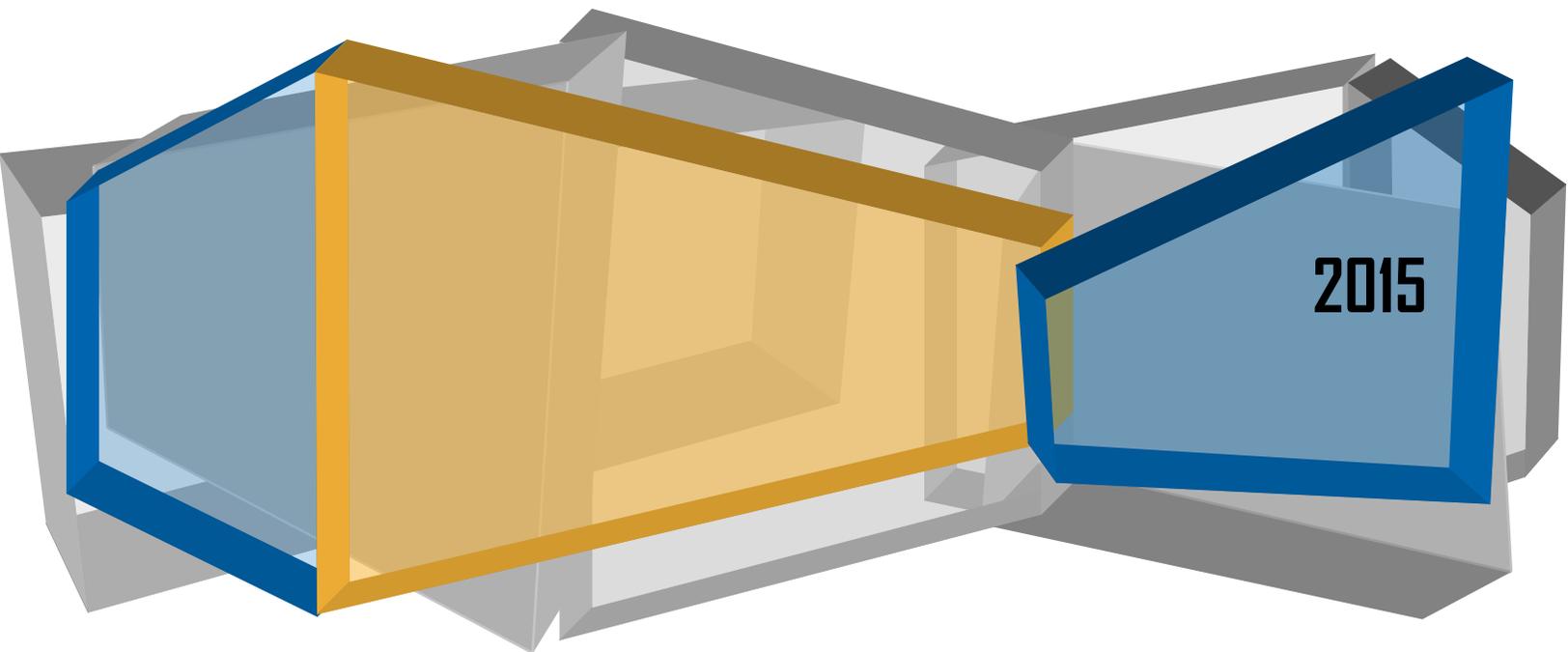


SACRAMENTO POLICE DEPARTMENT



PHYSICAL AGILITY TEST

WWW.SACPD.ORG



CANDIDATES SHOULD BE IN GOOD PHYSICAL CONDITION PRIOR TO TAKING THIS PHYSICAL AGILITY TEST. ATHLETIC CLOTHING SHOULD BE WORN.

