

# Academy Fitness Test Preparation Manual



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**NOTE:**

**The following information is not intended and should not be construed as medical advice. This information should not be relied upon as a substitution for medical attention from qualified health professionals who are familiar with your individual needs.**

## WHAT ARE THE PHYSICAL FITNESS AREAS TO BE TESTED?

1. Aerobic Power or Cardiovascular Endurance
2. Anaerobic Power
3. Muscular Endurance (Core Body)
4. Muscular Endurance (Upper Body)
5. Flexibility (Lower Back + Hamstrings)
6. Body Composition (Percent Body Fat)

## WHAT ARE THE PHYSICAL FITNESS TEST COMPONENTS?

1.5 Mile run

Agility

Sit Ups

Push Ups

Sit and Reach

3 Site Skinfold Method

## MINIMUM STANDARDS TO PASS

### MALES

	<u>20-29</u>	<u>30-39</u>	<u>40-49</u>	<u>50-59</u>
<b>BODY FAT</b>	19.8	22.7	24.8	26.4
<b>SIT UPS</b>	39	36	30	25
<b>SIT AND REACH</b>	17"	16"	15"	14"
<b>PUSH UPS</b>	31	25	19	14
<b>1.5 MILE RUN</b>	12:20	13:22	14:08	15:08
<b>AGILITY</b>	18.6	18.6	18.6	18.6

### FEMALE

S

	<u>20-29</u>	<u>30-39</u>	<u>40-49</u>	<u>50-59</u>
<b>BODY FAT</b>	26.7	28	31.3	34.8
<b>SIT UPS</b>	31	26	21	16
<b>SIT AND REACH</b>	19.5	18.5	18	17
<b>PUSH UPS</b>	25	20	14	13
<b>1.5 MILE RUN</b>	15:10	15:47	16:34	17:29
<b>AGILITY</b>	23.3	23.3	23.6	23.6

## **6 WEEK PROGRESSIVE PLAN TO PASS THE FITNESS TEST**

### **Jogging Program For Improving 1.5 Mile Run Time**

<u>WEEK</u>	<u>WORKOUT</u>	<u>TIME (MIN)</u>	<u>DAYS/WEEK</u>
1	JOG 2 MILES	20:00	3
2	JOG 3 MILES	29:00	3
3	JOG 3 MILES	27:00	2
	JOG ½ MILE	5:00	1
	RUN ½ MILE	4:00	
	WALK	4:00	
	REPEAT RUN/WALK 3 TIMES		
4	JOG 3 MILES	26:00	2
	JOG ½ MILE	5:00	1
	RUN FAST	1:00	
	WALK	1:00	
	JOG	1:00	
	REPEAT RUN/WALK 7 TIMES		
5	JOG 3 MILES	26:00	2
	JOG ½ MILE	5:00	2
	RUN ½ MILE	3:45	
	SLOW JOG	3:00	
	REPEAT RUN/SLOW JOG 3 TIMES		
6	JOG 3 MILES	25:30	2
	JOG ½ MILE	5:00	2
	RUN 1/4 MILE	1:45	
	SLOW JOG	1:30	
	REPEAT RUN/SLOW JOG 6 TIMES		

## Agility Test



Agility is the ability to change the direction of the body in an efficient and effective manner, which requires a combination of:

### Balance

The ability to maintain equilibrium when stationary or moving (i.e. not to fall over) through the coordinated actions of our sensory functions (eyes, ears and the proprioceptive organs in our joints).

Static Balance - ability to retain the center of mass above the base of support in a stationary position

Dynamic Balance - ability to maintain balance under changing conditions of body movement

