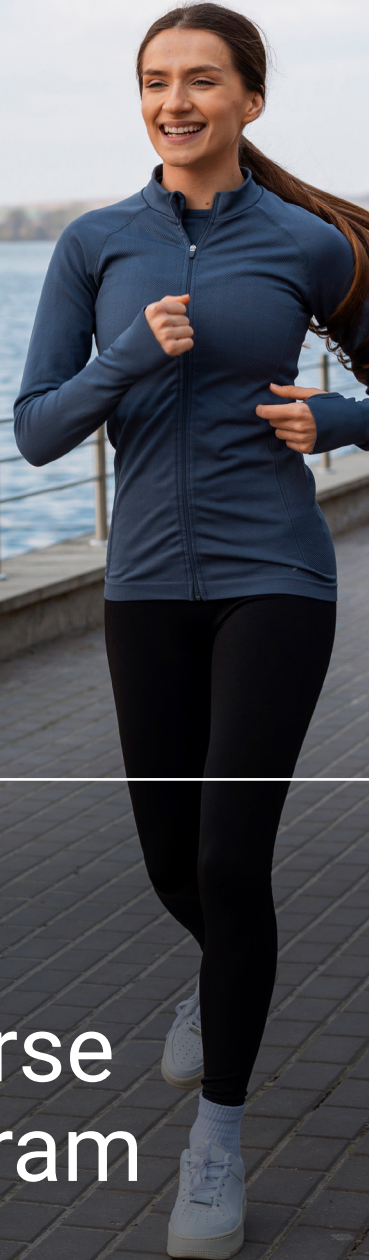




AFP



**AFP Pre-Course
Fitness Program**

Program explanation

4 EXERCISE PROGRAM
AFP Pre-Course Fitness Program 5

Beginner to intermediate

This exercise program is to prepare candidates for the physical components of the AFP recruit training course.

After passing the Entry Physical Competency Assessment (EPCA), it is recommended to get a fitness professional to help you carry out this exercise program.

Note: It is recommended to seek medical advice from your doctor or physio before you start an exercise program.

EXERCISE WARM UP:
 Cardio 3 to 5 minutes, foam roll + stretch as needed

Then complete 3 rounds of the following:
 Worlds greatest stretch x 6, wide squats x 6, band external rotator x 6, SL glute bridges x 6, prone YTW x 6, push up with T rotation x 6, walking lunges x 6, scorpions x 6, 4 - stage sit up x 6.

DAY 1

Order	Exercise	Set	Reps	Tempo	Rest(s)	Week	Weight (kg/set)				RPE/10	Regression	Progression	Coaching cues
							1	2	3	4				
1	1a. DB hinge/deadlift	3	10	1-1-1	30	1						Banded hinge pattern	KB deadlift	Refer to video demonstration
	1b. Banded pull aparts		10	1-1-1	90	2						SA banded pull apart	Cable face pull	Refer to video demonstration
2	2a. DB reverse lunge	3	8/side	1-1-1	30	1						Static lunge	DB walking lunge	Refer to video demonstration
	2b. DB incline row		10	1-1-1	90	2						Cable seated row	DB bent over row	Refer to video demonstration
3	3a. Step down	3	8/side	1-1-1	90	1						Smaller step	Higher step	Refer to video demonstration
	3b. DB floor chest press		10	1-1-1	30	2						Push ups	DB bench press	Refer to video demonstration
4	4a. Tippy toes farmer's carry	3	30	1-1-1	30	1						KB farmer's carry	Suitcase carry	Refer to video demonstration
	4b. Max push ups		Max	1-1-1	90	2						Push ups off a bench	Banded push ups	Refer to video demonstration

WARM UP:
Complete warm up as prescribed prior to each session.

ORDER:
Complete exercises in this particular order. If there is a number by itself, complete that set and rep range before moving on. If the number is followed by a,b,c etc. Complete exercise 'a' straight into exercise 'b' and so on. Complete full set and rep range before moving onto the next number. This is called a superset.

