

## New York City Department of Correction Physical Ability Test Preparation Guide

### TEST PREPARATION GUIDE PURPOSE

The purpose of this guide is to provide direction to correction officers in their preparation for successfully completing the Physical Ability Test. The test represents a vigorous combination of strength, power, functional movement, anaerobic power, and aerobic endurance. It also requires the officer to recover quickly from one task while moving quickly to another. Each of these components of fitness need to be addressed in training prior to attempting the test.

| <u>Components of the Test</u> | <u>Physiological Demand</u>                         |
|-------------------------------|---|
| 1. Run to the Staging Area    | Aerobic and Anaerobic Endurance                     |
| 2. Corridor Run               | Aerobic and Anaerobic Endurance                     |
| 3. Inmate Lift                | Full Body Strength                                  |
| 4. End of the First Run       | Rapid Recovery                                      |
| 5. Continue Run to the Alarm  | Aerobic and Anaerobic Endurance                     |
| 6. Stair Ascent               | Lower Body Strength/Aerobic and Anaerobic Endurance |
| 7. Corridor Run               | Aerobic and Anaerobic Endurance                     |
| 8. Inmate/Officer Move        | Full Body Strength                                  |

Fitness training should be performed consistently throughout the year and consist of both resistance training and cardiovascular exercise. Developing a consistent exercise habit and maintaining an active lifestyle are important for long-term occupational health and performance. This program includes a 4-week training regimen that can be completed immediately prior to the test, designed to prepare you for the demands you will face during the physical ability test.

### COMPONENTS OF THE TRAINING PROGRAM

The training program entails a dynamic warm-up sequence that will be performed each day prior to exercise, two separate resistance training sessions each week, and cardiovascular or interval workouts performed 3-4 days/week preferably on a 400 meter track. Each warm-up exercise and training exercise should be performed in a controlled, consistent pace for the prescribed number of repetitions.

## **Dynamic Warm-Up Exercises for Functional Movement, Flexibility, and Stability**

The PAT will require you to perform a variety of tasks placing your body under specific stresses and movements. Your ability to safely and effectively move through these tasks will be dependent on flexibility, stability, and coordination. To develop these fitness abilities, you should perform a warm-up sequence of movements every day. These warm-up exercises should be performed prior to any workout. Each exercise should be performed slowly, stretching as far as possible without pain for a minimum of 10 yards. As your fitness improves, you can increase the distance for each exercise up to 30 yards.

Links to video demonstrations of these exercises, as well as some additional exercises for those seeking supplemental stretching exercises, are provided at the end of this document.

### **Warm-Up Exercises**

#### **Lying Knees Side to Side**

Lie on your back with your arms straight out to the side. Raise your knees to a 90-degree angle. Without moving your arms, drop your knees to one side and touch the ground, then rotate them back to the other side. Repeat 10 times.

#### **Sumo Squat to Stand**

Squat down and place your finger-tips under your toes. Stand until your legs are as straight as possible without moving the fingers from under your toes. Repeat 10 times.

#### **Walking lunges with Swimmer Arms**

Take large steps forward and drop your back knee close to the ground. At the same time, move your arms in large circles as though you are swimming through the air. 10-20 yards.

#### **Side Lunges**

Lunge to the side as wide as possible. Switch sides and repeat 10-20 yards.

#### **Soldier Walk RDL**

Raise one foot with the leg straight as high as possible. Then swing that same leg to the rear without pausing and touch the ground while keeping both legs straight. Repeat with other leg for 10-20 yards.

#### **Pushup Walk**

Begin by performing a push-up. Then walk your feet up to your hands as far as possible allowing the knees to bend only slightly. Then walk your hands forward into another push-up. Repeat 10-20 yards.

#### **Bear Crawl**

Crawl with arms and legs slightly bent for 10-20 yards.

#### **Reverse lunges with Swimmer Arms**

Lunge backwards, dropping the knee close to the ground. At the same time, swing your arms backwards in large circles. Repeat 10-20 yards.

#### **Spiderman Crawl**

Crawl forward with both arms and legs bent while keeping your chest as close to the ground as possible. 10-20 yards.

## Resistance Training for Strength and Power

The resistance training sessions are designed to help you develop the strength, power, and muscular endurance that you will need to successfully complete the PAT. The exercises have been selected to specifically develop fitness in muscle groups involved in each part of the PAT. The number of sets and reps designated for each workout are planned based on research conducted over the past 15 years. Follow each workout in the order, day, and week designated for maximum results. You should select a weight that is very challenging but allows you to safely complete the number of repetitions prescribed each day. As your strength and fitness improves, the amount of weight you lift for a given number of reps should also increase. However, do not sacrifice technique and control for added weight.

Links to videos depicting each exercise, as well as other suggestions if equipment is available are provided at the end of this document.