### Speed

The ability to move all or part of the body quickly

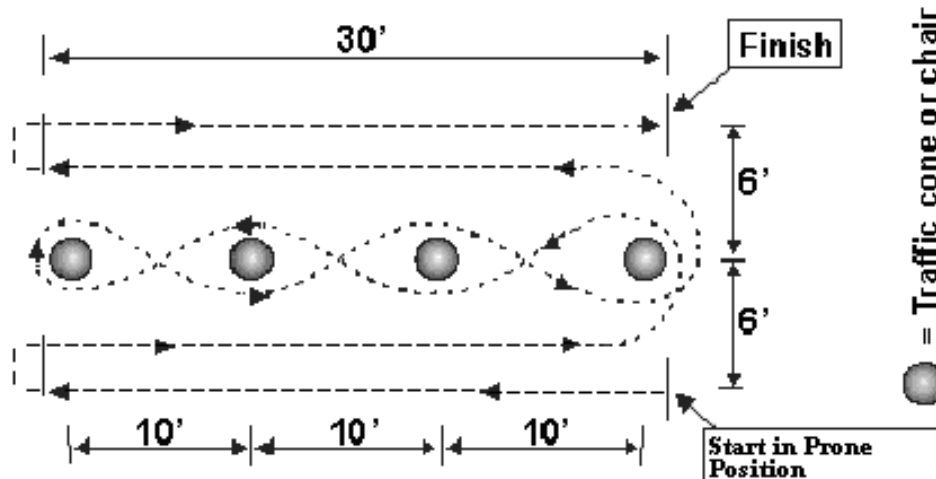
### Strength

The ability of a muscle or muscle group to overcome a resistance

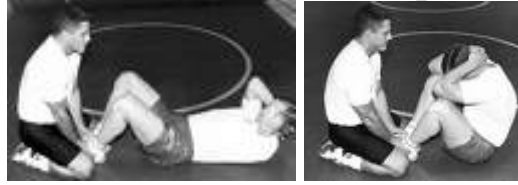
### Co-ordination

Harmonious functioning of muscles or groups of muscles in the execution of movements

**Procedure:** Individuals should lie on their front (head to the start line) and hands by their shoulders. On the 'Go' command the stopwatch is started, and the individual gets up as quickly as possible and runs around the course in the direction indicated, without knocking the cones over, to the finish line, at which the time is stopped.



## Preparing For The Sit-Up Test



**Purpose:** This test measures the muscular endurance of the abdominal muscles. This is important for performing tasks that involve the use of force. It helps to maintain good posture and minimize lower back problems.

**Procedure:** Lie on your back, with your knees bent at a 90 degree angle, and your heels on the mat. Your feet may be together or apart, but the heels must stay in contact with the mat. Your fingers must stay interlocked behind your head throughout the exercise. **DO NOT PULL ON THE NECK.**

Touch your elbows to your knees, and return to the starting position.

Test administrators will not count the repetitions in which you fail to; keep your fingers interlocked, touch your elbows to your knees, touch your shoulders to the mat, or lift your hips off the mat. You will have one minute to do as many sit-ups as possible.

### **Tips** to improve your One-Minute Sit-up Test

1. Inhale at the beginning of the sit-up and exhale as you finish the movement.
2. Proper form and positioning will contribute to better performance and ensure safety of the exercise.

### **6-Week Sit-up Adaptation Routine** Monday through Friday

#### **Week 1**

3 sets/15 reps

#### **Week 2**

3 sets/20 reps

#### **Week 3**

3 sets/25 reps

#### **Week 4**

3 sets/30 reps

#### **Week 5**

3 sets/35 reps

#### **Week 6**

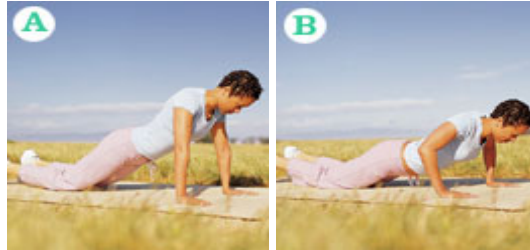
1 set to fatigue *or* 1 minute

Do each workout every other day. Do not do on consecutive days.

## Preparing For The Push-Up Test



### Modified (Female) Push-Up



**Purpose:** This test measures the muscular endurance of the upper body muscles of the shoulder, chest, and back of the upper arms (extensors). This is important for use of force involving pushing motion.

**Procedure:** Place your hands on the ground approximately shoulder width apart. Your feet may be together, or up to 12 inches apart. Your body should be in a straight line from the shoulders to the ankles, and must remain that way throughout the exercise. Lower your body by bending your elbows until your chest hits the fist of the tester and return to the starting position by straightening your arms.

**Tips** to improve your One-Minute Push-up Test

1. You may rest in the up position.
2. Proper form and positioning will contribute to better performance and ensure safety of the exercise.

### 6-Week Push-up Adaptation Routine Monday through Friday

**Week 1**

3 sets/10 reps

**Week 2**

3 sets/15 reps

**Week 3**

3 sets/20 reps

**Week 4**

3 sets/25 reps

**Week 5**

3 sets/30 reps

**Week 6**

1 set to fatigue *or* 1 minute

Do each workout every other day. Do not do on consecutive days.

