in the up position raise your left foot off the ground approximately 8-12" while trying not to let your hips drop. Return left foot to ground. Repeat with the right foot. Continue alternating for the given amount of time or reps.

Lateral Lunge

Body Part Focus: Lower Body



Start by standing tall with your feet parallel to each other, and approximately shoulder width apart. Your back should be straight, core engaged and weight slightly back on your heels. Take a big step to the right ensuring that you are sitting back while bending your right knee. Continue lowering yourself until your right leg is bent at around 45° while keeping your trailing leg (left) straight. Push back up to the starting position. Repeat going to the left.

Lateral Plank Walk

Body Part Focus: Chest, Shoulders, Triceps, Core



(Start in close grip push up position)



(Right hand moves out)



(Right foot moves out)



(Left hand moves in toward body)

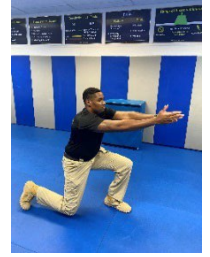
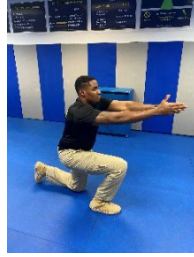


(Left foot in toward body- back in start position)

Start in the top of the push-up position with your shoulders over your wrists, hands slightly wider than your shoulders and feet about a boot's width apart. Engage your core muscles to keep a flat back and prevent your hips from sagging. Start the movement by lifting and moving your right arm out to your right by about 6-8 inches. Followed by lifting and moving your right foot out to your right by about 6-8 inches. Return to the starting position by lifting your left hand and bring it in towards your body (back under the shoulder) and then take your left foot and move it in towards your body. At this point, you should be in the top position of a push up again. Repeat moving in the opposite direction.

Lunge (In Place)

Body Part Focus: Lower Body



Stand tall with your feet about hip-width apart. Take a long step forward with the right leg while extending your arms out in front of you. Start to shift your weight forward so your heel hits the floor first under control. Lower your body until your right thigh is parallel to the floor and right shin is vertical. Your rear knee should be about 3-5" off the ground. It's OK if the front knee shifts forward a little. Your upper body should remain vertical throughout the movement. Press into your right heel to drive back up to starting position. Repeat on the other side.

Mountain Climber

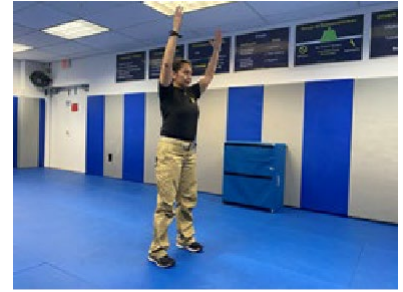
Body Part Focus: Upper Body, Core



Start in the up position of a push up. Begin movement by pulling your left knee into your chest as far as you can. Switch legs; pulling one knee forward and extending the other knee back. Keeping your hips down, run your knees in and out as far and as fast as you can. Alternate inhaling and exhaling with each leg change.

Overhead Squat

Body Part Focus: Upper Body, Lower Body, Core



Start with your feet about shoulder width apart, toes pointed slightly out, and knees gently flexed, and arms extended overhead. While driving through your heels, lower your hips down and back while descending into a squat. Squat as deeply as you can pain free; while maintaining a flat back, weight on your heels, and your arms straight and in line with your ears. Return to the starting position.

Partial Curl Up

Body Part Focus: Core



Lie down on your back, facing up. Place both of your hands underneath your buttocks. Your knees should be bent at 90 degrees and your feet flat on the floor. While pressing your low back into the ground raise your upper back off the ground by “leading” with your chest. Actively try to engage abdominal muscles and keep your neck and spine in a “neutral” position. Try not to lift elbows off the ground. Hold up position for given amount of time.

Pike Push Up

Body Part Focus: Chest, Shoulders, Triceps, Core



From a push up position with your hands and feet about shoulder width apart, walk your hands back toward your feet as you “hike” your butt up in the air, bending at the hips so your body forms an “L” position. While maintaining the L position keep your weight on the balls of your feet, letting your heels rise off the floor begin the movement by bending your elbows and lower your head towards the floor. Keep your neck relatively straight and lower the top of your head to the floor. Finish by pressing yourself back up to the starting point, maintaining the “L” position of your body with your hips high.

