

TROOPER CHALLENGE FITNESS TESTS

FITNESS TEST PROTOCOL

BENCH PRESS

When ready to lift, the officer will take the bar out of the rack and lower it to his/her chest (at or slightly below nipple level). The lifter will pause the weight at chest level until the judge gives the command to press. At the command "Press," the lifter will drive the weight upward until the arms are fully extended and hold this position until he/she is told to rack the weight. During this lift the officer must have both feet flat on the floor and his/her buttocks must remain in contact with the bench at all times.

ONE MINUTE SIT-UPS

The sit-ups will be performed on a padded floor mat. The officer's knees will be flexed at approximately a 90-degree angle and a spotter will anchor his/her feet in place. The officer will cross the arms and place his/her fingertips on the shoulders. A sit-up will be completed when the officer sits up and touches the top of the knees with his/her elbows, and then returns to the mat. Once the shoulder blades touch the mat, the officer can repeat the process. The officer should do as many as possible in one minute for the maximum accumulation of points. At all times the buttocks must remain in contact with the mat and the hands must remain on the shoulders.

SIT AND REACH

The officer will sit on the floor with his/her bare or stockinged feet flat against the measuring box. A partner will hold the officer's knees to prevent them from bending as he/she moves forward. Placing one hand over the other, the person will reach out over the box as far as possible and return to the starting position. This will be repeated three times: the movement back and forth will be steady and smooth (no ballistic movements). On the third reach, the officer will hold his/her fingertips on the measuring box until the tester can record the measurement.

PULL-UPS

This test will be performed with the hands placed at shoulder width or wider on the bar with palms facing away from the body. In the starting position, the officer will hang from the bar with the arms fully extended. At the command "go" the officer will lift himself/herself up until the chin touches the bar, and then lower himself/herself back to the starting position. The officer will pause in the fully extended position until the "go" command is given by the judge. This motion will be repeated as many times as possible.

LAT PULLDOWNS

With the weight stack of the lat machine set at 100 lbs. for males and 70 lbs. for females, the lifter grasps the bar with palms facing away from the body using a grip slightly wider than shoulder width. Arms are extended above the head and the lifter should be in a seated or kneeling position. The bar is lowered behind the head to the occipital region at the back of the skull, then returned to the starting position with the arms fully extended.

The lat pulldown test is terminated when the lifter can no longer bring the bar down to the occipital region of the skull.

1.5-MILE RUN

The 1.5-mile run is a timed event that will be completed on a 400-meter track. Officers will be paired with spotters who will count their laps and keep track of their finishing times.