

LOS ANGELES POLICE DEPARTMENT

CANDIDATE NAME:

Last Name, First Name (Print Only)

FITNESS LOG



FITNESS LOG REQUIREMENTS:

Department Interview:

Bring Fitness Log for mid-fitness program progress evaluation

Academy (First Day):

Bring Fitness Log (completed fitness program) for evaluation by training instructors



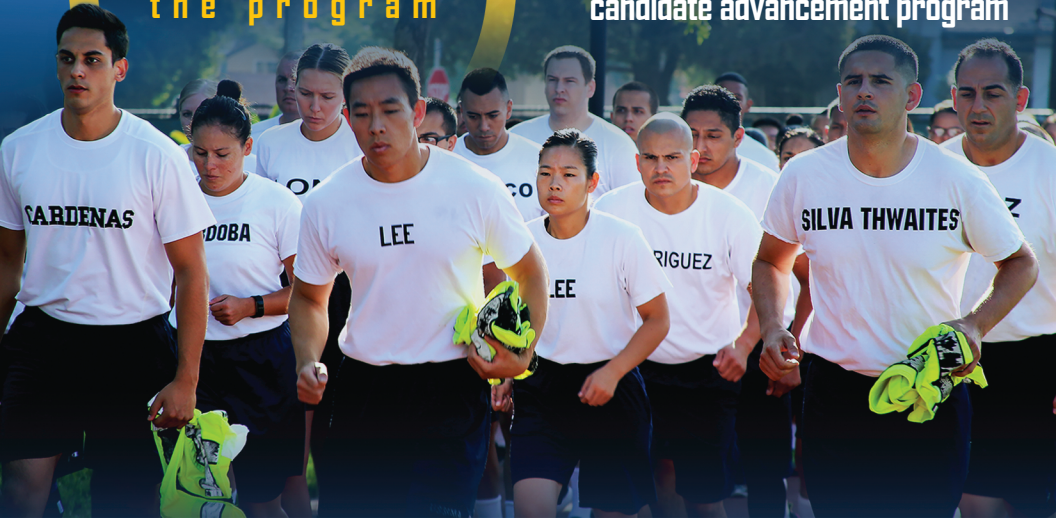
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GET WITH

the program

[CAP]

candidate advancement program



MONDAY & WEDNESDAY, 6 PM - 9 PM
SATURDAY, 7:30 AM - 10:30 AM

AHMANNSON RECRUIT TRAINING CENTER
5651 W. MANCHESTER AVE.
LOS ANGELES, CA 9004

TUESDAY & THURSDAY
6:00 PM - 9:00 PM

LAPD POLICE ACADEMY
1880 ACADEMY DR.
LOS ANGELES, CA 90012

TUESDAY & THURSDAY
6:00 PM - 9:00 PM

LA MISSION COLLEGE
13356 ELDRIDGE AVE.
SYLMAR, CA 91342

*CAP Meeting Location: Regular workout session meet on fourth level of Mission College's Parking Structure.

The Los Angeles Police Department offers the Candidate Advancement Program (CAP) to help you get physically fit and accustomed to the training style you will encounter in the Academy.

WHAT TO EXPECT

- Get a head start on getting in the best shape of your life.
- Learn what to expect at the Academy.
- Familiarize yourself with the Police Academy training style.
- Get to know active LAPD officers that can provide useful information.
- Network with other candidates for support and encouragement.

FREE OF CHARGE

PARTICIPANTS MUST BE IN THE LAPD HIRING PROCESS.

- Participants need to arrive wearing workout gear and appropriate running shoes.
- Schedule is subject to change.
- Classes not held on holidays or holiday weekends.



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Dear Candidate:

It is my pleasure to introduce myself to you and take this opportunity to share some helpful information to assist you in your preparation to enter the Los Angeles Police Department (LAPD) Academy.

The Police Academy takes tremendous pride in training and graduating some of the finest police officers in the world. During your six to seven-month stay in the Police Academy, you will be required to participate in four separate Physical Fitness Qualifiers (PFQ). The PFQs are used to track your physical fitness progress in the Police Academy and to ensure that you meet LAPD and the Commission on Peace Officer Standards and Training minimum physical fitness standards. This can be a daunting task and I strongly recommend that you begin your physical fitness training before you enter the Police Academy. Enclosed you will find a physical fitness log to track your workout sessions. You are expected to bring your fitness log with you to your Department Interview and on your first day in the Police Academy and you must turn it in to your class Drill Instructor at that time.

Thank you for your interest in LAPD. I look forward to your success and becoming a member of the Los Angeles Police Department.

Chief of Police
Michael Moore

THE FOUR-MONTH PRE-ACADEMY FITNESS PROGRAM

PHYSICAL PREPARATION

THE FOUR-MONTH PRE-ACADEMY FITNESS PROGRAM that follows was designed to provide a structured workout plan for candidates to use on their own to develop strength and fitness levels that will help them succeed in the Academy. The physical training in the Academy includes flexibility and strength training, endurance runs, calisthenics exercises, an obstacle course, and self-defense. It is a fact that candidates who enter the Academy lacking physical conditioning are prone to injuries that can result in removal from the Academy. Even if you do not ultimately become a Los Angeles Police Officer, this program can be the start of a commitment to fitness that will benefit you throughout your life.

It is very important to get a full medical examination and a doctor's approval before starting any physical activity program. It is recommended that each candidate set goals and adjust the level of this program according to their capabilities.

PHYSICAL REQUIREMENTS

California Peace Officer Standards and Training (POST) and the Los Angeles Police Department require recruit officers to fully participate in and successfully complete 80% of all physical conditioning classes - currently 30 out of 36 sessions. Each session lasts at least 60 minutes. The physical training in the Academy is designed to serve two purposes: to enable the recruit to pass the POST Physical Fitness Examination and to prepare the recruit for police work. To measure progress, recruits must complete a Physical Fitness Qualification (PFQ) three times during Academy training. The PFQs are given in the 1st, 5th and 11th week of training.