EXERCISE:
Exercise to complete.

SET:
How many 'rounds' you complete of the set rep range.

- List of acronyms:**
- BB Barbell
 - DB Dumbbell
 - FFE Front foot elevated
 - KB Kettlebell
 - EPCA Entry Physical Competency Assessment
 - RDL Romanian deadlift
 - SL Single leg
 - SA Single arm

REPS:
How many times you complete the exercise in one set.

TEMPO:
Is the speed at which you complete an exercise (3-1-2); 3 being the eccentric or 'downwards' phase of the movement, 1 being the pause of the movement, 2 being the concentric or 'upwards' phase of the movement.

REST:
Use this prescribed rest during each set of your exercise. Example: Complete 1x4a use 30 seconds to set up the next exercise, complete 1x4b then rest for 90 seconds. The rest has been prescribed based on the energy system you are expected to use during training.

PROGRAM OBJECTIVE
 Unsworn to sworn; physically prepare candidates for college.
 Understand and engage with movement patterns.
Complete PCA; Stage 4 sit up | 15/30 push ups | 6.5 beep test.

OBJECTIVE FOR THIS PROGRAM:
Gain an understanding of movement patterns and prepare future recruits for the physicality of college and policing.

REGRESSION:
If you are unable to complete the prescribed exercise, please regress to this exercise until you are confident with your form.

PROGRESSION:
If you are completing the exercise prescribed with ease and you want to challenge yourself, please progress to this exercise.

COACHING CUES:
This outlines an explanation on how to do the movement. Please follow the links to view a video demonstration of the exercises before completing the program. If you are unsure of your form please seek a professional to assist you.

DATA:
Please record your weight in (kg) per set in the given area. If you would like you can provide an RPE out of 10; 10 being you failed the rep range and 1 being you could move that weight forever.

Beginner to intermediate

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Note: It is recommended to seek medical advice from your doctor or physio before you start an exercise program.

EXERCISE WARM UP:

Cardio 3 to 5 minutes, foam roll + stretch as needed

Then complete 3 rounds of the following:

Worlds greatest stretch x 6, wide squats x 6, band external rotator x 6, SL glute bridges x 6, prone YTW x 6, push up with T rotation x 6, walking lunges x 6, scorpions x 6, 4 - stage sit up x 6.

PROGRAM OBJECTIVE

Unsworn to sworn; physically prepare candidates for college.

Understand and engage with movement patterns.

Complete PCA; Stage 4 sit up | 15/30 push ups | 6.5 beep test.

DAY 1																
Order	Exercise	Set	Reps	Tempo	Rest(s)	Week	Weight (kg/set)				RPE/10	Regression	Progression	Coaching cues		
							1	2	3	4						
1	1a. DB hinge/deadlift	3	10	1-1-1	30	1					Banded hinge pattern	KB deadlift	Refer to video demonstration			
						2										
						3										
	1b. Banded pull aparts		10	1-1-1	90	4								SA banded pull apart	Cable face pull	Refer to video demonstration
						5										
						6										
2	2a. DB reverse lunge	3	8/side	1-1-1	30	1					Static lunge	DB walking lunge	Refer to video demonstration			
						2										
						3										
	2b. DB incline row		10	1-1-1	90	4								Cable seated row	DB bent over row	Refer to video demonstration
						5										
						6										
3	3a. Step down	3	8/side	1-1-1	90	1					Smaller step	Higher step	Refer to video demonstration			
						2										
						3										
	3b. DB floor chest press		10	1-1-1	30	4								Push ups	DB bench press	Refer to video demonstration
						5										
						6										
4	4a. Tippy toes farmer's carry	3	30	1-1-1	30	1					KB farmer's carry	Suitcase carry	Refer to video demonstration			
						2										
						3										
	4b. Max push ups		Max	1-1-1	90	4								Push ups off a bench	Banded push ups	Refer to video demonstration
						5										
						6										

