



MARYLAND NATURAL RESOURCES POLICE

Pre-Employment Functional Fitness Assessment Test Preparatory Instructions



This test is a high intensity fitness evaluation. It is designed to test your aerobic and anaerobic fitness. For this reason, there are no rest breaks between the exercises.

1. **Push-Ups** (Muscular Endurance) - Scored by the number of push-ups performed in one minute.
2. **Sit-Ups** (Muscular Endurance) - Scored by the number of bent leg sit-ups performed in one minute.
3. **Flexibility** (Range of motion of lower back and hamstrings) - The score in inches reached on yardstick with the 15" mark being at the toes.
4. **1.5 Miles Run** (Cardiovascular Capacity) - The score in minutes and seconds.

Cooper's Institute of Aerobic Research (Score Indicate 40 th Percentile of Fitness)			
Push-Ups - 18	Sit-Ups - 27	Flex - 16.4	1.5 Mile Run - 15:20

HOW TO PREPARE FOR THE FUNCTIONAL FITNESS ASSESSMENT TEST:

1. **PUSH-UP TEST** - To increase muscular endurance, do as many standard push-ups as possible in one minute. At least three times per week, perform three sets of the total number of repetitions you did in one minute.
2. **SIT-UP TEST** - To increase your muscular endurance, do as many bent sit-ups (hands cupped behind the ears with someone holding your feet) as possible in one minute. At least three times per week, perform three sets of the total number of repetitions you did in one minute.
3. **FLEXIBILITY TEST** - Performing the following exercises daily will increase flexibility.
 - a. Sit and Reach - do five repetitions of the exercise. Sit on the ground with legs straight. Slowly bend forward at the waist and extend your fingertips toward your toes while keeping your legs straight. Hold for ten seconds.
 - b. Towel Stretch - Sit on the ground with your legs straight. Wrap towel around your feet holding the ends of the towel extending your torso toward your toes. Hold for ten seconds.
4. **1.5 MILE RUN (Cardiovascular Capacity) TEST** - Below is a gradual schedule that would enable you to perform a maximum effort for the 1.5 mile run. If you can complete the distance in less time, you are encouraged to do so.
******Each applicant must complete the 1.5 mile run in 15:20******

Week	Activity	Distance (Miles)	Times (Minutes)	Frequency (Per Week)
1	Walk	1	17-20	5
2	Walk	1.5	25-29	5
3	Walk	2	32-35	5
4	Walk	2	28-30	5
5	Walk/Jog	2	27	5
6	Walk/Jog	2	26	5
7	Walk/Jog	2	25	5
8	Walk/Jog	2	24	4
9	Jog	2	23	4
10	Jog	2	22	4
11	Jog	2	21	4
12	Jog	2	20	4

In addition, the below listed exercises are being provided to assist the applicant with the push-up and sit-up phase of the Functional Fitness Assessment Test. The applicant should consult with their personal physician prior to commencing any physical exercise routine.

1. Push-Ups: 3 Sets of 12 to 15 repetitions 4 to 5 times a week.
2. Decline Push-Ups: 2 Sets of 10 to 12 repetitions 4 to 5 times a week. Prop your feet on a step, box, stool, etc. approximately 12 inches high and complete the correct number of repetitions.
3. Tricep Extension: 3 Sets of 12 to 15 repetitions 4 to 5 times a week.
4. Bicep Curl: 3 Sets of 12 to 15 repetitions 4 to 5 times a week.
5. Sit-Ups: 3 Sets of 12 to 15 repetitions 4 to 5 times a week.
6. Decline Sit-Ups: 3 Sets of 12 to 15 repetitions 4 to 5 times a week.