The first PFQ consists of four events. It is not scored, and serves as a benchmark for future progress. The four events are push-ups, sit-ups, pull-ups, and 1 1/2 mile run on a flat track. A fifth event, the timed obstacle course, is added to the second and third administrations of the PFQ.

PHYSICAL FITNESS QUALIFIER & POST PHYSICAL FITNESS EXAMINATION

During the administration of the PFQ, recruit officers are scored according to how fast the events are completed. The faster recruits complete an event, the more points are given. Recruits must achieve a minimum score to pass.

All recruits are required to pass the five-event POST Physical Fitness Examination. This is a state-mandated examination and you cannot be a California law enforcement officer without meeting these standards. This exam is given between the 12th and 14th week of training. It consists of the following:

- A 99-yard obstacle course that includes simulated curbs, weaving courseways of right and left turns, wooden horse jump, and 40-yard sprint
- A 165-pound body drag for 32 feet on a flat surface
- A 6-foot chain link fence climb
- A 6-foot solid wall climb
- A 500-yard run on flat track

Like the PFQ, the faster the events are completed, the more points are given. Recruits must achieve a minimum score to pass.

As mentioned, the first physical fitness test occurs during the first week of the Academy. This is why it is critical that candidates begin a physical conditioning program as soon as they apply.

WARM-UP / STRETCHING

No matter what your level of fitness, you should always begin an exercise session with an appropriate amount of time allocated to warming-up. A warm-up prior to exercise stimulates the cardiovascular system and various muscle groups, which increases performance and reduces your risk of injury.

Warm-up should be gradual and strenuous enough to increase your core temperature and muscle temperature without causing fatigue or excess stress on the body. This could be walking, cycling, stair stepping, etc. Begin at a slow pace and then gradually increase the intensity. The duration of the warm-up will depend on the primary activity, the intensity of the activity, the intensity of the activity, your age and level of fitness. However, as a general rule, five to ten minutes will be sufficient. After you have warmed-up, stretch all major body parts. It is important that you do not stretch until you are warmed up.

RUNNING

The running component of the Four-Month Pre-Academy Fitness Program is designed to meet the minimal running standards at the Police Academy. It will increase your endurance and speed, and is a great way to improve your cardiovascular system. There is nothing easier than putting on a pair of running shoes and heading out the door for fresh air, sunshine, and exercise. But while doing it is easy, if you've never run before, you'll quickly realize how strenuous it can be. It takes time to build up the endurance to run for even a short period of time.

If you are new to running, you should ease into the program. If you are unable to run at a slow pace continuously for 30 minutes you should begin your program with a walk/run routine, alternating five minutes of fast walking with five minutes of running. Gradually build up your running time to a 30-minute self-paced run. Always complete your workout with a five-minute slow-paced cool-down and stretching of the calves, hamstrings, hip flexors, and back.

It is very important that you have a good pair of running shoes. Unlike cross trainers, running shoes are designed to allow your foot to strike the ground properly, reducing the amount of shock that travels up your leg and causing injuries. They are also made to fit your foot comfortably, which reduces the slipping and sliding that can lead to blisters.

The running portion of this program is not designed to be done on a treadmill. A treadmill "pulls" the ground underneath your feet, and you do not meet any wind resistance, which makes running somewhat easier. However, many treadmills are padded, making them a good option if you're carrying a few extra pounds or are injury-prone and want to decrease impact. To better simulate the effort of outdoor running, you can always set your treadmill at a one percent incline.

While you are building up your running stamina, practice good running form:

1. Run tall with good posture. Your trunk will lean forward from the hips slightly, but try to lengthen your body, lift your chest, and hold in your abdominal muscles.
2. Let your arms swing at a 90-degree angle between the chest and hipbone, not crossing them over your body. Your arm swing should complement your stride. Relax your wrists and hands. Do not clench your fists.
3. Power your stride from your thighs, hips, and buttocks muscles. Plant your heel on the ground first and roll onto the toes.
4. Stay relaxed.

When you can jog continuously for 30 minutes, you can begin the running portion of the Department's Four-Month Pre-Academy Fitness Program.

CALISTHENICS / STRENGTH

The Department's strength training is based on a calisthenics platform. Calisthenics develop the ability to squat, reach, twist, lunge, jump, land, push, and get up and down. These are the types of actions demanded of law enforcement officers during a routine patrol watch. Calisthenics build strength and promote endurance without the repetitive motion that often leads to overuse injuries. Finally, these exercises improve mobility by progressively taking the major joints through a full, controlled range of motion. Calisthenics also demand the attention to detail that conveys physical readiness and discipline. You should do the calisthenics exercises every day. It is important that you adjust the level of activity according to your individual fitness level and gradually progress at your own pace with every workout.

COOL DOWN

The cool-down is just as important as the warm-up. Abrupt cessation of vigorous activity leads to pooling of the blood and sluggish circulation. It may also contribute to cramping, soreness, or more serious problems. It is recommended that you complete your workout with a five-minute slow-paced cool-down, and stretch for ten minutes following your workouts. It is important to remember to stretch while your muscles are still warm.

HYDRATION

Most people do not drink enough water. Water is essential to survival. Every function and movement of an officer's body requires water. During hot weather or strenuous exercise, a larger amount of water is eliminated through perspiration in order to regulate body temperature. Therefore, it is critical to drink more water during hot weather or while exercising. It is recommended that you drink several cups of water before exercising. If the exercise is prolonged or vigorous, you should drink small quantities of water every 10 to 15 minutes during the activity. A guideline for consumption of water is 64 ounces of water per day.