Plank

Body Part Focus: Abdominals, Back, Shoulder



Lie face down with your forearms on the floor and your elbows directly beneath your shoulders. Keep your feet flexed with the bottoms of your toes on the floor. Rise up on your toes so that only your forearms and toes touch the floor. Your body should hover a few inches off the floor in a straight line from shoulders to feet. Draw your navel toward your spine and tighten your buttocks. Keep a neutral neck and spine. Don’t let your hips sag down to the ground.

Plank Jacks

Body Part Focus: Core



Start in the “up” position of a push-up with your shoulders over your wrist, hands slightly wider than shoulder width and feet together or up to a boot’s width apart. Draw your navel toward your spine and tighten your buttocks. Keep a neutral neck and spine. Don’t let your hips sag down to the ground. Like the motion of a jumping jack, jump your legs wide and then back together. Jump as quickly as you want but keep your pelvis steady and don’t let your buttock rise toward the ceiling.

Prone Rower (Hyperextension)

Body Part Focus: Lower Back, Upper Back



Lay face down on floor, with arms outstretched in front of you. Keeping your legs and toes in contact with the floor raise your chest and arms off the ground and then pull elbows toward your torso as if you were doing a row. Return arms to outstretched position and relax.

Pulse Push Up

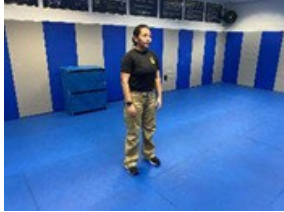
Body Part Focus: Chest, Shoulders, Triceps, Core



Start in the “up” position of a push-up with your shoulders over your wrist, hands slightly wider than shoulder width and feet together or up to a boot’s width apart. Draw your navel toward your spine and tighten your buttocks. Keep a neutral neck and spine. Don’t let your hips sag down to the ground. Begin the movement by lowering yourself down until your chest is about an inch or two from the ground. Once at the bottom, push yourself up about ½ way, return to the bottom, push yourself up about ½ way again, return to the bottom and then finish the rep by return fully to the starting position. This constitutes 1 rep (essentially it is 2 bottom half push-ups followed by one full push-up).

Pulse Air Squat

Body Part Focus: Lower Body



Start with your feet about shoulder width apart, toes pointed slightly out, and knees gently flexed. Start with your arms at your side. While driving through your heels, lower your hips down and back and descend into a squat. While you are squatting raise your arms, so they are parallel to the ground. Squat as deeply as you can pain free; while maintaining a flat back, weight on your heels, and eyes straight ahead. Once at the bottom, squat up about $\frac{1}{2}$ way, return to the bottom, squat up about $\frac{1}{2}$ way again, return to the bottom and then finish the rep by return fully to the starting position. This constitutes 1 rep (essentially it is 2 bottom half squats followed by one full squat).

Push Up Plank

Body Part Focus: Chest, Shoulder, Triceps, Core



Start in the “up” position of a push-up with your shoulders over your wrist, hands slightly wider than shoulder width and feet together or up to a boot’s width apart. Draw your navel toward your spine and tighten your buttocks. Keep a neutral neck and spine. Don’t let your hips sag down to the ground. Sagging hips makes the exercise initially easier, but it’s not a push-up plank and it defeats the purpose of the exercise.