BODY DRAG

The candidate will be required to lift a 165 lb. Life-like dummy and drag the dummy 32 feet as rapidly as possible. Timing will start after the candidate has lifted the dummy and the dummy's feet cross the start line. Timing will end when the dummy's feet cross the finish line. (Two Trials)

OBSTACLE COURSE

As rapidly as possible, the candidate will run 99 yards going around, over and between minor obstacles. There will be 6"x 6" curbs and a 34" high sawhorse, which may be cleared by climbing, jumping or vaulting. (Two Trials)

CHAIN LINK FENCE CLIMB

The candidate will run five yards to and then scale a six-foot chain link fence as rapidly as possible and then run an additional 25 yards. The candidate may scale the fence by any method, but may not use any of the side fence supports. (Two Trials)

SOLID FENCE CLIMB

The candidate will run five yards and then scale a six-foot solid wood fence as rapidly as possible and then run an additional 25 yards. The candidate may scale the fence by any method, but may not use any of the side fence supports. (Two Trials)

500-YARD RUN

The candidate will run 500 yards as rapidly as possible on a standard track. (One trial)

CA POST WORK SAMPLE TEST BATTERY

32 Foot		99 Yard		6 Foot		6 Foot		500	
165 Pound		Obstacle		Chain-Link		Solid		Yard	
Body Drag		Course		Fence Climb		Fence Climb		Run	
Seconds/Points		Seconds/Points		Seconds/Points		Seconds/Points		Seconds/Points	
2.7	61	14.0	248	5.5	104	6.4	190	54.3	50
3.0	60	14.7	239	5.9	100	7.0	181	60.2	48
3.4	59	15.3	231	6.3	95	7.6	173	66.1	46
4.3	57	16.1	221	6.7	91	8.2	164	72.0	44
5.1	55	16.8	212	7.1	87	8.8	156	74.9	43
6.0	53	17.4	205	7.5	83	9.4	147	80.8	41
6.4	52	18.0	197	7.9	78	10.0	138	83.7	40
7.6	49	19.5	178	8.3	74	10.6	130	92.6	37
8.5	47	20.1	170	8.7	70	11.2	121	95.5	36
9.3	45	20.7	163	9.1	65	11.8	113	98.4	35
10.8	42	21.4	154	9.5	61	12.4	104	101.4	34
11.0	41	22.1	145	9.9	57	13.0	96	104.3	33
11.4	40	22.8	136	10.3	52	13.6	87	107.3	32
12.2	38	23.5	128	10.7	48	14.2	78	113.2	30
13.1	36	24.1	120	11.1	44	14.8	70	120.5	28
14.3	33	24.8	111	11.5	40	15.4	61	122.0	27
15.2	31	25.2	106	11.9	35	16.0	53	124.9	26
16.0	29	26.2	93	12.3	31	16.6	44	127.9	25
16.8	27	26.8	86	12.7	27	17.2	36	133.7	23
17.7	25	27.5	77	13.1	22	17.8	27	139.6	21
18.5	23	28.2	68	13.5	18	18.4	18	145.5	19
19.8	20	28.9	59	13.9	14	19.0	10	151.4	17
21.0	17	29.5	52	14.3	10	19.6	1	157.3	15
21.8	15	30.2	43	14.7	5	20.2	0	163.1	13
<u>Minimum Passing Score: 384 Points</u>									

City of Sacramento Physical Preparation Information Police Officer/Cadet

One of the basic elements of an effective police officer is his/her physical health and conditioning. Police officers undertake many physical tasks during the course of their work and today's officer must be ready at all times to perform effectively in this role. The Sacramento Police Academy endeavors to prepare its recruits for these physical demands. The key to the success for a Sacramento Police Academy cadet is proper preparation prior to arrival.

1. **Introduction:** Sacramento Police Academy is a challenging and rewarding training program which requires physically fit and self-motivated individuals. The purpose of this memorandum is to help individuals prepare themselves physically for the rigors of the academy and to prevent individuals from entering the academy untrained and de-conditioned.
2. **Academy Training:** After being assessed by the academy staff, recruits embark on a rigorous 24-week training program. While the program is designed to best suit the class as a whole, recruits who arrive de-conditioned may find it very difficult to meet the rigorous physical demands of the academy, which can lead to injuries and ultimately dismissal from the program.

The program includes weekly physically intense circuit training, weight training, and running sessions. This training culminates with a final run test of 5 miles which must be completed in 45 minutes or under. It is recommended that recruits be able to run 5 miles in 65 minutes or less by the start of the academy. Recruits who are able to perform at this level tend to struggle significantly less during the training. The recruit will also be required to complete a physically demanding 2-hour Arrest, Control and Baton final and pass a work sample test battery. Failure to complete these tasks will result in dismissal from the academy.