STRETCHING ROUTINE

Stretching Tips:

1. Always warm up for 5-10 minutes prior to stretching. Suggestions - stationary bike, running in place, stair machine, or treadmill.
2. Move slowly when stretching. Take this time to relax and focus on your breathing.
3. Depending on what you choose, music can help energize or relax you.
4. When lying on your back, move your legs one at a time. Sudden movements with both legs can strain the muscles of the lower back.
5. Stretch to the point of gentle tension. If something hurts, stop immediately. Stretching should feel good. Hold each stretch for 30 seconds.
6. Stretch daily. This workout can take as little as 7-10 minutes, or as long as you'd like. A few minutes every day can improve your performance, prevent injuries, and help you relax.

ACADEMY PHYSICAL TRAINING PROGRAM

The recruit physical fitness training follows a program similar to the one given below. The program is indicative of what is expected of recruits from the day they enter the Academy. Candidates should either start the Four Month Pre-Academy Fitness Program on their own or participate in the Candidate Advancement Program (CAP) offered by the LAPD or both to be prepared for the physical demands of the Academy.

WARM-UPS

Warm up and stretching exercises are performed for approximately 30 minutes. These may consist of:

- Neck Circles
- Shoulder Stretches
- Trunk Twists
- Standing Calf Stretching
- Seated Toe Touch
- Seated Groin Stretch
- Seated Quadriceps Stretch

ENDURANCE RUN

After the warm up, recruits participate in a 2-5 mile run that starts at 10 minutes per mile and increases to 8 minutes per mile.

Runs are up and down hills as well as on flat ground. The runs are progressive both in distance and pace.

CALISTHENICS

The workout concludes with a calisthenics session that lasts approximately one hour, during which the entire workout is performed twice. The following are included:

- Push-ups - 30 Repetitions
- Sprint One Lap
- Abdominal Curls - 30 Repetitions
- Sprint One Lap
- Abdominal Leg Lifts - 30 Repetitions
- Sprint One Lap
- Leg Lunges - 30 Repetitions
- Sprint One Lap
- Grass Drill - 30-Second Repetitions
- Two-Lap Recovery Jog

AGILITY AND STRENGTH PREPARATION

These events are part of the specific preparation for the PFQ and POST tests:

- **Wall Scale** - Run 25 yards, then scale a 6-foot wall
- **Pull-ups** - Do as many as possible unassisted and then partner-assisted. Do enough to total 10. Rest and repeat.
- **Dips** - Do as many as possible on dipping bars if correct technique is used; on benches if not.

BEFORE GETTING DISCOURAGED, BE AWARE THAT WITH PROPER PREPARATION NONE OF THESE EVENTS IS OVERLY DIFFICULT.

If you start the Four-Month Pre-Academy Fitness Program at the outset of the selection process, you will go a long way toward meeting the goal of being ready for the Academy.

Training will be enhanced if you attend the Candidate Advancement Program offered at various locations. Visit JoinLAPD.com or call (866) 444-LAPD for more information. If the schedule prohibits you from attending the entire CAP, you are encouraged to attend one or two sessions to acquaint yourself with the program and the type of training you will encounter in the Academy.

CAP is a sure fire way to get in shape. Before the academy even starts, your body fat will be tested as part of the medical evaluation. To pass, you will be required to fall into the normal range on the Body Mass Index (BMI). To get an idea of where you are currently, please see the chart.

If you are not within the healthy weight range, you need to evaluate your diet, nutrition and exercise regimens. Please ask your physician and CAP directors for assistance.

BODY MASS INDEX CHART, ADULTS 20 AND OVER

WEIGHT lbs kgs	HEIGHT in/cm																							
	Underweight			Healthy			Overweight			Obese			Extremely Obese											
100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	
45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.7	66.0	68.3	70.6	72.9	75.2	77.5	79.8	82.1	84.4	86.7	89.0	91.3	93.6	95.9	98.2	100.5
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
5'2" - 157.4	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	31	32	33	34	35	36	37
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	30	31	32	33	34	35	36
5'7" - 170.1	15	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	31	32	33	34	35	36
5'8" - 172.7	15	16	16	17	18	19	20	21	22	23	24	25	25	26	27	28	29	30	31	32	33	34	35	36
5'9" - 175.2	14	15	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	31	32	33	34	35
5'10" - 177.8	14	15	15	16	17	18	19	20	21	22	23	24	25	25	26	27	28	29	30	31	32	33	34	35
5'11" - 180.3	14	14	15	16	17	18	19	20	21	22	23	24	25	25	26	27	28	29	30	31	32	33	34	35
6'0" - 182.8	13	14	14	15	16	17	18	19	20	21	22	23	24	25	25	26	27	28	29	30	31	32	33	34
6'1" - 185.4	13	13	14	15	16	17	18	19	20	21	22	23	24	25	25	26	27	28	29	30	31	32	33	34
6'2" - 187.9	12	13	14	15	16	17	18	19	20	21	22	23	24	25	25	26	27	28	29	30	31	32	33	34
6'3" - 190.5	12	13	13	14	15	16	17	18	19	20	21	22	23	24	25	25	26	27	28	29	30	31	32	33
6'4" - 193.0	12	12	13	14	15	16	17	18	19	20	21	22	23	24	25	25	26	27	28	29	30	31	32	33

BMI ≤ 18.5

BMI 18.5-24.9

BMI 25.0-29.9

BMI > 30

STRETCHING PROGRAM

NECK ROTATION. Turn your head to the side, stretching your chin toward your shoulder. Turn head back to center and repeat to the other side.

SHOULDER STRETCH. Stand with feet shoulder width apart. Raise one arm overhead and stretch as far as you can without bending the torso. Repeat with opposite arm.