### Resistance Exercises

#### Lunge wood chop (Full Body)

While holding a weight plate in both hands, begin with the weight above one shoulder. While swinging the weight forward and diagonal, lunge forward. Then stand back up into the original position while pulling the weight back through the same motion. Repeat with opposite side for one repetition.

#### Step-ups (Legs/Core)

While holding weights in each arm, step onto a step or bench and raise the trail knee. Step back down softly and repeat with the opposite leg for one repetition.

#### Walking lunges (Legs/Core)

While holding weights in each hand, lunge forward and drop the trail knee close to the ground. Then step forward with the opposite foot and repeat for one repetition.

#### Incline Sit-ups (Core)

Perform sit-ups, on an incline bench if possible. Adding weight to the hands can increase the required force.

#### Planks (Core)

Place forearms on the ground in a push-up position and hold for 60 seconds. A slight bend at the waist is allowed but do not allow the hips to drop below the shoulders.

#### Ab Twists (Core)

While holding a weight in the hands, raise the feet off the ground and rotate the weight from one side to the other.

#### Dips (Upper Body)

Place your hands on a chair or bench with your feet out as far as possible. Bend at the elbows to allow your body to drop towards the ground. Then push back into the starting position for one repetition.

#### Dumbbell Chest press (Upper Body)

Using dumbbells, recline into a chest press position. Keep your shoulders, back, and buttocks in contact with the bench at all times. Press the hands up and together, then drop them back into the starting position.

**Dumbbell Row (Upper Body)**

Holding a dumbbell in one hand and bracing your body with the other, drop the dumbbell until the arm is extended. Then pull the weight back towards your chest while keeping the elbow close to your body.

**Upright Row (Upper Body)**

Hold a weight with both hands and extend the arms straight down. Raise the weight towards your chin while extending the elbows up and out. Return the weight slowly to the starting position for one repetition.

## **Running for Anaerobic Power and Cardiovascular Endurance**

Successful completion of the PAT will require a high level of both anaerobic power (the ability to perform at very high intensities for up to 60 seconds) and significant cardiovascular fitness (the ability to recover quickly from high intense exercise and the ability to perform moderate- to high-intense exercise for over 60 seconds). To help you prepare for these demands, consistent running is recommended. If you are unable to run consistently for training, similar interval workouts as described can be performed on a bike or elliptical machine; however, running on a 400 meter track or treadmill is the recommended form of training for the PAT.

### **Resistance Training Exercises for workout session #1**

Lunge Wood Chop  
Walking Lunges  
Incline Sit-ups  
Planks  
Ab Twist  
Dips  
Dumbbell Chest Press

### **Resistance Training Exercises for workout session #2**

Wrench Curls  
Step-ups  
Walking Lunges  
Incline Sit-ups  
Planks  
Ab Twist  
Dumbbell Row  
Dumbbell Upright Row

Note: You will perform each exercise in the workout session for the given number of sets and reps as listed below. For each set, choose an amount of weight that is possible to complete the number of reps assigned in correct form. The weight should be quite challenging, but not too heavy to prevent you from being able to complete all of the prescribed number of reps.

## Week 1

### Day 1

- Warm-up
- Resistance Training Session #1 (3 sets, 12 repetitions per set)

### Day 2

- Warm-up
- Run 1.5 miles at an easy pace
- Run 8 sprints of 30 seconds each with 2 minutes recovery between each sprint

### Day 3

- Warm-up
- Run 1.5 miles at an easy pace

### Day 4

- REST

### Day 5

- Warm-up
- Resistance Training Session #2 (3 sets, 12 repetitions per set)

### Day 6

- Warm-up
- Run 2.0 miles at an easy pace
- Run 6 sprints of 60 seconds each with 2 minutes rest between each sprint

### Day 7

- REST

## **Week 2**

### **Day 1**

- Warm-up
- Resistance Training Session #1 (4 sets, 8 repetitions per set)

### **Day 2**

- Warm-up
- Run 1.5 miles at a fast pace
- Run 8 sprints of 30 seconds each with 1 minute rest between sprints

### **Day 3**

- Warm-up
- Run 2.5 miles at a moderate pace

### **Day 4**

- REST

### **Day 5**

- Warm-up
- Resistance Training Session #2 (4 sets, 8 repetitions per set)
- Run 1.5 miles at a fast pace

### **Day 6**

- Warm-up
- Run 2.0 miles at a moderate pace
- Run 8 sprints of 60 seconds each with 2 minutes rest between sprints

### **Day 7**

- REST

### **Week 3**

#### **Day 1**

- Warm-up
- Resistance Training Session #1 (4 sets, 6 repetitions per set)

#### **Day 2**

- Warm-up
- Run 2.5 miles at a moderate pace
- Run 8 sprints of 30 seconds each with 30 seconds rest between sprints