DAY 2																	
Order	Exercise	Set	Reps	Tempo	Rest(s)	Week	Weight (kg/set)				RPE/10	Regression	Progression	Coaching cues			
							1	2	3	4							
1	1a. Lat pull down	3	10	1-1-1	30	1					Inverted row	Banded pull up	Refer to video demonstration				
						2											
						3											
	1b. Goblet squat		10	1-1-1	90	4								Bodyweight squat to bench	BB back squat	Refer to video demonstration	
						5											
						6											
2	2a. DB seated shoulder press	3	10	1-1-1	30	1					Machine shoulder press	DB standing shoulder press	Refer to video demonstration				
						2											
						3											
	2b. DB walking lunges		10/side	1-1-1	90	4								Static lunges	FFE reverse lunge	Refer to video demonstration	
						5											
						6											
3	3a. Eccentric push ups	3	Max	2-1-1	90	1					Push ups off knees	Push ups	Refer to video demonstration				
						2											
						3											
	3b. Tricep push down		15	1-1-1	30	4								Bench dips	Body weight dips off bar	Refer to video demonstration	
						5											
						6											
4	4a. Banded deadbugs	3	20	1-1-1	30	1					Deadbugs	Weighted deadbugs	Refer to video demonstration				
						2											
						3											
	4b. Suitcase carry		20	1-1-1	90	4								Farmer's carry	Uneven farmer's carry	Refer to video demonstration	
						5											
						6											

DAY 3 (From week 4-6)														
Order	Exercise	Set	Reps	Tempo	Rest(s)	Week	Weight (kg/set)				RPE/10	Regression	Progression	Coaching cues
							1	2	3	4				
1	1a. DB RDL	3	12	3-1-1	30	4					Banded RDL/Hinge pattern	BB RDL	Refer to video demonstration	
	5													
	6													
2	1b. DB bench press	3	12	1-1-1	90	4					DB floor press	DB incline bench	Refer to video demonstration	
	5													
	6													
3	2a. DB SA row	3	10	1-1-1	30	4					Seated row	DB bent over row	Refer to video demonstration	
	5													
	6													
4	2b. DB glute bridges	3	15	1-1-1	90	4					Banded glute bridge	DB hip thrusts	Refer to video demonstration	
	5													
	6													
3	3a. Face pull	3	12	1-1-1	30	4					Banded face pull	Rear delt fly	Refer to video demonstration	
	5													
	6													
4	3b. Push ups	3	Max	1-1-1	90	4					Elevated push up	Banded push up	Refer to video demonstration	
	5													
	6													
4	4a. Plank hold	3	0:40	1-1-1	30	4					Elevated plank	Weighted plank	Refer to video demonstration	
	5													
	6													
4	4b. Side plank	3	0:15	1-1-1	30	4					Side plank on knees	Copenhagen hold	Refer to video demonstration	
	5													
	6													
Exercise warm down	Gentle 3 minute walk and foam roll + stretch as needed													

Beginner to intermediate

PROGRAM OBJECTIVE

Unsworn to sworn; physically prepare candidates for college.

Understand and engage with movement patterns.

