



VICTORIA POLICE

# Prepare to pass the fitness test

## Why is a healthy level of fitness important for the Policing role?

### Physical benefits:

- Improves nerve and muscular coordination (movement speed, agility and accuracy) and helps develop a stronger body.
- Prevents excess weight gain and maintains a healthy weight for optimal physical performance on the job.
- Improves delivery of oxygen and nutrients to your muscles and helps your cardiovascular system work more efficiently.

### Psychological benefits:

- **Sharpens memory** – regular physical activity boosts memory and the ability to learn.
- **Increases relaxation** – Improves quality of sleep.
- **Productivity** – research shows that workers who take time to exercise on a regular basis are more productive and have more energy than their more sedentary peers.
- **Improves self-confidence** – regardless of weight, size, gender or age, exercise can quickly elevate a person's perception of self-worth.
- **Alleviates anxiety** – aerobic exercise can reduce anxiety.

## What are the primary fitness components being tested in the Victoria Police fitness test?

FITNESS TESTS	FITNESS COMPONENTS
1.  GRIP TEST 2.  PUSH-UPS 3.  OBSTACLE CLIMB	These fitness tests require <b>muscular strength</b> , which is the ability to carry out work against a resistance.
1.  PRONE BRIDGE 2.  ILLINOIS AGILITY TEST	These fitness tests require <b>muscular endurance</b> , which is the ability to repeat a series of muscle contractions without fatiguing.
1.  BEEP TEST 2.  100 METRE SWIM	These fitness tests require <b>cardiovascular fitness</b> which is being able to perform physical activity continuously for extended periods without tiring.

## Download the POLICE FIT fitness app to start training for the Victoria Police fitness test today!

Available for download from the App Store and Google Play.

POLICE FIT fitness app is available for download from:



## How can I prepare for the Victoria Police Fitness test?

Aim for at least 150 minutes/week of moderate-intensity aerobic exercise, or 75 minutes/week of vigorous aerobic exercise. Examples of aerobic exercises include running, walking or swimming.

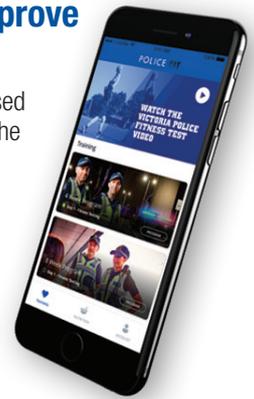
In addition to the aerobic exercise recommendations, it is also suggested that you participate in strength training at least two times per week by lifting free weights (e.g. dumbbells, kettlebell), using weight machines or doing body weight exercises.

Be sure to space out your training sessions evenly across the week, allowing your body approximately 24 hours to recover. If you want to lose weight or improve fitness to meet specific fitness goals, you may need to increase duration or intensity of session, or both.

## What exercises can I do to improve my strength and fitness?

The exercises below, and more, can be accessed on the **POLICE FIT** app (free to download via the App Store or Google Play).

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VICTORIA POLICE FITNESS TESTS	EXERCISES AND DRILLS
 <b>ILLINOIS AGILITY RUN</b>	<ol style="list-style-type: none"> <li>Burpees</li> <li>Interval runs</li> </ol>
 <b>GRIP TEST</b>	<ol style="list-style-type: none"> <li>Farmer's carry</li> <li>Stress ball squeeze</li> <li>Monkey bar hang</li> </ol>
 <b>PUSH-UPS</b>	<ol style="list-style-type: none"> <li>Hand release push-ups</li> <li>Incline push-ups</li> </ol>
 <b>PRONE BRIDGE</b>	<ol style="list-style-type: none"> <li>Side bridges</li> <li>Intermittent prone bridges – hold full bridge for 20 seconds, relax for 20 seconds and repeat for a total of 2 minutes.</li> </ol>
 <b>OBSTACLE CLIMB</b>	<ol style="list-style-type: none"> <li>Jump squats</li> <li>Dips – tempo</li> </ol>
 <b>BEEP TEST</b>	<ol style="list-style-type: none"> <li>20m Shuttle run – sprints</li> <li>1km run</li> </ol>
 <b>100 METRE SWIM</b>	<ol style="list-style-type: none"> <li>Continuous swimming – increase duration with each effort.</li> </ol>

A detailed explanation and demonstration of these exercises can be found on the **POLICE FIT** app.

To ensure you have developed the fitness level required to withstand the speed increments of the beep test, take the time to run through this very simple treadmill drill.

	TIME	SPEED
<b>PHASE 1</b>	Minutes 1-4	Start on 8.5km/hr, increase every minute by 0.5 km/hr. Finishing on 10km/hr.
<b>PHASE 2</b>	Minutes 5-7	Continue running, decrease speed every minute by 0.5km/hr. Finishing on 8.5km/hr.
<b>COOL DOWN</b>	Minutes 8-10	Walking.

Find out more

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