#### **Day 3**

- Warm-up
- Run 10 sprints of 30 seconds each with 30 seconds rest between sprints
- Run 1.5 miles at a fast pace

#### **Day 4**

- REST

#### **Day 5**

- Warm-up
- Resistance Training Session #2 (4 sets, 6 repetitions per set)
- Run 6 sprints of 60 seconds each with 60 seconds rest between sprints

#### **Day 6**

- Warm-up
- Run 5 sprints of 60 seconds with 30 seconds rest between sprints
- Run 5 sprints of 90 seconds with 60 seconds rest between sprints
- Run 5 sprints of 30 seconds with 90 seconds rest between sprints

#### **Day 7**

- REST

## Week 4

### Day 1

- Warm-up
- Resistance Training Session #1 (4 sets, 12 repetitions per set)

### Day 2

- Warm-up
- Run 3 miles at a fast pace

### Day 3

- Warm-up
- Run 3 miles at a moderate pace (Rest 5 minutes)
- Run 1 mile at a fast pace (Rest 5 minutes)
- Run 1 mile at a fast pace (Rest 5 minutes)

### Day 4

- Warm-up
- Run 8 sprints of 60 seconds with 60 seconds rest between sprints
- Run 8 sprints of 120 seconds with 120 seconds rest between sprints

### Day 5

- Warm-up
- Resistance Training Session #2 (4 sets, 12 repetitions per set)
- Run 1.5 miles at a fast pace

### Day 6

- Warm-up
- Run 8 sprints of 60 seconds with 60 seconds rest between sprints
- Run 8 sprints of 30 seconds with 30 seconds rest between sprints

### Day 7

- REST

## Exercise Video Links

### Warm-up and Functional Movement Exercises

| URL to the Video  | Exercise               |
|---|------------------------|
| <a href="http://www.youtube.com/watch?v=rx7dHvXec64">http://www.youtube.com/watch?v=rx7dHvXec64</a> | Sumo Squat to Stand    |
| <a href="http://www.youtube.com/watch?v=kKPPf9h6fMc">http://www.youtube.com/watch?v=kKPPf9h6fMc</a> | Walking lunges         |
| <a href="http://www.youtube.com/watch?v=f014pU3075w">http://www.youtube.com/watch?v=f014pU3075w</a> | Knee Side to Side      |
| <a href="http://www.youtube.com/watch?v=LjteTemuPFg">http://www.youtube.com/watch?v=LjteTemuPFg</a> | Scorpion               |
| <a href="http://www.youtube.com/watch?v=tjemgQ0zctE">http://www.youtube.com/watch?v=tjemgQ0zctE</a> | Scissors side to side  |
| <a href="http://www.youtube.com/watch?v=hNzQb8hA0S8">http://www.youtube.com/watch?v=hNzQb8hA0S8</a> | Reverse Lunges         |
| <a href="http://www.youtube.com/watch?v=ED8d8WIRuvE">http://www.youtube.com/watch?v=ED8d8WIRuvE</a> | Dragon Walk            |
| <a href="http://www.youtube.com/watch?v=hymXInElras">http://www.youtube.com/watch?v=hymXInElras</a> | Walking Lunge swimmers |
| <a href="http://www.youtube.com/watch?v=eXqcJTPPsro">http://www.youtube.com/watch?v=eXqcJTPPsro</a> | Soldier walk RDL       |
| <a href="http://www.youtube.com/watch?v=XKdwBQdEFF0">http://www.youtube.com/watch?v=XKdwBQdEFF0</a> | Spiderman crawl        |
| <a href="http://www.youtube.com/watch?v=bs5dAVWY4ei">http://www.youtube.com/watch?v=bs5dAVWY4ei</a> | Reverse lunge swimmers |
| <a href="http://www.youtube.com/watch?v=g7MxgmPBGQ">http://www.youtube.com/watch?v=g7MxgmPBGQ</a>   | Pushup walk            |
| <a href="http://www.youtube.com/watch?v=EP42HChbdWQ">http://www.youtube.com/watch?v=EP42HChbdWQ</a> | Lunge ear to ground    |
| <a href="http://www.youtube.com/watch?v=6CX9FXuEe68">http://www.youtube.com/watch?v=6CX9FXuEe68</a> | Side shuffle           |
| <a href="http://www.youtube.com/watch?v=vVyXH4oJ6uk">http://www.youtube.com/watch?v=vVyXH4oJ6uk</a> | Powerskip              |
| <a href="http://www.youtube.com/watch?v=noQuf5VZaMQ">http://www.youtube.com/watch?v=noQuf5VZaMQ</a> | High knees             |
| <a href="http://www.youtube.com/watch?v=9B3epp7xePQ">http://www.youtube.com/watch?v=9B3epp7xePQ</a> | Bear crawl             |
| <a href="http://www.youtube.com/watch?v=y89ld4w8rjs">http://www.youtube.com/watch?v=y89ld4w8rjs</a> | Side lunges            |