Successfully pass PCA: stage 4 sit up | 15/30 push ups | 6.5 beep test

Running training

Order	Exercise	Set	Reps	Target distance	Rest(s)	RPE/10	Week	Distance covered / Set			Coaching cues
								1	2	3	
Warm up	Light jog	1	2:00		-						
	Leg swings forward	1	10/side		-						Refer to video demonstration
	Leg swings sideways	1	10/side		-						Refer to video demonstration
	Walking hamstring sweep	1	10/side		-						Refer to video demonstration
	Walking lunge with torso rotation	1	10/side		-						Refer to video demonstration
	Grapevine	1	10/side		-						Refer to video demonstration
	Double leg pogo	1	15		-						Refer to video demonstration
	High knees	1	10/side		-						Refer to video demonstration
	A skip	1	10/side		-						Refer to video demonstration
	Run 1 (RPE3)	1	40-60m		-						
	Run 2 (RPE4)	1	40-60m		-						
	Run 3 (RPE5)	1	40-60m		-						
	Week 1	1:00 slow jog (RPE3) + 0:30 run (RPE4)	3	3		3:00	4	1			
Week 2	0:40 slow jog (RPE3) + 0:20 run (RPE5)	3	5		3:00	5	2				
Week 3	0:30 slow jog (RPE3) + 0:15 run (RPE6)	3	6		3:00	6	3				
Week 4	0:20 slow jog (RPE3) + 0:15 run (RPE7)	3	6		3:00	7	4				
Week 5	0:15 rest (RPE1) + 0:15 run (RPE8)	3	10		3:00	8	5				
Week 6	0:15 rest (RPE1) + 0:15 run (RPE8)	3	12		3:00	8	6				
Cool down	3 to 5 minute walk										

Rating of perceived exertion (RPE scale)	
10	Maximal
9	Really, really, hard
8	Really hard
7	
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really easy
1	Rest

PROGRAM OBJECTIVE

Unsworn to sworn; physically prepare candidates for college. Understand and engage with movement patterns.

Successfully pass PCA: stage 4 sit up | 15/30 push ups | 6.5 beep test

**Hamstring scoops**

Stand tall with your feet hip-width apart and ensure that you have enough space around you to extend your leg forward. Take a step forward with your right foot, keeping both legs straight. Your heel should be on the ground, and your toes pointing upward.

Engage your core muscles and keep your back straight. Avoid rounding your spine or hunching over. Slowly bend forward at the hips, leading with your chest. Imagine trying to touch your chest to your right thigh. Keep your left leg straight and grounded.

As you bend forward, allow your arms to hang naturally towards the ground. You can place your hands on your right thigh, shin, or ankle for support and balance, but avoid pulling or straining. Hold the stretch for 20 to 30 seconds while maintaining a steady, relaxed breathing pattern. You should feel a gentle stretch along the back of your right leg. Repeat on the left leg.

Order	Set	Time(s)
Standing	2-3	20-30

A demonstration video is available on the AFP YouTube channel.

**Forward folds**

Begin by standing up straight with your feet hip-width apart. Keep your posture relaxed and your arms hanging loosely by your sides. Take a deep breath in and, as you exhale, engage your abdominal muscles slightly to stabilize your core. Begin to hinge forward from your hips, maintaining a long spine. Imagine leading with your chest as you slowly lower your upper body toward the floor. If your hamstrings are tight or you have difficulty reaching the floor, it's perfectly fine to bend your knees slightly. This modification helps to ease the strain on your lower back. As you fold forward, focus on maintaining a flat back or a slight rounding of the spine. Avoid overarching or straining your back. Allow your arms to dangle freely towards the floor. You can choose to let them hang, or hold onto opposite elbows for a deeper stretch. Let your head and neck relax, allowing them to hang naturally. Avoid tensing your neck or pulling your head in towards your chest. Take slow, deep breaths as you hold the forward fold position for 20 to 30 seconds. Feel the stretch in your hamstrings and lower back, but avoid any pain or discomfort. Engage your abdominal muscles and begin to lift your torso back up to a standing position. Move slowly and mindfully, allowing your spine to stack up vertebra by vertebra. Repeat.

Order	Set	Time(s)
Standing	2-3	20-30

A demonstration video is available on the AFP YouTube channel.

**Calf**

Stand facing a wall, with your feet hip-width apart. Place your hands on the wall at about shoulder height for support.