## Sit And Reach



The individual will sit on the floor with his/her shoes off, with the heels inside the Sit & Reach assessment box. Placing one hand over the other, the person will reach out over the box as far as possible and return to the starting position. The movement will be steady and smooth without ballistic/bouncing movements. The individual will hold his/her fingertips on the measuring box until the tester can record the measurement.

## Improving Flexibility

Start stretching these major muscles weeks before the test. Stretch slowly with static stretching – no bouncing. Stretch to tension, not to pain. This will be beneficial for you to stretch daily to increase flexibility.

### Chest Stretch



- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent
- Hold your arms out to the side parallel with the ground and the palms of the hand facing forward
- Stretch the arms back as far as possible
- You should feel the stretch across your chest

### Biceps Stretch



- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent
- Hold your arms out to the side parallel with the ground and the palms of the hand facing forward
- Rotate the hands so the palms face to the rear
- Stretch the arms back as far as possible
- You should feel the stretch across your chest and in the biceps

## Upper Back Stretch



- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent
- Interlock your fingers and push your hands as far away from your chest as possible, allowing your upper back to relax
- You should feel the stretch between your shoulder blades

## Shoulder Stretch



- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent
- Place your right arm, parallel with the ground across the front of your chest
- Bend the left arm up and use the left forearm to ease the right arm closer to your chest
- You will feel the stretch in the shoulder
- Repeat with the other arm

## Shoulder and Triceps Stretch



- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent
- Place both hands above your head and then slide both of your hands down the middle of your spine
- You will feel the stretch in the shoulders and the triceps



## Side Bends



- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent, hands resting on the hips
- Bend slowly to one side, come back to the vertical position and then bend to the other side
- Do not lean forwards or backwards

## Abdominal and Lower Back Muscles



- Lie face down on the ground in a prone position
- Lift your body off the ground so that only your forearms and toes support you. The elbows should be on the ground and should be almost directly below your shoulders. Your forearms and hands should be resting on the ground, pointed straight ahead, toes and feet should be shoulder width apart and your head in line with your spine  
Contract your gluteus (bum) muscles gently. Hold for ten seconds
- Lift your right arm off the ground, straighten it and point it straight ahead, holding it in the air for 10 seconds
- Return to the starting position
- Repeat with the left arm
- Return to starting position
- Lift your right leg off the ground and hold it there for ten seconds (keep back straight)
- Return to starting position
- Repeat with left leg
- Return to starting position
- Lift your right arm and left leg simultaneously and hold them in position for ten seconds
- Return to starting position
- Lift your left arm and right leg simultaneously and hold them in position for ten seconds
- Return to the starting position

## Hamstring Stretch



- Sit on the ground with both legs straight out in front of you
- Bend the left leg and place the sole of the left foot alongside the knee of the right leg
- Allow the left leg to lie relaxed on the ground
- Bend forward keeping the back straight
- You will feel the stretch in the hamstring of the right leg
- Repeat with the other leg

## Calf Stretch



- Stand tall with one leg in front of the other, hands flat and at shoulder height against a wall.
- Ease your back leg further away from the wall, keeping it straight and press the heel firmly into the floor
- Keep your hips facing the wall and the rear leg and spine in a straight line
- You will feel the stretch in the calf of the rear leg
- Repeat with the other leg

## Hip and Thigh Stretch



- Stand tall with your feet approximately two shoulder widths apart
- Turn the feet and face to the right
- Bend the right leg so that the right thigh is parallel with the ground and the right lower leg is vertical
- Gradually lower the body
- Keep your back straight and use the arms to balance
- You will feel the stretch along the front of the left thigh and along the hamstrings of the right leg

- Repeat by turning and facing to the left

### **Adductor Stretch**



- Stand tall with your feet approximately two shoulder widths apart
- Bend the right leg and lower the body
- Keep your back straight and use the arms to balance
- You will feel the stretch in the left leg adductor
- Repeat with the left leg

### **Groin Stretch**



- Sit with tall posture
- Ease both of your feet up towards your body and place the soles of your feet together, allowing your knees to come up and out to the side
- Rest your hands on your lower legs or ankles and ease both knees towards the ground
- You will feel the stretch along the inside of your thighs and groin

### **Front of Trunk Stretch**



- Lie face down on the floor, fully outstretched
- Bring your hands to the sides of your shoulders and ease your chest off the floor, keeping your hips firmly pressed into the ground
- You will feel the stretch in the front of the trunk