3. **Work Sample Battery - Physical Agility Test:** See handout in packet.
4. **Additional Academy Tests**

- | | | |
|----------------------------|---|-----------------------|
| • 1.5-Mile Run | • Maximum Bench Press | • Vertical Jump |
| • 300-Meter Sprint | • Maximum Pull-ups (Palm facing outwards) | • Sit and Reach |
| • Maximum push-up | | • Beep Test (VO2 Max) |
| • 1-minute Maximum sit-ups | | |

Conditioning Overview:

To be physically ready to complete the Physical Agility Test and subsequent entry into the Academy it is important to understand the following physical fitness principles as they are all critical components to being physically prepared:

- **Cardiovascular Endurance:** Cardiovascular Endurance refers to the body's ability to uptake and utilize oxygen to produce energy for movement over an extended period of time, 1+ min. This element will be developed through run training and will be important during the runs for the agility test and in the Academy.
- **Muscle Strength:** Muscle strength refers to the body's ability to lift as much weight as possible one time. This element will be developed through strength training and will be important during the fence climbs for the agility test and the circuit training in the Academy.
- **Muscle Endurance:** Muscle endurance refers to the body's ability to lift a weight as many repetitions as possible. This also refers to the muscles ability to maintain a static flexed position for extended durations. This element will be developed through circuit

- training primarily and will be important during the fence climbs for the agility test and the circuit training in the Academy.
- **Flexibility:** Flexibility refers to the body's muscles and tendons ability to be pliable. This element will be developed through stretching and will be important during all phases in the agility test and all physical fitness components in the Academy.
 - **Body Composition:** Body composition refers to the quality or makeup of total body mass. Total body mass can be divided into lean body mass and fat body mass. Lean body mass is composed of bone, muscles and organs, and fat body mass is composed of adipose tissue. The assessment of body composition determines the relative percentages of lean mass and fat mass. The more lean mass you have compared to fat mass, the healthier you will be and the more physically prepared you can become. This element is seen as weight loss, and will be realized by following the training and nutrition plan spelled out below. It will be important during all phases in the agility test and all physical fitness components in the Academy.

Physical preparation for the Academy and the Physical Agility Test

To prepare physically for the agility test and entry into the academy you should establish a strength, cardiovascular and flexibility conditioning base while maintaining a healthy diet. The foundation of this base should first be emphasized before any advanced fitness programming is established. We would recommend the following in order to establish this foundation:

- **Running (Outdoors) + Sprints:** 2 x week of running or run/walking at moderate a pace (intensity is a 4 on a scale of 10) on flat to rolling hill terrain. Begin with 15-40 minutes (depending on fitness level) and add 5 minutes every other week, peaking at 45 minutes. Add an additional day of running after 6-8 weeks of training. Run on non-consecutive days during the week but with no more than 3 days off in a row between runs. At the end of each run complete 2-8 (depending on Fitness level) 50-yard sprints. Begin with 2 repetitions and add 2 repetitions every other week peaking at 8. Start each sprint slowly and build to a 95% effort for the last 20 yards.
- **Strength Training:** 2 x week of weight training, targeting all major muscle groups of the body (quadriceps, hamstrings, low back, abdominal, chest, upper back, shoulders, biceps and triceps). Use either dumbbells or machines or combination of both. Complete 1 exercise per muscle group. To begin, complete 2 sets of 10 reps using a moderate to heavy weight (the effort to complete the last two repetitions is very difficult). Rest interval is 30 seconds between sets. Add an additional set after 4 weeks of training. Weight train with a day of rest or a non-circuit training day between these training sessions. Always include a 5-minute walk or job prior to strength training as a warm-up. (See example exercises in this document)
- **Circuit Training:** 2 x week of circuit training targeting all muscle groups of the body. Start the circuit training after 2-4 weeks (depending on fitness level) of running and standard weight training. Begin with 10-30 minute (depending on fitness levels) circuits and add 5 minutes every other week, peaking at 45 minutes. Each circuit has a specific protocol, which is as follows: complete 30 seconds at the first exercise then move to the next exercise without resting completing 30 seconds at that station. Continue in this manner until all exercises have been complete in the circuit. Take an additional 2 minute break every 10 minutes. Circuit train with a day of rest or a non-strength training day between these training sessions. (See example exercises in this document)
- **Stretching:** 3-6 x week engage in a 10-minute stretching routine after your workouts. This routine should emphasize the lower and upper body. Each stretch should be held for 30 seconds to 1 minute and should be done twice in succession with a 10-second rest between stretches.