FOREARM STRETCH. Extend your right arm straight out in front of you, palm downward. With the left hand, grasp the fingers of the right hand and pull back gently, stretching the wrist and forearm. Repeat with the left arm.

TRICEPS STRETCH. Raise one arm straight up, so your upper arm is near your ear. Bend at the elbow and let your hand fall to the back of your neck. With the other arm, reach behind your head and place your hand on top of the bent elbow. Gently pull down and back on the elbow. Repeat with other arm.



TRUNK STRETCH. Stand with your feet a little more than shoulder width apart. Reach your left arm overhead and bend to the right at the waist. Repeat on opposite side.



TORSO TWIST. Stand at arm's length from the wall, with the wall at your side. Reach one arm out and place your hand on the wall. Reach the other arm around the body, stretching the hand to the wall. Repeat on opposite side.

CHEST STRETCH. Stand with your feet shoulder width apart. Clasp your hands behind your back and gently press your arms upward, keeping your arms straight.



BACK STRETCH. Lie on your back and bring one knee to your chest. Hold the knee with both hands and gently pull in. Alternate knees and repeat.

HIP ROLL. Lie on your back and bend your knees, feet flat on the floor. Let your knees fall to the right while reaching both arms across your body to the left. Hold the stretch, then roll the hips over to the left, stretch arms to the right and repeat the stretch.



LOWER BACK REACH. Sit on the floor with your legs straight out in front of you. Reach forward toward your toes, keeping your chin up and lower back slightly arched. Try not to round the back or tuck the chin in - this decreases the effectiveness of the stretch.

BUTTERFLY STRETCH. Sit on the floor, bend your knees out to the sides and bring the soles of your feet together. Place your hands on your knees and gently press the knees toward the floor. Keep your back straight.



LATERAL HIP STRETCH. Sit on the floor with both legs straight in front of you. Bend your left leg and place the left foot over the right knee. Place your right hand on the outside of the left knee and gently pull the knee toward your right shoulder, twisting the torso to the left, until you feel the stretch in your left hip. Repeat with opposite side.

HAMSTRING STRETCH. Stand with legs shoulder width apart and the left leg slightly in front of the right. Shift your weight to the back leg (the right) and bend the knee, turning the knee and toe to the right. Extend the left leg and place the heel on the floor, toes in the air. Keep the back straight and bend forward at the hips until you feel the stretch in the hamstring of the left leg. Repeat with the opposite leg.

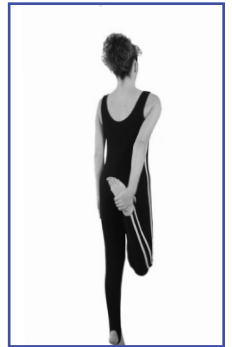
STANDING HAMSTRING REACH. Stand with one foot crossed over the other. Bend at the hips, reaching toward the floor and keeping the knees slightly bent. Repeat with the opposite foot crossed in front.



V-STRETCH. Sit on the floor with your legs extended to either side so they form a “V”. Bend forward, grasp your toes or ankles, and stretch your chest toward the floor. Try to go a little lower each time you perform the stretch.

LEANING CALF STRETCH. Stand about 2 1/2 feet from a wall. Place your hands on the wall and lean in, gently pushing your hips forward. Keep your legs straight and heels flat on the floor.

STANDING CALF STRETCH. Stand with your feet together. Extend one leg in front of you and place the heel on the floor, toes in the air. Keeping the back straight, bend forward at the hips until you feel the stretch in the calf. Repeat with opposite leg.



QUADRICEPS STRETCH. Lie face down and reach back with your right arm to grasp your right ankle. Pull your foot toward your buttocks. Be sure to keep your hips and pelvis on the floor. Repeat with left leg.

STANDING QUAD STRETCH. From a standing position, reach back to grasp your right ankle with your right hand. And pull your foot toward your buttocks. Place your other hand on a wall or chair if you need balance support. Repeat with left leg

PRE-ACADEMY FOUR MONTH FITNESS PROGRAM

1ST MONTH

WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR
Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine
Run 1/2 mile 6 to 8 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills	Run 1/2 mile 6 to 8 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills	Run 1 mile 12 to 14 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills	Run 1 mile 12 to 14 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills
Calisthenics / Strength Push-ups 10-20 reps - 2 sets Sit-ups 20-25 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 10-20 reps - 2 sets	Calisthenics / Strength Push-ups 10-20 reps - 2 sets Sit-ups 20-25 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 10-20 reps - 2 sets	Calisthenics / Strength Push-ups 10-20 reps - 2 sets Sit-ups 20-25 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 10-20 reps - 2 sets	Calisthenics / Strength Push-ups 10-20 reps - 2 sets Sit-ups 20-25 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 10-20 reps - 2 sets

2ND MONTH

WEEK FIVE	WEEK SIX	WEEK SEVEN	WEEK EIGHT
Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine
Run 1 1/2 miles 11 to 12 minutes per miles Shock absorbing surface One day of rest No Treadmills	Run 1 1/2 miles 11 to 12 minutes per miles Shock absorbing surface One day of rest No Treadmills	Run 2 miles 11 to 12 minutes per miles Shock absorbing surface One day of rest No Treadmills	Run 2 miles 11 to 12 miles per minutes Shock absorbing surface One day of rest No Treadmills
Calisthenics / Strength Push-ups 15-25 reps - 2 sets Sit-ups 25-30 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 15-25 reps - 2 sets	Calisthenics / Strength Push-ups 15-25 reps - 2 sets Sit-ups 25-30 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 15-25 reps - 2 sets	Calisthenics / Strength Push-ups 15-25 reps - 2 sets Sit-ups 25-30 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 15-25 reps - 2 sets	Calisthenics / Strength Push-ups 15-25 reps - 2 sets Sit-ups 25-30 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 15-25 reps - 2 sets

