



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 "**Functional Fitness**" 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 Safety 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 and your recommended water intake with your doctor.

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

*Quotes used in this guide is advice often provided by trainers at our Academy.



The Four Pillars of Physical Wellness

These are the four main things you need to focus on now to get you ready for the Academy.

1. Diet
2. Rest
3. Hydration
4. Physical Exercise



Diet

We do not recommend any particular “fad” diet. Everyone is different and has to find out what works best for them individually.

Diet is first on the list because 80% of your body composition is determined by how you eat!

Eat proper foods that fuel your body.

“You can not out PT a bad diet!”



Rest

If you are not getting enough rest and quality sleep you will never perform at your best either physically or cognitively.

Rest is number two because without getting enough, you will burnout and loose everything you have worked hard for.

“Muscles are not made in the gym. They are made in the recovery time between workouts.”



Hydration

Staying properly hydrated is the final pillar of physical wellness. **Florida is Hot and Humid** so “hydrate today for the work you will do tomorrow.”

Proper hydration is balance. It is just as dangerous to be over hydrated as it is to be dehydrated. Drink when you are thirsty and also take in salt from food sources to maintain a proper balance.

In general, you should try to drink between **half an ounce and one ounce of water for each pound you weigh, every day.** For example, if you weigh 150 pounds, that would be 75 to 150 ounces of water a day. **Similar to the exercises please seek medical advice regarding your recommended water intake prior to starting a workout plan, as individual needs for hydration varies.**



Physical Exercise

Our PT focuses on functional movements that translate into law enforcement work (running, sprinting, jumping, climbing, fighting, strength building etc.). We will not spend much time on heavy weightlifting or long distance running. We will spend a lot of time on circuit/interval training.

Exercise is an important part of your wellness. However PT is listed fourth because without your diet and rest time dialed in, your PT efforts will not be as effective.

“Be fit to be useful.”

Following are some examples of PT movements you can do now to prepare for the Academy.



Circuit/Interval Training

Circuit/interval training is a form of body conditioning or resistance training using high-intensity aerobics with minimal rest. It targets strength building, muscular endurance and cardiovascular endurance.

Combine exercises to form a circuit:

For examples:

- Run a $\frac{1}{4}$ mile then do 10 pushups, run another $\frac{1}{4}$ mile then do 20 sit-ups, etc.).
- Do 10 pushups followed by 10 sit-ups followed by 10 paratroopers. Rest for a moment and repeat.

There are many online (and free) websites that offer daily and body-part specific circuit workouts to help you with a plan.



Running

You should be able to run continuously for 1.5 miles without stopping (walking). No set time limit.



Sprinting

Running as fast and as far as you can for as long as you can (10 - 30 seconds).



Push-ups – 25 reps in a row

1



2



3



Sit-ups – 25 reps in a row

1



2



3



4



5



“Talibans” (Burpees) – 10 reps in a row

1



2



3



4



5



6



7



Paratroopers – 20 reps in a row

1



2



3



4



5



6



Planks – hold for 1 minute

1



2



3



4



5



Pull-ups – 5 reps

1



2



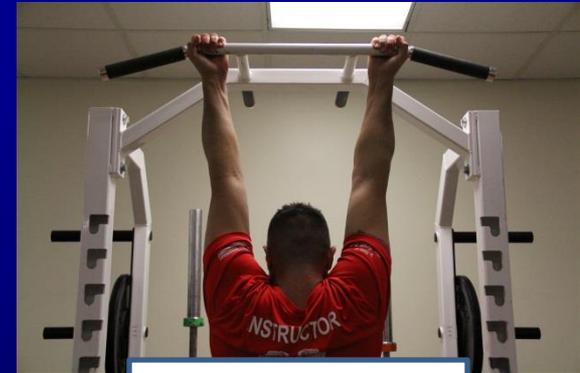
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Pull-up Techniques



**HANDS TOO FAR
APART**



WRONG GRIP



CORRECT



Pull-ups Buddy Assisted



Pull-ups Machine Assisted

1



2



3



Improving Grip Strength

Increasing your grip strength will greatly assist you with passing the Firearms portion of the Academy.

- **Type 1: Farmer's Walk** - Carry a heavy weight in each hand over a distance (until muscle failure):



Improving Grip Strength

- **Type 2:** Hang straight armed from a pull-up bar for time (until muscle failure):





**We want you to succeed
with your career goals.**



Make sure you properly prepare yourself before the Academy!

**Voluntary applicant workouts every other
Tuesday, 6pm, at the Academy!**

If you have any questions,
please call the Academy at 904-713-4900.

* Presentation available on JoinJSO.com

Jacksonville Sheriff's Office • *Connect with us: www.jaxsheriff.org*

