

Criminal Justice Academy | Physical Training Program

Objective:

- **Physical Training Program:** To improve the overall physical health and wellness of each recruit over the span of course study while also equipping them with tools to continue physical training post program completion. Course study to focus on cardiovascular and respiratory recovery with emphasis on agility, flexibility, functional strength and injury prevention to bolster a lasting career.
- **Nutrition Program:** To provide an introduction to basic nutrition knowledge and highlight its pertinence to Law Enforcement & Corrections careers.

Physical Training | Overview of Program Exercise(s)

- **The Physical Training (PT) Program will begin and end with an Academy Physical Fitness Standards Report as set forth by the Florida Department of Law Enforcement (FDLE) as outlined (Form CJSTC 75B).**
- **The PT Program is focused on cardiovascular endurance and recovery with emphasis on functional strength using self-resistance, agility and flexibility.**
 - Functional strength is a classification of exercise which involves training the body for the activities performed in daily life.
 - Self-Resistance is the utilization of one's own body as the weight resistance during strength or fitness training.
- **Daily exercise programs (designed per Instructor) will push recruits to their (individual) maximum cardiovascular output for short durations followed immediately by moderate to strenuous physical activity to improve recovery while the recruit is still physically performing. This method of training is to simulate a real-world situation form of recovery. Recruits will be trained to recover their breathing and have muscles perform past the initial exercise.**
 - Ex. Recruits sprint at maximum speed for 100 meters then recover while completeing instructor specified number of standard push-ups.
- **PT Class exercises will vary day-to-day per Instructor's discretion. with minimal equipment usage.**
- **Each class will include pre-workout static and active stretching with a cardiovascular warm-up based on the exercises performed that day.**
- **Daily Exercises to include but are not limited to the following examples with variations and added resistance (Ex. Dumbbells, Kettle Bells and partner work). Each exercise can be advanced or modified per each individual recruits physisclal ability and fitness level.**



Criminal Justice Academy | Physical Training Program

Standard Push-Ups
Push-Up Variations
Triceps Dips
Pull-Ups
Parallel Bars
Standard Squats
Sumo Squats (Wide Foot Position)
Deep Squats
Single-Leg Squats
Calf Raises
Squat Jacks
Mountain Climbers
Burpees
Burpee Jumps
Jumping Jacks
Box Jumps
Sit-ups
Bicycle Sit-Ups
Crunches
Crunch Kick-Outs
Russian Twists

Lemon Squeezes
V-Ups
Leg Lifts
Six Inch Holds
Windshield Wipers
Swimmer Kicks
Scissor Kicks
Hip Raises
High & Low Planks
Plank Jacks
Reverse Planks
Forward Lunges
Walking Lunges
Reverse Lunges
Side-to-Side Lunges
High-Knees
Sprints (100m or less)
Short Run (300m to 1mile)
Moderate-Run (1mile to 3miles)
SJRSC Obstacle Course