

WA POLICE Applicant – Physical Training Program

The accompanying information is provided as a guide only. You are advised to consult with your doctor and to seek appropriate professional advice prior to commencing any type of exercise or physical activity, including any of the exercises suggested in the following diagrams and words.

By acting upon any of the information below, you acknowledge and agree that:

- You assume the risks associated with any and all activities and exercises in which you participate;
- you are solely responsible for any and all injuries, changes, affect of otherwise that may occur to you, including death; and
- no warranties or representations have been made to you regarding the results you will achieve from the accompanying information and that results are individual and may vary.

Neither the State of Western Australia ("State"), the Western Australian Police Service ("WAPS") nor the Commissioner of Police ("Commissioner"), nor any officer, member or employee of the State, the WAPS or the Commissioner shall be liable, in negligence or howsoever, for any illness or injury (including death) sustained by or occurring to you on account of or in the course of any exercise or physical activity undertaken by you in the remedial exercise program referred to in or contemplated by this document.

Weekly Program

Day	Activity	Related test
1	Strength Session #1 - Body Weight (See Page 2)	Push Pull Agility
2	Cardio Session #1 - Beep Test Specific Mark out three different distance shuttles (10m/20m/30m) 5min continuous 10m shuttles (2min rest) 5min continuous 20m shuttles (2min rest) 5min continuous 30m shuttles (2min rest) 5min continuous 10m/20m/30m shuttles (2min rest)	Beep Test Agility
3	Core and Agility Session (See Page 3)	Sit Up Agility
4	Rest/Light Activity Day (30mins of Walking/Cycling/Swimming/Stretching)	N/A
5	Strength Session #2 - Gym Workout (See Page 2)	Push Pull Glock Test
6	Cardio Session #2 - Long Fartlek Run 10min Easy jog warm up 6 x (2min Moderate Intensity Run/30sec High Intensity Run) 5min Easy jog cool down	Beep Test
7	Mock Test Day Sit Up Beep Test Agility	N/A

- Before beginning any exercise program you should seek advice from a medical practitioner.
- If you are unfamiliar with any of the training principles or exercises listed in this program please seek the guidance of a qualified professional.
- This training program can be completed as a whole or in individual sessions as required.
- Complete a thorough warm up (5-10min jog) and full body stretch before completing any form of exercise.
- A cool down and stretch should be conducted at the conclusion of each session.
- All weighted strength exercises should be conducted using a weight that you are able to safely complete the required reps using the correct technique.
- A gradual increase in training provides the best results because it increases your body's ability to adapt and recover.
- It is recommended that you have 1-2 rest days before completing your applicant testing session so that your body is well recovered from training.
- Cease training immediately if you experience any abnormal sensations, difficulty breathing or chest pain and consult a medical practitioner immediately.
- This training program is designed as a guide only.

Strength Sessions (Day One and Five)

Strength Session #1 – Body weight (Day One)

Exercise	Sets	Reps	Notes
Push Up Hold	6	5-10 sec	Starting in the push up position, hands slightly wider than shoulder width apart. Lower chest towards the ground until elbows are at 90° (ensure chest is not touching the ground). Hold this position for the nominated time.
Burpees	3	10	Begin in a standing position. Drop into a squat position with your hands on the ground. Extend your feet back in one quick motion to assume the push up position. Perform one push up. Return to the squat position in one quick motion. Return to standing position and jump vertically.
Supine Pull Ups	3	10	Position yourself under a bar (eg. Pedestrian rail at a park). Grip the bar shoulder width apart, arms and legs straight with your chest positioned directly under the bar. Keeping your body straight pull your chest towards the bar.
Body Weight Squats	3	20	Feet shoulder width apart, hips back first, keep knees behind toes and back straight.
Tricep Bench Dips	3	15	Legs out straight in front of body, hands placed on the edge of bench fingers pointing to the floor. Lower body towards the ground keeping your back close to the bench. Make sure that your elbows track backwards and not out to the side.
Single Leg Calf Raise	2	20 each side	Stand on one leg on a step or platform with heel hanging off the edge. Keeping your leg straight raise your heel. Lower back to the starting position. Make sure you are holding onto something to keep you stable.
Prone Bridge	3	60 sec	Lying in a plank position with elbows on the ground. Keeping shoulders, hips and knees in line.
Push Ups	3	10-20	Starting in the push up position, hands slightly wider than shoulder width apart. Lower chest towards the ground until elbows are at 90° and return to starting position. Ensure that your ankles, knees, hips and shoulders are aligned.

Strength Session #2 – Gym Workout (Day Five)

Exercise	Sets	Reps	Notes
Bench Press	3	10	Grip barbell slightly wider than shoulder width apart, keep back flat, lowering bar to chest.
Seated Row	3	10	Sit upright with back straight, arms extended out in front. Grip v-handle with two hands, pull v-handle towards abdomen keeping your back straight and squeezing between the shoulder blades.
Dumbbell Squat	3	10	Holding dumbbells by your side. Feet shoulder width apart, hips back first, keep knees behind toes and back straight.
Barbell Upright Row	3	10	Stand holding a barbell in front at hip height with arms slightly narrower than shoulder width apart. Pull upwards to chest height keeping barbell close to the body, raising elbows first. Lower slowly to starting position.
Dumbbell Lunge Walk	2	20m	Holding dumbbells by side with a split stance, both feet pointed straight forwards. Bend knees, keeping them behind toes. Alternating feet as you walk forwards.
Captains Chair Knee Lift	3	10	Supporting yourself in the captains chair, raise knees to chest. Lower slowly back to starting position.
Lat Pull Down/Assisted Chin Up	3	10	Gripping Lat pull-down bar/assisted chin-up bar slightly wider than shoulder width apart, hands facing away, pull up to chin level.
Reverse Grip Barbell Bicep Curl	3	10	Grasp barbell shoulder width apart with palms facing towards body. Curl the bar upwards bending only at the elbows. Lower slowly back to starting position.

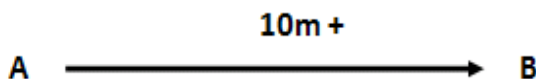
Core and Agility Session (Day Three)

Core Session

Exercise	Sets	Reps	Notes
Reverse Police Sit Up (Negative)	2	20	Starting at the top of the full police sit up. Lower yourself to the ground in a controlled manner.
Toe Touches	2	20	Lying on your back with arms and legs straight in the air. From this position keep your legs still reach up with your arms to touch your fingertips to toes.
Reverse Crunch	2	20	Lay on your back, with the legs in the air, knees slightly bent. Place your arms on the floor by your side. Lift your hips a couple of inches off the floor. Hold for 1-2 seconds before returning the hips to the floor.
Prone Bridge	4	30 sec	Lying in a plank position with elbows on the ground. Keep shoulders, hips and knees in line and hold for the nominated time.
Russian Twist	3	15 each side	Balance on your bottom with knees bent and heels just off the ground. Holding hands together touch them to the ground on the right side of your body rotating through your core. Then touch the ground on the left side and repeat.
Wrist to Knee Crunch	2	20	Start with your back on the ground and knees bent at 90°. Keeping arms out straight and in contact with the thighs, slide wrists up to knees. Control and lower back to starting position.

Agility Session

- 10 x Lying Start Sprints (A to B) over 10m (walk back to start recovery).



- 10 x Out and Back Weaves (A to B) 4 cones 2m apart (10 sec recovery between each)



- 10 x Zig Zag Turns (A to B) approx 9m between each zig zag (walk back to start recovery)