Take a step back with your right foot, keeping both feet flat on the ground and pointing forward. Your feet should be approximately shoulder-width apart, with your toes pointing straight ahead. Keep your left leg slightly bent and your right leg straight. The heel of your right foot should be firmly planted on the ground. Slowly lean forward, shifting your weight onto your front foot while keeping your back straight. You should feel a gentle stretch in your right calf muscle. Continue to lean forward until you feel a comfortable stretch, but avoid any sharp pain. The stretch should be felt along the back of your lower leg. Hold the stretch for 20 to 30 seconds while maintaining a relaxed breathing pattern. During this time, you can adjust the angle of your foot or the distance from the wall to vary the intensity of the stretch. Repeat on the left leg.

Order	Set	Time(s)
Standing	2-3	20-30

A demonstration video is available on the AFP YouTube channel.

**Quadriceps**

Stand upright with your feet hip-width apart and ensure you have enough space around you to extend your leg backward.

Find your balance and engage your core muscles to maintain stability throughout the stretch. Shift your weight onto your left leg and slightly bend your knee. This will help stabilize your body during the stretch. Bend your right knee and reach back with your right hand to grab your right foot or ankle. If you have difficulty reaching your foot, you can use a towel or strap looped around your foot to assist you. Gently pull your right foot towards your buttocks, feeling a stretch in the front of your right thigh (quadriceps). Be careful not to strain or overstretch the muscle. Keep your standing leg stable and avoid leaning forward or backward. Maintain an upright posture with your chest lifted and shoulders relaxed. Hold the stretch for 20 to 30 seconds while maintaining a steady, relaxed breathing pattern. You should feel a gentle stretch in the front of your right thigh. Repeat on the left leg.

Order	Set	Time(s)
Standing	2-3	20-30

A demonstration video is available on the AFP YouTube channel.



Chest

Position yourself about an arm's length away from the wall, with your feet shoulder-width apart. Raise your arms to shoulder level and bend your elbows at a 90-degree angle, so your hands are pointing forward, resembling a goalpost position. Keep your elbows and forearms in contact with the wall as you slowly move your feet forward, maintaining the 90-degree angle at your elbows. Step forward with one leg: Take a small step forward with one foot, while keeping the back foot firmly planted on the ground. This will allow you to feel a deeper stretch in your chest and shoulders. Gently lean your body forward, maintaining contact with the wall and ensuring your hands and forearms stay in position. You should feel a stretching sensation across your chest and shoulders.

Maintain the stretch for 20 to 30 seconds, or longer if it feels comfortable for you. Focus on breathing deeply and relaxing into the stretch. Repeat on the other side.

Order	Set	Time(s)
Standing	2-3	20-30

A demonstration video is available on the AFP YouTube channel.



Hip flexor

Begin by standing upright with your feet hip-width apart. Take a step forward with your right foot, ensuring that your feet are aligned with your hips. Keep your back straight and your core engaged. Slowly lower your body by bending your right knee until it forms a 90-degree angle. Your right thigh should be parallel to the ground, and your right shin should be perpendicular to the ground. Your left leg will be extended behind you with the left knee slightly bent. While keeping your upper body upright and your pelvis squared, gently shift your weight forward onto your right foot. You should feel a stretch in the front of your left hip and thigh. Hold the stretch for about 20 to 30 seconds, while maintaining a steady breathing pattern. Make sure not to bounce or jerk while stretching. Release the stretch and step your right foot back to meet your left foot. Switch sides. Repeat.

Order	Set	Time(s)
Mat	2-3	20-30

A demonstration video is available on the AFP YouTube channel.



Back extension

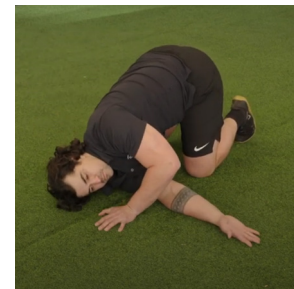
Start by lying on your stomach on a comfortable and flat surface, such as a mat or carpet. Place your hands flat on the ground, slightly wider than shoulder-width apart, and in line with your shoulders. Your fingers should be pointing forward. Gently activate your core muscles by drawing your navel toward your spine. This helps stabilize your lower back during the stretch. Press your hands into the ground and slowly begin to lift your upper body off the ground. Keep your hips and legs in contact with the floor as you lift.