## Iliotibial Band Stretch (Hip)



- Sit tall with legs stretched out in front of you
- Bend the right knee and place the right foot on the ground to the left side of the left knee
- Turn your shoulders so that you are facing to the right
- Use your left arm against your right knee to help you stretch further
- Use your right arm on the floor for support
- You will feel the stretch along the length of the spine and in the muscles around the right hip

## Quadriceps Stretch



- Lie face down on the floor, resting your forehead on your right hand
- Press your hips firmly into the floor and bring your left foot up towards your buttocks
- Take hold of the left foot with the left hand and ease the foot closer to your buttocks
- Repeat with the right leg
- You will feel the stretch along the front of the thigh

## Heart Healthy Menu

This 7-day meal plan follows the guidelines of the American Heart Association. The menus average 1700 to 1800 calories per day. You may adjust the menus to meet your caloric needs by increasing or decreasing portion sizes, as well as adding or eliminating snacks. Remember to pay attention to fat, cholesterol and sodium content when making substitutions.

<b>SUNDAY</b>	
<b>Breakfast</b>	2 pieces French toast with 1 Tbsp light margarine and 3 Tbsp light syrup; 1 cup cantaloupe; 1 cup skim milk
<b>Lunch</b>	Lime-Chicken Salad (marinate 3 oz chicken breast in 2 Tbsp lime juice, 1 tsp olive oil, 1 tsp cilantro; grill or broil, then slice and serve over 2 cups salad greens tossed with 1 chopped green onion, 1/4 cup artichoke hearts, 2 Tbsp crumbled feta cheese and 2 Tbsp vinaigrette dressing); 4 crisp breadsticks; 1 cup strawberries with 2 Tbsp whipped topping
<b>Dinner</b>	Tortellini & Mixed Vegetables (top 2 oz cheese-filled pasta with 1 1/2 cups mixed vegetables and 1/2 cup low sodium pasta sauce); 1 cup salad with 2 Tbsp light dressing; 1 slice garlic toast (drizzle French bread with 1 tsp olive oil and minced garlic)
<b>Snacks</b>	1 cup orange juice with calcium; 2 graham crackers with 1 Tbsp unsalted peanut butter
<b>MONDAY</b>	
<b>Breakfast</b>	Banana Spice Smoothie (1 banana, 1 cup skim milk, 1 Tbsp orange juice concentrate and 1/8 tsp nutmeg blended until smooth); 1/2 oat bran bagel with 1 Tbsp light cream cheese; 1/4 cup walnuts
<b>Lunch</b>	Veggie Burger (1 patty on whole wheat bun with 1 Tbsp light mayo, 1 tsp mustard, lettuce, tomato, onion); 1/2 cup baked unsalted "fries" with 2 Tbsp ketchup (without added salt); 1 pear
<b>Dinner</b>	Calypso Grill with Pork (combine 1/4 each onion, red bell pepper and green bell pepper, 2 slices pineapple, pinch of cinnamon and sugar, 1 Tbsp pineapple juice, 1 tsp light margarine; grill with 2 oz pork loin); 1/2 cup couscous; 1/2 cup cooked carrots; 1 frozen yogurt bar
<b>Snacks</b>	4 low sodium wheat crackers with 1 oz low fat, low sodium cheese; 1 cereal bar
<b>TUESDAY</b>	
<b>Breakfast</b>	1/2 cup grits; 1 wheat English muffin with 1 Tbsp light margarine and 1 Tbsp jam; 1 cup orange juice with calcium
<b>Lunch</b>	Turkey Tacos (season 3 oz ground turkey with 1/4 chopped onion and 1/4 tsp each chili powder and cumin, spoon meat into 2 taco shells, top each taco with 1/4 cup chopped lettuce, 1/4 cup chopped tomato, 1 Tbsp shredded low fat / low sodium cheese, 1 Tbsp light sour cream, 1 Tbsp salsa); 1/2 cup low sodium beans; 1 apple
<b>Dinner</b>	Baked Catfish; 1 cup roasted corn and potatoes (coat vegetables with 1 tsp olive oil and sprinkle with herbs); 1/2 cup zucchini; 1 piece cornbread with 1 Tbsp light margarine