3RD MONTH

WEEK NINE	WEEK TEN	WEEK ELEVEN	WEEK TWELVE
Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine
Run 2 1/2 miles 10 to 11minutes per miles Terrain surface, One-day rest	Run 2 1/2 miles 10 to 11 minutes per miles Terrain surface, One day rest	Run 3 miles 10 to 11 minutes per miles Terrain surface, One day rest	Run 3 miles 10 to 11 minutes per miles Terrain surface, One day rest
Calisthenics / Strength Push-ups 20-30 reps - 3 sets Sit-ups 30-35 reps - 3 sets Pull-ups 3-13 reps - 3 sets Leg-lifts 20-30 reps - 3 sets	Calisthenics / Strength Push-ups 20-30 reps - 3 sets Sit-ups 30-35 reps - 3 sets Pull-ups 3-13 reps - 3 sets Leg-lifts 20-30 reps - 3 sets	Calisthenics / Strength Push-ups 20-30 reps - 3 sets Sit-ups 30-35 reps - 3 sets Pull-ups 3-13 reps - 3 sets Leg-lifts 20-30 reps - 3 sets	Calisthenics / Strength Push-ups 20-30 reps - 3 sets Sit-ups 30-35 reps - 3 sets Pull-ups 3-13 reps - 3 sets Leg-lifts 20-30 reps - 3 sets

4TH MONTH

WEEK THIRTEEN	WEEK FOURTEEN	WEEK FIFTEEN	WEEK SIXTEEN
Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine
Run 3 1/2 miles 10 to 11 minutes per miles Terrain surface, One day rest	Run 3 1/2 miles 10 to 11 minutes per miles Terrain surface, One day rest	Run 4 miles 9 to 10 minutes per miles Terrain surface, One day rest	Run 4 miles 9 to 10 minutes per miles Terrain surface, One day rest
Calisthenics / Strength Push-ups 25-30 reps - 3 sets Sit-ups 35-40 reps - 3 sets Pull-ups 3-15 reps - 3 sets Leg-lifts 25-35 reps - 3 sets	Calisthenics / Strength Push-ups 25-30 reps - 3 sets Sit-ups 35-40 reps - 3 sets Pull-ups 3-15 reps - 3 sets Leg-lifts 25-35 reps - 3 sets	Calisthenics / Strength Push-ups 25-30 reps - 3 sets Sit-ups 35-40 reps - 3 sets Pull-ups 3-15 reps - 3 sets Leg-lifts 25-35 reps - 3 sets	Calisthenics / Strength Push-ups 25-30 reps - 3 sets Sit-ups 35-40 reps - 3 sets Pull-ups 3-15 reps - 3 sets Leg-lifts 25-35 reps - 3 sets

LAPD PRE-ACADEMY FITNESS LOG

WEEK ONE

FOR EXAMPLE ONLY

FOR EXAMPLE ONLY

DATE	1/5/09	1/6/09	1/7/09	1/8/09	1/9/09
Warm-up /Stretching Cool-down/ Stretching Light aerobics 5-10 min. Stretching routine	10 minutes	10 minutes	8 minutes	8 minutes	8 minutes
	10 minutes		1/2 mile	1/2 mile	1/2 mile
Run 1/2 mile 6 to 8 min. on shock absorbing surface, i.e. track	10 minutes				
	1/2 mile				
One day of rest No Treadmills					
Callisthenics /Strength Push-ups 10-20 reps - 2 sets	PUSH-UPS	PUSH-UPS	PUSH-UPS	PUSH-UPS	PUSH-UPS
	15 reps/ 2 sets	20 reps/ 2 sets	15 reps/ 2 sets		
Sit-ups 20-25 reps - 2 sets	SIT-UPS	SIT-UPS	SIT-UPS	SIT-UPS	SIT-UPS
Pull-ups 3-10 reps - 2 sets	PULL-UPS	PULL-UPS	PULL-UPS	PULL-UPS	PULL-UPS
Leg lifts 10-20 reps - 2 sets	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS

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CAP INSTRUCTOR SIGNATURE: _____

DATE: _____

CAP LOCATION: _____

LAPD PRE-ACADEMY FITNESS LOG

WEEK ONE

DATE					
Warm-up /Stretching Cool-down/ Stretching Light aerobics 5-10 min. Stretching routine Run 1/2 mile 6 to 8 min. on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics/Strength Push-ups 10-20 reps - 2 sets Sit-ups 20-25 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 10-20 reps - 2 sets					
	PUSH-UPS	PUSH-UPS	PUSH-UPS	PUSH-UPS	PUSH-UPS
	SIT-UPS	SIT-UPS	SIT-UPS	SIT-UPS	SIT-UPS
	PULL-UPS	PULL-UPS	PULL-UPS	PULL-UPS	PULL-UPS
	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS

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CAP INSTRUCTOR SIGNATURE: _____ DATE: _____

CAP LOCATION: _____

LAPD PRE-ACADEMY FITNESS LOG

WEEK TWO

DATE			
Warm-up /Stretching Cool-down/Stretching Light aerobics 5-10 min. Stretching routine Run 1/2 mile 6 to 8 min. on shock absorbing surface, i.e. track One day of rest No Treadmills Callisthenics/Strength Push-ups 10-20 reps - 2 sets Sit-ups 20-25 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg lifts 10-20 reps - 2 sets			
	PUSH-UPS	PUSH-UPS	PUSH-UPS
	SIT-UPS	SIT-UPS	SIT-UPS
	PULL-UPS	PULL-UPS	PULL-UPS
	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS

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CAP INSTRUCTOR SIGNATURE: _____ DATE: _____