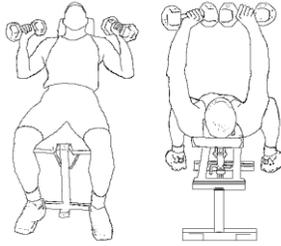
This routine should lay a good foundation of fitness from which an enhanced fitness program can be developed, for entry into the academy. Good luck and we look forward to your success as you prepare for a career as an officer with the Sacramento Police Department.

Strength Training Exercises



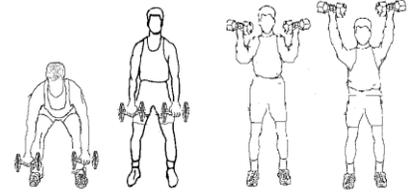
DB One Arm Row

- Place one arm on the seat with head up, back straight, feet firmly on the floor.
- Grip the dumbbell allowing the arm to hang freely, slowly pull the dumbbell up towards you keeping the elbow tight to the body until the elbow is even with the back.
- Ensure that your body remains in position.
- Slowly let the dumbbell drop away from you, back to the starting position and repeat.
- Don't swing the body to complete each rep.



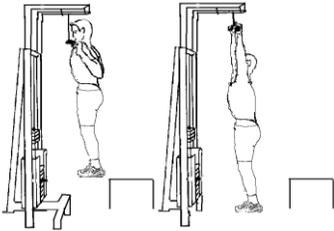
DB Incline Bench Press

- Lie face up on an inline bench (45 degrees) with feet flat on the floor while grasping the dumbbells with a closed, pronated grip, just wider than shoulder width.
- The dumbbells should be at shoulder height at the start of the exercise while the elbows are flared outward.
- Raise the dumbbells upward drawing them together as you ascend until arms are fully extended.
- Return to the starting position.
- Don't arch your back.



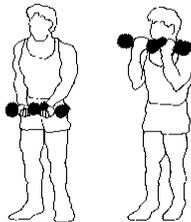
DB Clean w- Overhead Press

- Standing with feet separated to shoulder width w/knees slightly bent hold dumbbells in each hand next to your waist, keeping palms facing towards you.
- Bending at the waist so you are in squatted position (like sitting in a chair).
- The dumbbells should hang freely in front of the shins and the arms perpendicular to the ground.
- Slowly rotate your torso upwards until you are standing erect and the dumbbells are resting on your thighs.
- Once the DB reach the hips, shrug the shoulders bring the dumbbells up above your hips, squat at the knees drop under the dumbbells and bring them to rest at your shoulders. Straighten the knees.
- Then press the dumbbells straight up so the arms are completely extended overhead while performing a mini squat to assist in pressing the DBs overhead. The three previous steps are one continuous motion.
- Reverse the motion, lowering the DBs to the starting position in a slow, controlled manner.
- Repeat until you have completed a set.



Pull-up - standard pull-up bar

- Stand on a chair or bench that is high enough to grasp the bars with elbows completely straight.
- Release your feet from the bench/chair and drop your arms very slow until fully extended.
- Pull on the bar lifting your body until it reaches just below your chin.
- Return to the starting position.
- Don't drop quickly. The movement is slow and controlled.
- Note: This exercise can be completed by keeping your feet on the bench/chair or jumping, grasping and immediately pulling up on the bar. Both will act as an assistant in completing the necessary repetitions.

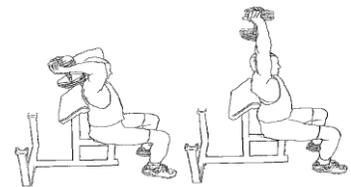


DB Bicep Curl – standing

- Stand with the dumbbells facing the body, the arms are completely extended and relaxed.
- Use your biceps to curl the dumbbells up to chest level. As you curl the dumbbells do not rotate your wrists.
- Lower the dumbbells to the starting position and repeat.

Don'ts:

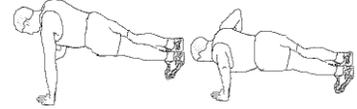
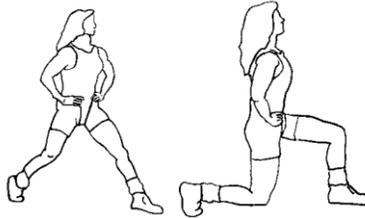
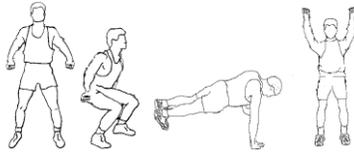
- Don't swing your back or rock your body in an attempt to complete the exercise.