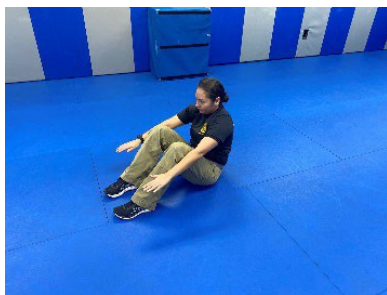
Push Up

Body Part Focus: Chest, Shoulders, Triceps Core



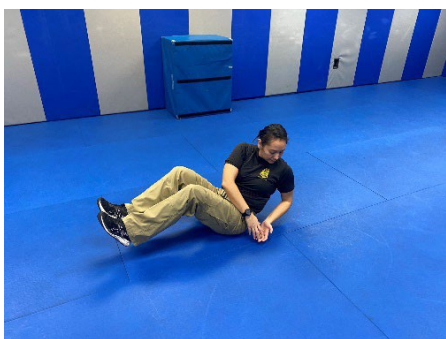
Begin on your hands and knees with your hands underneath your shoulders but slightly wider than your shoulders and feet about a boot’s width apart. Come onto the balls of your feet and the heels of your hands, and then walk the feet back until you're in the plank position. Keep your hips lifted to avoid the lower back sagging. Begin to bend your elbows, lowering your body in one solid piece down towards the floor. Your elbows will bend out to the side, not behind you (approximately 45 degrees to torso). Keep your abdominal and leg muscles engaged throughout the entire movement. Your head should stay in line with your spine; do not let your hips droop. Lower yourself down until your chest is about an inch or two from the ground and then push yourself back up to the starting position.

Rower Sit Up
Body Part Focus: Core



Starting position is lying on your back with arms extended overhead, legs straight and feet touching. In one motion, bring your feet towards your body while sitting up and swinging arms forward. In the up position your arms should be extended in front of you, feet flat on the ground with your hands slightly past your feet. Return to the starting position, repeat.

Russian Twist
Body Part Focus: Core



Start by sitting on the floor, with your knees bent and feet flat on the ground. Then lean back so your upper body is at a 45-degree angle to the floor. Keep your back straight at this angle throughout the exercise, as it will be tempting to hunch your shoulders forward. Link or keep your hands close together in front of your chest, then brace your core and raise your feet up off the ground about 3-6 inches. Rotate your arms all the way over to one side, then do the same in the other direction.

Side Plank (Left Side)

Body Part Focus: Abdominals, Hips, Shoulders



Lie on your left side, legs extended and stacked from hip to feet. The elbow of your left arm is directly under your shoulder. Ensure your head is directly in line with your spine. Engage your abdominal muscles, drawing your navel toward your spine. Lift your hips and knees from the mat. Keep your torso in a straight line with no sagging or bending. Hold the position for the given amount of time.

Side Plank (Right Side)

Body Part Focus: Abdominals, Hips, Shoulders



Lie on your right side, legs extended and stacked from hip to feet. The elbow of your right arm is directly under your shoulder. Ensure your head is directly in line with your spine. Engage your abdominal muscles, drawing your navel toward your spine. Lift your hips and knees from the mat. Keep your torso in a straight line with no sagging or bending. Hold the position for the given amount of time.

Side to Side Hops

Body Part Focus: Total Body



Start with your feet about shoulder-width apart, knees slightly bent, butt back and chest up. Begin by jumping to the left, land softly with your knees and hips slightly bent and immediately jump to the right. Continue to hop side to side for the given number of repetitions. You can place a piece of tape on the floor or use a small object to jump over if you want. Try to keep the movement fluid and continuous, just 6-8 inches side to side is enough.

Single Leg Heel Taps

Body Part Focus: Core



Start by lying down with your arms by your sides. Raise your legs so your thighs are perpendicular to the floor and your knees are bent at a 90° angle. Activate your core by pushing your low back into the ground. Slowly lower one foot down, tapping the heel on the floor, and then lift it back up returning to the starting position. Repeat with the other leg, alternating back and forth. Try to keep your low back in contact with the floor throughout the entire set.

Single Leg Hip Bridge

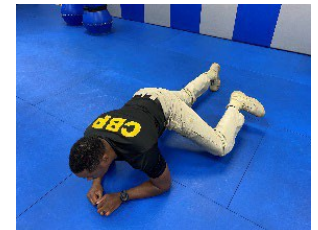
Body Part Focus: Glutes, Hamstrings, Core



Lie on your back with one leg straight and the other knee bent so that the foot is flat on the floor under the knee. Tighten your abdominal and buttock muscles by pushing your low back into the ground before you push up. Push up through the heel of your foot, raising your hips until you form a straight line from your shoulder to knee. Make sure that the hips do not drop down toward the side of the straightened leg, and make sure that you bridge up from the hips rather than arching the low back. Hold the position for the given amount of time before switching sides.