CAP LOCATION: _____

LAPD PRE-ACADEMY FITNESS LOG

WEEK THREE

DATE			
Warm-up /Stretching Cool-down/Stretching Light aerobics 5-10 min. Stretching routine Run 1/2 mile 6 to 8 min. on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics/ Strength Push-ups 10-20 reps - 2 sets Sit-ups 20-25 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 10-20 reps - 2 sets			
	PUSH-UPS	PUSH-UPS	PUSH-UPS
	SIT-UPS	SIT-UPS	SIT-UPS
	PULL-UPS	PULL-UPS	PULL-UPS
	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS

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CAP INSTRUCTOR SIGNATURE: _____ DATE: _____

CAP LOCATION: _____

LAPD PRE-ACADEMY FITNESS LOG

WEEK FOUR

DATE			
Warm-up /Stretching Cool-down/Stretching Light aerobics 5-10 min. Stretching routine Run 1/2 mile 6 to 8 min. on shock absorbing surface, i.e. track One day of rest No Treadmills Callisthenics /Strength Push-ups 10-20 reps - 2 sets Sit-ups 20-25 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 10-20 reps - 2 sets			
	PUSH-UPS	PUSH-UPS	PUSH-UPS
	SIT-UPS	SIT-UPS	SIT-UPS
	PULL-UPS	PULL-UPS	PULL-UPS
	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS

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CAP INSTRUCTOR SIGNATURE: _____ DATE: _____

CAP LOCATION: _____

LAPD PRE-ACADEMY FITNESS LOG

WEEK FIVE

DATE			
Warm-up /Stretching Cool-down/Stretching Light aerobics 5- 10 min. Stretching routine Run 1 1/2 miles 11 to 12 min. per mile on shock absorbing surface One day of rest No Treadmills			
	PUSH-UPS	PUSH-UPS	PUSH-UPS
	SIT-UPS	SIT-UPS	SIT-UPS
	PULL-UPS	PULL-UPS	PULL-UPS
Calisthenics/Strength Push-ups 15-25 reps - 2 sets Sit-ups 25-30 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 15-25 reps - 2 sets			
	PUSH-UPS	PUSH-UPS	PUSH-UPS
	SIT-UPS	SIT-UPS	SIT-UPS
	PULL-UPS	PULL-UPS	PULL-UPS

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CAP INSTRUCTOR SIGNATURE: _____ DATE: _____

CAP LOCATION: _____

LAPD PRE-ACADEMY FITNESS LOG

WEEK SIX

DATE					
Warm-up /Stretching Cool-down/Stretching Light aerobics 5- 10 min. Stretching routine					
Run 1 1/2 miles 11 to 12 min. per mile on shock absorbing surface One day of rest No Treadmills					
Calisthenics/Strength Push-ups 15-25 reps - 2 sets	PUSH-UPS	PUSH-UPS	PUSH-UPS	PUSH-UPS	PUSH-UPS
Sit-ups 25-30 reps - 2 sets	SIT-UPS	SIT-UPS	SIT-UPS	SIT-UPS	SIT-UPS
Pull-ups 3-10 reps - 2 sets	PULL-UPS	PULL-UPS	PULL-UPS	PULL-UPS	PULL-UPS
Leg-lifts 15-25 reps - 2 sets	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS

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CAP INSTRUCTOR SIGNATURE: _____ DATE: _____

CAP LOCATION: _____

LAPD PRE-ACADEMY FITNESS LOG

WEEK SEVEN

DATE					
Warm-up / Stretching Cool-down/Stretching Light aerobics 5-10 min. Stretching routine Run 1 1/2 miles 11 to 12 min. per mile on shock absorbing surface One day of rest No Treadmills					
Callisthenics/Strength Push-ups 15-25 reps - 2 sets Sit-ups 25-30 reps - 2 sets	PUSH-UPS	PUSH-UPS	PUSH-UPS	PUSH-UPS	PUSH-UPS
Pull-ups 3-10 reps - 2 sets Leg-lifts 15-25 reps - 2 sets	SIT-UPS	SIT-UPS	SIT-UPS	SIT-UPS	SIT-UPS
	PULL-UPS	PULL-UPS	PULL-UPS	PULL-UPS	PULL-UPS
	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS

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CAP INSTRUCTOR SIGNATURE: _____

DATE: _____

CAP LOCATION: _____

LAPD PRE-ACADEMY FITNESS LOG

WEEK EIGHT

DATE			
Warm-up /Stretching Cool-down/Stretching Light aerobics 5- 10 min. Stretching routine			
Run 1 1/2 miles 11 to 12 min. per mile on shock absorbing surface One day of rest No Treadmills			
Calisthenics/Strength Push-ups 15-25 reps - 2 sets	PUSH-UPS	PUSH-UPS	PUSH-UPS
	SIT-UPS	SIT-UPS	SIT-UPS
Sit-ups 25-30 reps - 2 sets			
Pull-ups 3-10 reps - 2 sets	PULL-UPS	PULL-UPS	PULL-UPS
Leg-lifts 15-25 reps - 2 sets	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS

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CAP INSTRUCTOR SIGNATURE: _____ DATE: _____

CAP LOCATION: _____

LAPD PRE-ACADEMY FITNESS LOG

WEEK NINE

DATE					
Warm-up /Stretching Cool-down/Stretching Light aerobics 5-10 min. Stretching routine Run 2 1/2 miles 10 to 11 min. per mile on shock absorbing surface One day of rest No Treadmills					
Calisthenics/Strength Push-ups 20-30 reps - 3 sets	PUSH-UPS	PUSH-UPS	PUSH-UPS	PUSH-UPS	PUSH-UPS
Sit-ups 30-35 reps - 3 sets	SIT-UPS	SIT-UPS	SIT-UPS	SIT-UPS	SIT-UPS
Pull-ups 3-13 reps - 3 sets	PULL-UPS	PULL-UPS	PULL-UPS	PULL-UPS	PULL-UPS
Leg-lifts 20-30 reps - 3 sets	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS

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CAP INSTRUCTOR SIGNATURE: _____ DATE: _____

CAP LOCATION: _____

LAPD PRE-ACADEMY FITNESS LOG

WEEK TEN

DATE			
Warm-up / Stretching Cool-down/ Stretching Light aerobics 5-10 min. Stretching routine			
Run 2 1/2 miles 10 to 11 min. per mile on shock absorbing surface One day of rest No Treadmills			
Calisthenics/ Strength Push-ups 20-30 reps - 3 sets	PUSH-UPS	PUSH-UPS	PUSH-UPS
Sit-ups 30-35 reps - 3 sets	SIT-UPS	SIT-UPS	SIT-UPS
Pull-ups 3-13 reps - 3 sets	PULL-UPS	PULL-UPS	PULL-UPS
Leg lifts 20-30 reps - 3 sets	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS

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CAP INSTRUCTOR SIGNATURE: _____ DATE: _____

CAP LOCATION: _____

LAPD PRE-ACADEMY FITNESS LOG

WEEK ELEVEN

DATE			
Warm-up / Stretching Cool-down/ Stretching Light aerobics 5-10 min. Stretching routine			
Run 3 miles 10 to 11 min. per mile on shock absorbing surface One day of rest No Treadmills			
Calisthenics/ Strength Push-ups 20-30 reps - 3 sets	PUSH-UPS	PUSH-UPS	PUSH-UPS
Sit-ups 30-35 reps - 3 sets	SIT-UPS	SIT-UPS	SIT-UPS
Pull-ups 3-13 reps - 3 sets	PULL-UPS	PULL-UPS	PULL-UPS
Leg lifts 20-30 reps - 3 sets	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS

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CAP INSTRUCTOR SIGNATURE: _____

DATE: _____

CAP LOCATION: _____

LAPD PRE-ACADEMY FITNESS LOG

WEEK TWELVE

DATE			
Warm-up /Stretching Cool-down/Stretching Light aerobics 5-10 min. Stretching routine Run 3 miles 10 to 11 min. per mile on shock absorbing surface One day of rest No Treadmills			
Calisthenics/Strength Push-ups 20-30 reps - 3 sets	PUSH-UPS	PUSH-UPS	PUSH-UPS
Sit-ups 30-35 reps - 3 sets	SIT-UPS	SIT-UPS	SIT-UPS
Pull-ups 3-13 reps - 3 sets	PULL-UPS	PULL-UPS	PULL-UPS
Leg-lifts 20-30 reps - 3 sets	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS

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CAP INSTRUCTOR SIGNATURE: _____ DATE: _____

CAP LOCATION: _____

LAPD PRE-ACADEMY FITNESS LOG

WEEK THIRTEEN

DATE			
Warm-up /Stretching Cool-down/Stretching Light aerobics 5-10 min. Stretching routine Run 3 1/2 miles 10 to 11 min. per mile on shock absorbing surface One day of rest No Treadmills			
Callisthenics/ Strength Push-ups 25-30 reps - 3 sets Sit-ups 35-40 reps - 3 sets Pull-ups 3-15 reps - 3 sets Leg-lifts 25-35 reps - 3 sets	PUSH-UPS	PUSH-UPS	PUSH-UPS
	SIT-UPS	SIT-UPS	SIT-UPS
	PULL-UPS	PULL-UPS	PULL-UPS
	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS

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CAP INSTRUCTOR SIGNATURE: _____

DATE: _____

CAP LOCATION: _____

LAPD PRE-ACADEMY FITNESS LOG

WEEK FOURTEEN

DATE			
Warm-up /Stretching Cool-down/Stretching Light aerobics 5-10 min. Stretching routine			
Run 3 1/2 miles 10 to 11 min. per mile on shock absorbing surface One day of rest No Treadmills			
Calisthenics/Strength Push-ups 25-30 reps - 3 sets	PUSH-UPS	PUSH-UPS	PUSH-UPS
Sit-ups 35-40 reps - 3 sets	SIT-UPS	SIT-UPS	SIT-UPS
Pull-ups 3-15 reps - 3 sets	PULL-UPS	PULL-UPS	PULL-UPS
Leg-lifts 25-35 reps - 3 sets	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS

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CAP INSTRUCTOR SIGNATURE: _____ DATE: _____

CAP LOCATION: _____

LAPD PRE-ACADEMY FITNESS LOG

WEEK FIFTEEN

DATE					
Warm-up /Stretching Cool-down/Stretching Light aerobics 5- 10 min. Stretching routine Run 4 miles 9 to 10 min. per mile on shock absorbing surface One day of rest No Treadmills Calisthenics/Strength Push-ups 25-30 reps - 3 sets Sit-ups 35-40 reps - 3 sets Pull-ups 3-15 reps - 3 sets Leg-lifts 25-35 reps - 3 sets					
	PUSH-UPS	PUSH-UPS	PUSH-UPS	PUSH-UPS	PUSH-UPS
	SIT-UPS	SIT-UPS	SIT-UPS	SIT-UPS	SIT-UPS
	PULL-UPS	PULL-UPS	PULL-UPS	PULL-UPS	PULL-UPS
	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS

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CAP INSTRUCTOR SIGNATURE: _____ DATE: _____

CAP LOCATION: _____

LAPD PRE-ACADEMY FITNESS LOG

WEEK SIXTEEN

DATE			
Warm-up / Stretching Cool-down/Stretching Light aerobics 5-10 min. Stretching routine Run 4 miles 9 to 10 min. per mile on shock absorbing surface One day of rest No Treadmills			
Callisthenics/Strength Push-ups 25-30 reps - 3 sets	PUSH-UPS	PUSH-UPS	PUSH-UPS
Sit-ups 35-40 reps - 3 sets	SIT-UPS	SIT-UPS	SIT-UPS
Pull-ups 3-15 reps - 3 sets	PULL-UPS	PULL-UPS	PULL-UPS
Leg-lifts 25-35 reps - 3 sets	LEG-LIFTS	LEG-LIFTS	LEG-LIFTS