DB Overhead Tricep Extension

- Sit on a chair or 90 degree angle bench, head up, back straight, feet firmly on the floor.
- Hold one dumbbell (vertical to floor) with both hands overhead.
- Raise the dumbbell upward over your head until arms are extended.
- Keeping elbows at one fixed point, pointed forward.
- Lower the dumbbell behind your head in a slow, controlled manner.
- Keep the dumbbell vertical throughout the lifting and lowering motion.

Circuit Training Exercises



Burpees with Jump

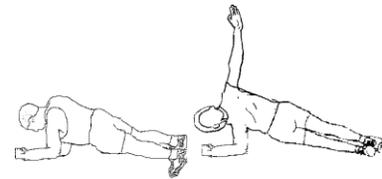
- Stand upright and both hands in front of the body while the feet are flat on the ground. Feet should be just wider than shoulder width and toes slightly pointed outward.
- Begin the exercise by lowering the body towards the floor as though you are going to sit in a chair, while looking forward and keeping the back straight. The soles of the feet remain flat on the ground.
- Once the knee joint achieves a 90-degree angle, thrust the legs out behind you while placing your hands/arms onto the floor in a push-up position.
- Return to the standing upright position, complete a jump with hands overhead and then reversing your motion.

Walking Lunges

- With hands on your hip step directly forward with your right foot about 2 1/2 feet. Upper body remains straight and leaning slightly forward; lower yourself down until your left thigh is approximately 45 degrees to the ground.
- Carry the left foot through and place it next to the right foot standing upright. Repeat with the left foot The heel of your trailing foot (right/left foot) will rise.
- Don't let your front knee move farther forward than your front foot.

Push-up:

- Start face-down on the floor with arms extended and just past shoulder width apart, back flat and feet together. The body is supported at the feet.
- Lower body towards the floor until chest is a fist length from the floor, while keeping back parallel to the floor.
- Push your body back to starting position slowly and with control until your elbows are fully extended.
- Note: Complete only half of the downward movement if entire movement is too difficult or complete the pushup on your knees. Build to complete the entire movement.
- Don't allow the back to sway or bow.



One-Arm Kettlebell Swing

- Place one kettlebell (use a DB if needed) between your feet. Push back with your butt and bend your knees to get into the starting position. Make sure that your back is flat and look straight ahead.
- Swing the kettlebell between your legs forcefully as if you are passing a football to someone behind you. Quickly reverse the direction and drive through with your hips explosively taking the kettlebell straight out. Let the kettlebell swing back between your legs and repeat. Switch arms with each set. Remember that the swing is primarily a hamstring exercise and that is where all of the power is generated from. It is not a front raise.

Mahler's Aggressive Strength LLC

Plank Windmill

- Start face-down on the floor with elbows bent and shoulder width apart, back flat and feet together. The body is supported at the feet. Alternate position is with the knees supporting the body.
- Raise a completely extended left arm while rotating the torso and hips until the hand is directly above the shoulder. Rotate down again placing the elbow back to its starting point.
- Complete the Windmill action with the opposite arm. Complete the exercise until the set is complete.

Stretching

Flexibility, the ability to move your joints through their full range of motion, is one of the key elements of fitness, along with body composition, cardiovascular endurance and muscle strength. The way to maintain or improve flexibility is to stretch.

Basics:

Frequency: After Warm-up and after every workout and an additional 1-2 times per week. Stretching when muscles are cold could lead to a strain or pull.

Duration: After warm-up and/or after workouts. Complete 10 minutes

Intensity: 2-3 sets of 30-60 seconds. Hold each stretch, do not bounce, the stretch should be static

Stretching should be completed statically. Static stretching calls for gradually stretching through a muscle's full range of motion until you feel resistance or mild discomfort.

A stretching routine should cover all the major muscle groups of the body as well as any specific muscle groups that are being utilized in a sport or activity. The movement of other areas of the body, other than the muscle group being stretched, should be minimized. Maintain a regular breathing pattern when stretching. Stretching will not head off delayed-onset muscle soreness - the kind that generally occurs the day after unaccustomed strenuous exercise.

