YOUR PHYSICAL FITNESS TRAINING STARTS
BEFORE THE ACADEMY

Greetings,

Thank you for your interest in serving our community through the Jacksonville Sheriff’s Office. Your success or failure at the Academy depends on you. So start preparing now. Our largest percentage of drop outs comes from poor or lack of physical fitness training before the Academy. We hit the ground running from day one and it is incumbent upon you to take responsibility for your own physical fitness now. At the Academy we follow the “CrossFit” model of physical exercise that focusses on core strengthening and circuit training to increase stamina and strength. Emphasis on stamina! Simply lifting weights and speed walking will not properly prepare you. On the following pages are many of the core exercises that you will encounter while at the Academy. The numbers of reps and times listed are not set requirements. They can fluctuate dramatically while at the Academy. These are just suggestions so that you can set goals for yourself before the Academy.

***IMPORTANT NOTE***

**BEFORE STARTING ANY PHYSICAL TRAINING PROGRAM, YOU SHOULD CONSULT WITH YOUR DOCTOR TO ENSURE YOU DO NOT HAVE ANY UNKNOWN MEDICAL CONDITIONS. THIS IS STRONGLY RECOMMENDED. DISCUSS THESE EXERCISES WITH YOUR DOCTOR**

**EXERCISING ON A SOFT SURFACE IS RECOMMENDED (FOAM MAT OR TOWEL)**

- **RUNNING:**
  - You should be able to run continuously for 1.5 miles without stopping.

- **PUSH-UPS:**
  - 25 reps in a row
• **SIT-UPS:**
  - 25 reps in a row

• **“TALIBANS”**
  - 10 reps in a row

• **PARATROOPERS: 20 reps in a row**
• **PLANKS:** In place for 1 minute

• **PULL-UPS : 5 REPS**

• **PULL-UPS : 5 REPS (Assisted)**

• **PULL-UPS : 5 REPS (Machine assisted)**

• **PULL-UPS : Correct technique**
• **Grip Strength:**
  o Increasing your grip strength will greatly assist you with passing the Firearms portion of the Academy.
  o **Type 1: Farmer’s Walk** - Carry a heavy weight in each hand over a distance:
    ![Image](image1.png)
  o **Type 2: Straight Arm Hang** - Hang straight armed from a pull-up bar for time.
  o **Type 3:** Use a hand gripper or squeeze a tennis ball.

• **Circuit Training (CrossFit):**
  o Alternate your exercises - For example:
    • Do a straight 1 mile run one day
    • On another day combine your run with exercises.
      o For example: Run a ¼ mile then do 10 pushups, run another ¼ mile then do 20 sit-ups, etc...).
  o Combine exercises to form a circuit - For example:
    ▪ Do 10 pushups followed by 10 sit-ups followed by 10 paratroopers. Then rest for a moment and repeat.

• **Always Stay Hydrated**
  o Florida is hot and humid. Drink plenty of water before, during, and after your workout.

We want you to succeed with your career goals.
Make sure you properly prepare yourself before the Academy.
If you have any questions, please call the Academy at 904-713-4900.

***Important Note***

**Before starting any physical training program, you should consult with your doctor to ensure you do not have any unknown medical conditions. This is strongly recommended. Discuss these exercises with your doctor.**

**Exercising on a soft surface is recommended (foam mat or towel).**