### Resistance Exercises

| URL to the Video  | Exercise                  |
|---|---------------------------|
| <a href="http://www.youtube.com/watch?v=QHErpJ5glM8">http://www.youtube.com/watch?v=QHErpJ5glM8</a> | Step ups                  |
| <a href="http://www.youtube.com/watch?v=yYQHnJLat_M">http://www.youtube.com/watch?v=yYQHnJLat_M</a> | Side plank                |
| <a href="http://www.youtube.com/watch?v=c7ZiH7YoxwA">http://www.youtube.com/watch?v=c7ZiH7YoxwA</a> | Shoulder press            |
| <a href="http://www.youtube.com/watch?v=Yoe4QO5ZouQ">http://www.youtube.com/watch?v=Yoe4QO5ZouQ</a> | Dumbbell Row              |
| <a href="http://www.youtube.com/watch?v=eLb7gyF8D_4">http://www.youtube.com/watch?v=eLb7gyF8D_4</a> | Powerclean                |
| <a href="http://www.youtube.com/watch?v=U3zBmQM47cU">http://www.youtube.com/watch?v=U3zBmQM47cU</a> | Plate walking lunges      |
| <a href="http://www.youtube.com/watch?v=QOb4h67v55E">http://www.youtube.com/watch?v=QOb4h67v55E</a> | Plate lunge woodchop      |
| <a href="http://www.youtube.com/watch?v=0Zgg21W2FZY">http://www.youtube.com/watch?v=0Zgg21W2FZY</a> | Plate figure 8            |
| <a href="http://www.youtube.com/watch?v=-9GAHrsW0IE">http://www.youtube.com/watch?v=-9GAHrsW0IE</a> | Med front walking lunges  |
| <a href="http://www.youtube.com/watch?v=tmneyOUSIXU">http://www.youtube.com/watch?v=tmneyOUSIXU</a> | Lunge side shoulder raise |
| <a href="http://www.youtube.com/watch?v=g1JOwPc3hWc">http://www.youtube.com/watch?v=g1JOwPc3hWc</a> | Leg Press                 |
| <a href="http://www.youtube.com/watch?v=66B2SwMXR84">http://www.youtube.com/watch?v=66B2SwMXR84</a> | Leg lifts                 |
| <a href="http://www.youtube.com/watch?v=NE2lx5wm8v4">http://www.youtube.com/watch?v=NE2lx5wm8v4</a> | Incline dumbbell press    |
| <a href="http://www.youtube.com/watch?v=HkQ5ny3OGak">http://www.youtube.com/watch?v=HkQ5ny3OGak</a> | Hang clean                |
| <a href="http://www.youtube.com/watch?v=EcCz0xDLmh0">http://www.youtube.com/watch?v=EcCz0xDLmh0</a> | Front squat               |
| <a href="http://www.youtube.com/watch?v=Z_S1Pcc_jw">http://www.youtube.com/watch?v=Z_S1Pcc_jw</a>   | Front side shoulder raise |
| <a href="http://www.youtube.com/watch?v=acPySD7ebEA">http://www.youtube.com/watch?v=acPySD7ebEA</a> | Front plank               |
| <a href="http://www.youtube.com/watch?v=NjRvIAPRmik">http://www.youtube.com/watch?v=NjRvIAPRmik</a> | Dead bug                  |
| <a href="http://www.youtube.com/watch?v=Z3MjLOdyWNY">http://www.youtube.com/watch?v=Z3MjLOdyWNY</a> | Dumbbell chest press      |
| <a href="http://www.youtube.com/watch?v=vd8_rHJKOO8">http://www.youtube.com/watch?v=vd8_rHJKOO8</a> | Glute bridge              |
| <a href="http://www.youtube.com/watch?v=djS6F3I60vM">http://www.youtube.com/watch?v=djS6F3I60vM</a> | Back squat                |
| <a href="http://www.youtube.com/watch?v=IBeMqCk8aH0">http://www.youtube.com/watch?v=IBeMqCk8aH0</a> | Alternate T planks        |
| <a href="http://www.youtube.com/watch?v=sJNSjFmm5K0">http://www.youtube.com/watch?v=sJNSjFmm5K0</a> | Ab Scissors               |
| <a href="http://www.youtube.com/watch?v=Rg7eQLhMOjk">http://www.youtube.com/watch?v=Rg7eQLhMOjk</a> | Ab bicycles               |
| <a href="http://www.youtube.com/watch?v=leRW_MJwPck">http://www.youtube.com/watch?v=leRW_MJwPck</a> | Walking RDL               |