Spiderman Plank

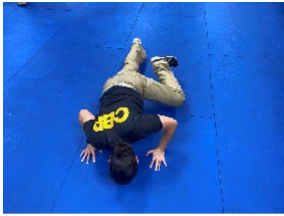
Body Part Focus: Core



Start in a plank position with your elbows underneath your shoulders, feet about hips-width apart. Engage your core, squeeze your glutes, and make sure your neck is in line with your spine so that there is a straight line from your head to heels. Keeping your hips as level as possible, bend your right leg to bring your right knee as close as possible toward your right elbow. Try not to let your knee touch the ground. Pause for about a 1 second count, and then extend the right leg back to the plank position. Repeat on your left side, bringing your left knee up to your left elbow. Continue alternating sides until all reps are complete.

Spiderman Push Up

Body Part Focus: Upper Body, Core



Start in the “up” position of a push up with your hands flat on the floor about shoulder-width apart and wrists directly under your shoulders. Keeping your body in a generally straight line, bend your arms and lower yourself until your chest is 3-4 inches off the floor. At the bottom on the push-up bend your right leg out to the side and bring your right knee toward your right arm. Try not to let your knee touch the ground. While pushing back up to the start position; simultaneously extend your leg back. Ensure proper alignment prior to initiating next repetition. Repeat alternating sides.

Sprawl & Up

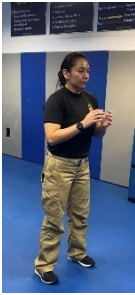
Body Part Focus: Total Body



Use soft mats/flooring or grass to perform. Starting position is in an athletic stance with the knees bent, butt back, chest up and hands up. Begin the movement by squatting down and placing both hands on the ground. Quickly thrust the legs back and drop the hips. Hold for a 1 count, and then return the legs back to the squatting position and stand back up to the starting position.

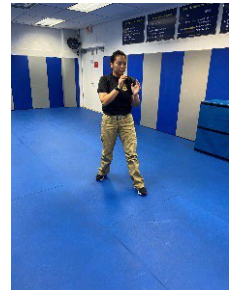
Squat Jump

Body Part Focus: Total Body



Start with your feet about shoulder width apart, toes pointed slightly out, and knees gently flexed. While driving through your heels, lower your hips down and back and descend into a squat. Squat until the back of your thighs are parallel to the ground, or a until pain free depth. When you reach the bottom of your squat immediately jump up explosively. When you land; your chest should be up, knees slightly bent and hips back. Try to land quietly. Reset your feet if needed and prepare for the next repetition. Try to keep the movement fluid; landing each jump should be done smoothly and quietly (no stomping) to protect your knees and back as well as to work deceleration skill sets.

Tac Fall Standing Base
Body Part Focus: Total Body



Use soft mat/flooring or grass to perform. Starting position is in an athletic stance with the knees bent, butt back, chest up and hands up. Begin the movement by squatting down, gently fall to the ground with your chin tucked and roll onto the upper back. To recover; roll forward to the upright position with one arm protecting your face, one arm to the rear propping your torso upright, one knee bent, and the other leg extended. Place your weight on your rear hand, lift your hips off the ground and slide the leg that was extend behind you and place your foot flat on the ground while still protecting your face. Return to the starting position.

Skydiver

Body Part Focus: Lower Back



Lay face down on floor, with your arms bent at 90 degrees at the shoulder and elbow. Keeping your legs and toes in contact with the floor raise your chest off the ground while maintaining the 90-degree angle at the shoulder and elbow. Hold for 1 count. Return to the starting position.

Wide Push Up

Body Part Focus: Upper Body and Core



Start in the “up” position of push-up with your shoulders directly over your wrists, your hands approximately 6” outside of shoulder width, and feet together or up to a boot’s width apart. Lower yourself down until your chest is approximately 3” off the floor and press back up to the top position. Try to keep your elbows at a 45-degree angle from your torso so you look like an arrow from above while raising and lowering yourself. Your abdominals and leg muscles should stay engaged throughout the entire movement while keeping your head, shoulders, hips, and legs in a generally straight line.

Windmill

Body Part Focus: Hamstrings and Lower Back



Stand with your legs approximately shoulder-width apart, arms straight out to the side, and your knees slightly bent. Initiate the movement by hinging at the hips while reaching with your right arm towards the outside of your left foot. Your hand does not need to touch your foot, only move to the point of a slight stretch. Return to the starting position and repeat with you left arm and right foot. Avoid ballistic, or bouncy stretching in this exercise. Aim for smooth movements.