<b>Snacks</b>	1 cup lowfat chocolate milk; 1/4 cup trail mix (with unsalted nuts)
<b>WEDNESDAY</b>	
<b>Breakfast</b>	1 cup multi-grain cereal; 1 cup skim milk; 2 Tbsp unsalted nuts; 1 banana
<b>Lunch</b>	Roast Beef Sandwich with Red Peppers (2 slices whole grain bread, 3 oz lean roast beef, 1 oz low sodium Swiss cheese, 1 roasted red pepper, 1 tsp spicy mustard); 1 oz baked chips; 1/4 cup avocado; 1/2 cup coleslaw; 1 peach
<b>Dinner</b>	Honey-Mustard Chicken (3 oz chicken breast topped with 1 Tbsp honey mustard); 1/2 cup wild rice; 1 cup broccoli; 1 whole wheat roll with 1 Tbsp light margarine
<b>Snacks</b>	1 small box raisins; 3 cups light unsalted popcorn
<b>THURSDAY</b>	
<b>Breakfast</b>	1/2 cup egg substitute; 1 low fat muffin; 6 oz cranberry juice cocktail (100% juice)
<b>Lunch</b>	Stuffed Baked Potato (1 baked potato stuffed with 1/2 cup broccoli, 1/4 cup salsa, 1 oz low fat / low sodium monterrey jack cheese, 1 Tbsp light sour cream, 1 Tbsp light margarine); 1/2 cup baby carrots; 1 cup fruit salad with 2 Tbsp whipped topping
<b>Dinner</b>	Manicotti filled with Spinach and Cheese (frozen entree); 1-2 cups salad with 2 Tbsp light dressing; 1 slice whole grain bread with 1 Tbsp light margarine
<b>Snacks</b>	1/2 cup unsalted cottage cheese with 1/2 cup fruit; 1 cup nonfat milk, 6 vanilla wafers, 1 Tbsp unsalted peanut butter
<b>FRIDAY</b>	
<b>Breakfast</b>	Breakfast Burrito (cook 1/2 cup egg sub, 2 Tbsp spinach, 2 Tbsp mushroom; spoon into 1 flour tortilla, top with 1 Tbsp light sour cream, 1 Tbsp salsa, 1 Tbsp grated low fat / low sodium cheese); 1 cup orange juice with calcium
<b>Lunch</b>	Tuna Salad Pocket (combine 3 oz water packed, low sodium tuna with 1 Tbsp light mayo and 1 Tbsp minced onion; place 1 lettuce leaf and 2 tomato slices in each half of wheat pita and fill with tuna salad); 1 mozzarella cheese stick; 1 cup grapes
<b>Dinner</b>	Sweet & Sour Chicken (heat 1/4 cup pineapple juice with 2 Tbsp white wine, stir-fry 3 oz chicken breast, 1/2 cup carrots, 1/2 red bell pepper, 1/2 green bell pepper, 1/4 cup water chestnuts, 1/4 cup pineapple chunks, 1 Tbsp sweet and sour sauce); 1 cup brown rice; 1 cup bok choy
<b>Snacks</b>	Fruit Shake (blend 1 cup skim milk, 1/2 cup fruit and ice); 1 oz unsalted almonds

**SATURDAY**

<b>Breakfast</b>	Pumpkin Spice Bagel (1 oat bran bagel spread with 1 Tbsp canned pumpkin, 1 Tbsp applesauce, 1 tsp honey, 1/8 tsp each cinnamon and nutmeg); 1/4 cup unsalted nuts; 1 cup skim milk
<b>Lunch</b>	1 cup low sodium bean soup; 1-2 cups salad with 2 Tbsp light dressing; 1 piece cornbread with 1 Tbsp light margarine
<b>Dinner</b>	Garlic Shrimp over Linguine (heat 1 tsp olive oil and 2 Tbsp cooking wine, sauté 3 oz shrimp, 1 clove minced garlic, 1 chopped green onion; serve over 1 cup cooked linguine); 1 cup asparagus; 1 slice bruschetta (French bread topped with 1/2 chopped tomato, 1/2 oz mozzarella, 1 tsp olive oil, basil and vinegar)
<b>Snacks</b>	4 oz pudding cup; 1 oz animal crackers with 6 oz grape juice (100% juice)

\* The Heart Healthy Menu is not intended and should not be construed as medical advice. This information should not be relied upon as a substitution for medical attention from qualified health professionals who are familiar with your individual needs.

For questions please contact:

John Evon  
Wellness Supervisor  
Hampden County Sheriffs Wellness/Training Dept.  
413-547-8000 Extension 2551  
Email: john.evon@sdh.state.ma.us