

# POLICE



VICTORIA POLICE FITNESS APP



VICTORIA POLICE

## Victoria Police fitness test

Watch the fitness test video @ [www.policecareer.vic.gov.au](http://www.policecareer.vic.gov.au) and download the **POLICE FIT** fitness app to start your training today!



### GRIP TEST

**GOAL** You will need to achieve 30kg or higher on both hands.

**HOW** Grip the dynamometer with one hand and raise above your head with a straight arm. When ready, squeeze the dynamometer with maximum effort while slowly lowering your straight arm out in front of your body until it rests beside your leg, then release.

**WHY** To measure your finger, hand and forearm strength.

**TIP** Forearm strength is equally important as hand strength for this test and don't forget to work harder on your non-dominant side.



### PUSH UPS

**GOAL** You will need to achieve five successive push ups on your toes.

**HOW** Start by lying flat on the ground with your hands below your shoulders and your toes making contact with the floor. Then, push up, keeping your back and arms straight. Then, continuing to keep your back straight, lower your torso until your arms are at a 90 degree angle from shoulder to elbow, with your body in a straight line. Repeat five times.

**WHY** To measure your upper body strength.

**TIP** Ensure you follow correct technique, focus on being able to control each push up and practise to be able to do more than the five reps required for the test.

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:

Download on the  
**App Store**

ANDROID APP ON  
**Google play**



## PRONE BRIDGE

**GOAL** You will need to hold the bridge position, maintaining a straight line from shoulders through the hips, knees and toes for 60 seconds.

**HOW** To adopt the prone bridge, you lie face down and align your toes under your ankles and place your forearms under your shoulders. Then lift your body in a straight line, balanced on your forearms and toes while looking at your hands. Hold this position for 60 seconds.

**WHY** To measure your core strength.

**TIP** Be sure to maintain a straight body position and train to hold this position for more than the 60 seconds required.



## BEEP TEST

**GOAL** You are required to attain a level of 5.01 on the beep test.

**HOW** Mark out a 20 metre course on a flat surface with markers at each end. Download the beep test audio file and ensure that you are running the segments in the required timeframe as denoted by the beeps.

**WHY** To test your cardiovascular and aerobic fitness.

**TIP** Remember to ensure that one foot touches or crosses over the line at each turn and practise to achieve more than the 5.01 required. Download the beep test audio file at [www.policecareer.vic.gov.au](http://www.policecareer.vic.gov.au).



## SWIM TEST POLICE APPLICANTS ONLY

**GOAL** You are required to swim 100 metres in 4 minutes, using any stroke or combination of strokes, without stopping or allowing your feet to touch the bottom of the pool at any time.

**HOW** Start in the water holding on to the edge of the pool. You will need to swim the 100 metres without stopping, ensuring that you touch each end of the pool before pushing off to swim the next lap.

**WHY** To assess your ability to save yourself or others in the water.

**TIP** You may need to undertake swimming lessons if you are not a strong swimmer. Train to achieve more than the 100 metre distance required in the 4 minute timeframe to provide you with confidence on testing day.



## OBSTACLE

**GOAL** You are required to climb over a 1.3 metre obstacle in a controlled manner.

**HOW** Start by standing in front of the vaulting horse with your hands resting on its top. When ready, support your body weight using your hands until you can position one knee on top of the obstacle. Using the anchor points of your hands and knee, climb over the top of the obstacle and down the other side.

**WHY** To test your ability to support your own bodyweight.

**TIP** Find a technique that works best for you.



## ILLINOIS AGILITY TEST

**GOAL** You are required to run the full course in 20 seconds or less.

**HOW** Set up a course reflecting the dimensions required (google search will provide exact measurements) using a space approximately 9.14m x 4.16m in size. Use household items such as plastic bottles as markers to replace cones. Start by lying flat on the floor, hands beside your shoulders and run the course without touching any of the markers.

**WHY** To test your speed and agility.

**TIP** Practise your starts to be able to pop up with speed from the floor position and transition into a sprint quickly. Remember to avoid hitting the markers as you weave through the course.

### AGILITY COURSE SET-UP

