

## **ALEA TROOPER, TRAINEE (CANDIDATE)**

### **PAAT Physical Fitness Preparation Plan**

#### **I. Physical Ability Assessment Preparation Plan**

The following is a five-week workout plan designed to develop cardiorespiratory fitness, dynamic strength with push-ups and sit-ups. Before starting any exercise, you should complete a dynamic warm up to prevent any injury and prepare the body for work. The dynamic warmup should incorporate exercises that involve the large muscle groups.

The running calendar is a six-day work out with one off day. This can be substituted with eight days of continuous running with two consecutive days off.

#### **Sample dynamic warm up exercises**

1. Running in place
2. Jumping jacks or side straddle hops
3. Lunges
4. Air squats
5. Arm circles
6. Leg swings

#### **Core work**

1. Planks 5 sets of 30-60 seconds
2. Sit ups 5 sets of 15
3. Straight leg lifts 5 sets of 10
4. Crunches 5 sets of 15

#### **Upper body**

1. Wide pushups 5 sets of 10
2. Triceps dips 5 sets of 5
3. Close or diamond pushups 5 sets of 5

**NOTE:** Each set is followed by one minute of rest and five minutes of rest between each exercise.

## **II. Physical Agility Obstacle Course Preparation Plan**

The entry-level trooper applicant should train for the wall climb, vehicle push, and weight drag of the agility portion of the APOSTC PAAT with the exercises listed below. The exercises should be performed two to three days per week for best results. This workout plan should adequately provide all candidates, regardless of gender, with positive results to ensure they have few difficulties for passing the PAAT.

### **VEHICLE PUSH AND WEIGHT DRAG**

1. Squats 3 sets of 10 repetitions
2. Calf raise 3 sets of 10 repetitions.
3. Leg Curls 3 sets of 10 repetitions.
4. Leg extensions 3 sets of 10 repetitions.

### **WALL CLIMB**

1. Dumbbell bench press 3 sets of 10 repetitions.
2. Pullups or Chin ups 3 sets of 10 repetitions.
3. Dips-Triceps 3 sets of 10 repetitions.
4. Dumbbell curls 3 sets of 10 repetitions.

### **OPTIONAL EXERCISES**

1. Military press 3 sets of 10 repetitions
2. Front lateral raise 3 sets of 10 repetitions
3. Side lateral raise 3 sets of 10 repetitions.

ALEA Corporal Michael Britton is available to candidates who have questions or require additional explanation about the workout plan. He can be reached via email at [Michael.Britton@alea.gov](mailto:Michael.Britton@alea.gov) or phone at (334) 414-3521.

**DISCLAIMER:** You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

**MONTH ONE**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
OFF	Run 20 minutes Upper body	Run 20 minutes	Run 30 minutes Core work	Run 20 minutes Upper body	Run 30 minutes Core work	Run 40 minutes
OFF	Run 30 minutes Core work	Run 20 minutes Upper body	Run 30 minutes Core work	Run 20 minutes Upper body	Run 30 minutes Core work	Run 40 minutes
OFF	Run 20 minutes Upper body	Run 30 minutes Core work	Run 20 minutes Upper body	Run 30 minutes Core work	Run 20 minutes Upper body	Run 40 minutes
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