APPENDIX C: EXERCISE VIDEO INDEX

Exercises	Video Link
Abdominal Crunch	https://youtu.be/xTmMM-AyKRc
Abdominal Reverse Crunch	https://youtu.be/qgA3iGzmdkc
Air Squat	https://youtu.be/EIuf39Sgxbw
Bear Plank	https://youtu.be/IsIIjkkILkw
Bench Tricep Dip	https://youtu.be/IVQCSC-ukP4
Bend & Reach	https://youtu.be/I8N7PmMaeLs
Bicycle Crunch	https://youtu.be/pS5NzCbYMr4
Bodybuilder	https://youtu.be/gZi0sYjCPxc
Burpee	https://youtu.be/Dg0ATRdJBYg
Close Grip Push Up	https://youtu.be/F-adUQ8kMrk
Dead Bug	https://youtu.be/ieDYJYk5tM8
Flutter Kicks	https://youtu.be/qIP911AOGCw
Half Boat Pose	https://youtu.be/SLfv8HWKxa8
Hand Release Push Up	https://youtu.be/KIdTljIH7Dc
Heel Tap Crunch	https://youtu.be/Ei4vplVQ_oA
Hip Bridge	https://youtu.be/h6xb2sbHIeM
Hip Bridge March	https://youtu.be/KAxjCY1W00M
Lateral Lunge	https://youtu.be/SxVHiX7Wf-E
Lateral Plank Walk	https://youtu.be/gfRM6ZUMWi4
Lunge	https://youtu.be/EGr_IRQPnZU
Mountain Climber	https://youtu.be/fCv_yHuulCs
Overhead Squat	https://youtu.be/g_wzqkZ_yzM
Partial Curl Up	https://youtu.be/o-YBgHBzwYE
Pike Push Up	https://youtu.be/18kzPN05GXs
Plank	https://youtu.be/H7HMI7omKb4
Plank Jacks	https://youtu.be/V0TI8w8jD_4
Prone Rower	https://youtu.be/MwfCg2yovlA
Pulse Push Up	https://youtu.be/Sqy8F3SCSCE
Pulse Air Squat	https://youtu.be/Ix1tMG9HZAM
Push Up Plank	https://youtu.be/xuunwE9QGIQ
Push Up	https://youtu.be/c3uXBY8oqK4
Rower Sit Up	https://youtu.be/0BmK_0riaWw
Russian Twist	https://youtu.be/VyKStt12wTc
Side Plank (Left Side)	https://youtu.be/UzBX9M8VT6o
Side Plank (Right Side)	https://youtu.be/UzBX9M8VT6o
Side to Side Hops	https://youtu.be/vt68GrbDsXY
Single Leg Heel Taps	https://youtu.be/OLWGdrJe1Y4
Single Leg Hip Bridge	https://youtu.be/YVE0MZ9AKNc
Spiderman Plank	https://youtu.be/UyEfG3nfdz8
Spiderman Push Up	https://youtu.be/15DBY6tY26c

Sprawl & Up	https://youtu.be/MGtnufTSsi4
Squat Jump	https://youtu.be/AgRLl5eecBk
Tac Fall Standing Base	https://youtu.be/NEthc60WQAg
Skydiver	https://youtu.be/lZDPbzRcY3Q
Wide Push Up	https://youtu.be/1U20L3ZO1GA
Windmills	https://youtu.be/5AKWmYsYzKA
STRETCHES	
Neck Rotations	https://youtu.be/moLpqjQNCMM
Straight Arm Behind Back	https://youtu.be/eqxksFJe6w4
Cross Arm in Front of Chest	https://youtu.be/yGsB5JrQwVE
Overhead Arm Pull with Trunk Lean	https://youtu.be/CaRTEVOrxNA
Hand and Foot	https://youtu.be/MjnD5AjjYys
Straddle	https://youtu.be/qvNORxC0k-0
Seated Groin (Butterfly)	https://youtu.be/ZYVoiInRpJM
Supine Knee Flex (Knees to Chest)	https://youtu.be/fUByNMYkE8w
Side Quadricep Stretch	https://youtu.be/8clhNyN-PHc
Prone Low Back/Hip (Cobra)	https://youtu.be/BwEqIOZuutk
Spinal Twist (Pretzel)	https://youtu.be/zjmrV-4VCuc