Continue lifting your upper body until you feel a comfortable stretch in your lower back. At this point, your arms should be straight, and your chest and shoulders should be lifted while your hips and legs remain on the ground. Ensure that your neck remains in a neutral position, avoiding excessive strain or hyperextension. Keep your gaze slightly forward or downward. Hold the position for 20 to 30 seconds while breathing deeply and maintaining a relaxed posture.

Slowly lower your body back to the mat and repeat.

Order	Set	Time(s)
Mat	2-3	20-30

A demonstration video is available on the AFP YouTube channel.



Thoracic rotation

Begin on all fours with your hands directly under your shoulders and your knees under your hips. Ensure your spine is in a neutral position. Lift your right hand off the ground and slide it underneath your left arm, reaching as far as you comfortably can. As you do this, your right shoulder and the right side of your head will lower towards the ground. Continue to slide your right arm through the gap between your left arm and left knee, rotating your upper body. Your right shoulder and the right side of your head will move towards the ground, and your gaze can follow your hand. Keep your hips and lower body stable throughout the movement. Your left hand and left knee should remain firmly on the ground to provide support. You should feel a gentle stretch in your upper back and thoracic spine as you rotate and reach through with your right arm. The intensity of the stretch can vary, so adjust as needed to maintain a comfortable stretch. Hold the stretch for about 20 to 30 seconds, breathing deeply and maintaining a relaxed state. Focus on allowing your upper body to sink further into the stretch with each exhale. Slowly release the stretch by reversing the movement. Slide your right arm back out from under your left arm, returning to the starting position on all fours. Repeat the stretch on the other side.

Order	Set	Time(s)
Mat	2-3	20-30

A demonstration video is available on the AFP YouTube channel.



Glute

Start by sitting on the mat with your legs extended in front of you. Sit tall with a straight back, engaging your core muscles.

Bend one knee and cross the leg over the opposite leg, placing the foot flat on the mat beside the opposite knee. Reach across with the opposite arm and gently hug the bent knee towards your chest. Use your arm to assist in bringing the knee closer to your body. To deepen the stretch, gently rotate your torso towards the bent leg. You should feel a stretch in your glutes and outer hip area. As you perform the stretch, focus on maintaining a long and straight spine. Avoid slouching or rounding your back. Hold the position for 20 to 30 seconds, breathing deeply and allowing your muscles to relax into the stretch. Feel the gentle tension in your glutes without any pain or discomfort. Release the stretch and return to the starting position with both legs extended. Switch the crossed legs, bending the opposite knee and repeating the stretch on the other side. Repeat.

Order	Set	Time(s)
Mat	2-3	20-30

A demonstration video is available on the AFP YouTube channel.



Hip 90/90

Begin by sitting on the ground with your legs extended in front of you. Bend your right knee and bring it towards your chest. Then, externally rotate your right leg, so your right foot points towards your left side. Your right shin should be parallel to the ground, and your right knee should be pointing forward. Bend your left knee and bring it towards your left side, internally rotating your left leg. Your left foot should be positioned behind you, with your left shin also parallel to the ground. Your left knee should be pointing towards your right side. Adjust your position to ensure that both hips are at a 90-degree angle and both knees are pointing forward. Your hips should be aligned with each other and squared off to the front. Gently lean forward, keeping your back straight, and place your hands on the ground in front of you for support. You should feel a stretch in the outer hip of your right leg and the inner hip of your left leg.

Hold the stretch for about 20 to 30 seconds while maintaining a relaxed breathing pattern. Be mindful of any discomfort and adjust the intensity of the stretch as needed. Release the stretch and slowly rotate your legs to switch sides. Extend your right leg in front of you, bend your left knee, and follow the same steps to perform the stretch on the opposite side.

Order	Set	Time(s)
Mat	2-3	20-30

A demonstration video is available on the AFP YouTube channel.



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