Source: ACE

Shoulder



Pull arm across chest until stretch is felt. Turn head away from the pulling arm. Repeat with other arm.

Triceps



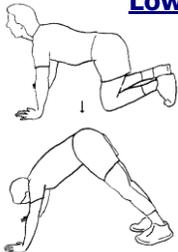
Pull elbow behind head until stretch is felt. Repeat with other elbow.

Inner Thigh/Groin



Sitting – knees spread apart at the feet and feet are placed against one another. Place hands on ankles and elbow on knees. Leverage elbows downer against knees until the stretch is felt.

Low Back –Calf: Downward dog



Kneeling with hands/arms on the ground, raise hips straight up, keeping toes and hands on the ground. While hips are raised, press arms into the floor, pushing the pelvis backward, which presses the heels of the feet into the floor. Lower hips back to starting position.

Hamstring and Low Back



With right leg straight out in front of you and left foot placed against right thigh, lean forward until stretch is felt. Repeat on opposite leg.

Hips, Upper Hamstrings and Low Back

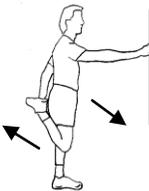


On your back pull your left knee into your chest feeling the stretch in the upper hamstring/glutes. Hold, then keeping shoulders flat on floor pull leg towards floor/opposite shoulder until stretch is felt. Repeat on opposite leg.

Hips and Low Back



With Left leg over right, bring right arm over leg. Push left leg across body until stretch is felt. Turn head over left should. Repeat on opposite leg.



While standing, hold on to something firm. Pull the right ankle behind you then bend forward and open up the hip to stretch the thigh. Repeat on opposite leg.

Good Nutrition Provides Energy: The foods you eat provide the energy your body needs to function. The main form of energy for your body is carbohydrates. Your body has the easiest time digesting carbohydrates like sugar and starch. Carbohydrates are broken down into different carbohydrate units, including glucose. Glucose is your body's favorite form of energy.

Good Nutrition Provides Raw Material: Protein in the foods you eat is broken down into individual [amino acids](#). Your body uses the amino acids to build and repair the various parts of your body. Your muscles contain lots of protein, and you need to replenish that protein through your diet. Your body also needs protein for components of your immune system, hormones, nervous system, and organs. Your body also needs fats to be healthy. Membranes that contain fats surround all the cells of your body. Your brain has fatty acids, and fats are also needed to signal hormones.

Vitamins and minerals: Vitamins and minerals you get from your diet are just as important as carbohydrates, protein and fats; however, you only need them in small amounts. Vitamins and minerals usually function as co-enzymes, which means they help chemical reactions in the body happen a lot faster.

Your diet needs to provide adequate amounts of all of these vitamins and minerals. A healthy, balanced diet will provide you with lots of vitamin and minerals. An unhealthy diet may make your body deficient in one or more of these helpers.

Good Nutrition Means Good Health: A healthy diet will give your body the right amount of energy, enough raw materials and all of the "little helpers" you need to stay healthy. A bad diet will give you too many or too few calories, not enough vitamins and minerals. A good diet follows the guidelines below:

- Variety - Eat foods from all food groups and subgroups.
- Proportionality - Eat more of some foods (fruits, vegetables, whole grains, fat-free or low-fat milk products), and less of others (foods high in saturated or *trans* fats, added sugars, cholesterol salt, and alcohol.).
- Moderation - Choose forms of foods that limit intake of saturated or *trans* fats, added sugars,
- cholesterol, salt, and alcohol.
- Activity - Be physically active every day.

Intake

- Carbohydrate Intake - 45 - 65%
- Protein Intake - 10 - 35% or .36 grams per lb of body weight
- Fat Intake - 20 - 35%
 - Saturated fat - <10%. Most of the fat intake should consist of monounsaturated fats while avoiding partially hydrogenated fats or trans-fatty acids.
- Cholesterol Intake - < 300 mg/day
- Sodium Intake - 1200 - 2400 mg/day
- Fiber Intake – 25 - 35 mg day
- Folic acid - 400 micrograms/day
- Limit alcohol and caffeine intake

Water Balance: Water intake is an important component to proper nutrition. The recommended daily intake is 3.7 liters for men and 2.7 liters for women. This volume can be taken in by drinking not only water but milk, juice, tea and other beverages.