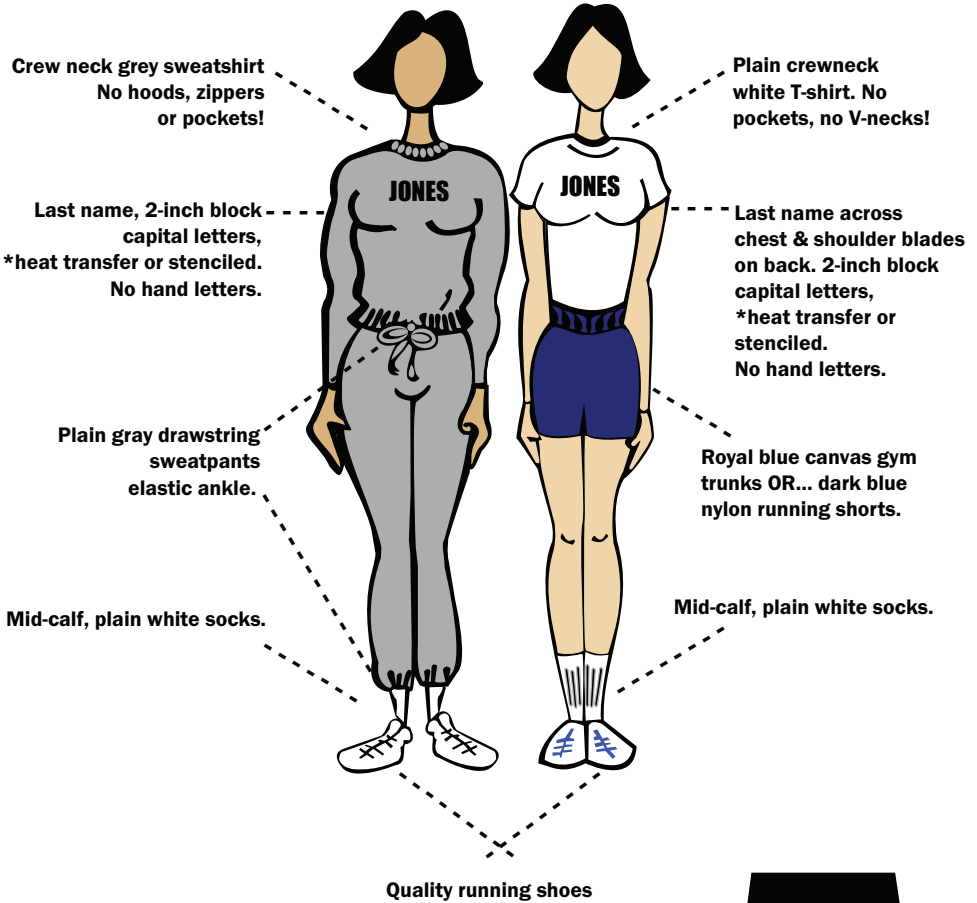
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CAP INSTRUCTOR SIGNATURE: _____ DATE: _____

CAP LOCATION: _____

CAP UNIFORM SPECS

Absolutely NO jewelry , necklaces, rings, watches, ect.

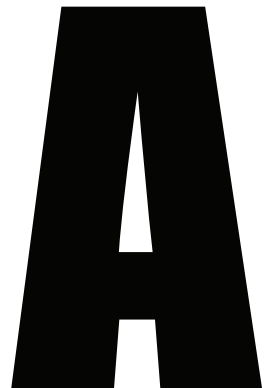


ALL CAP PARTICIPANTS...

Must wear adequate athletic support undergarments

WOMEN: Jog-bra
MEN: Jock strap

HAIR:
WOMEN: Tied or cut back, off face, away from eyes
MEN: Military cut off ears & tapered in back, clean shaven



***2 - inch block**

CANDIDATE ADVANCEMENT PROGRAM GENERAL RULES

I. PURPOSE: The Candidate Advancement Program has been designed to assist police officer candidates in attaining the level of physical fitness required for successful Police Academy training. It also serves to familiarize candidates with the paramilitary protocol and self-discipline expected of police officers.

II. GENERAL RULES

A. PARKING:

1. ELYSIAN PARK ACADEMY

All candidates must park on Academy Road. No parking is allowed in Academy parking lots or Academy Drive (driveway leading into the Academy). Exception: On Dodger game nights when parking on the street is limited, candidates may park the lower Academy parking lot in the area nearest to Academy Road.

2. ARTC

All candidates must park in the front parking lot of the Academy.

B. FACILITY:

Candidates are only allowed in the picnic area at Elysian Park Academy and the mat room at ARTC before the start of CAP. Candidates will be allowed to use other parts of these facilities when supervised by Department personnel. Candidates are prohibited from using all other Academy facilities. Candidates are prohibited from practicing the physical fitness qualification course unless accompanied by an instructor. All candidates shall proceed immediately and directly to their vehicles at the end of class.

LOITERING ON OR IN FRONT OF ACADEMY GROUNDS IS PROHIBITED.

C. UNIFORM AND EQUIPMENT:

- Gray sweatshirt and sweat pants with no hoods, zippers, pockets, or logos on either item.
- White, crew neck T-shirt (no v-necks, pockets, or logos)
- Dark blue, cotton / nylon shorts (no pockets or logos)
- White cotton socks (no stripes or logos)
- Athletic supporter (males); athletic bra (females)
- Running shoes
- Flashlights (required from October to April because of darkness)

Sweatshirts and T-shirts must have candidate's last name on the front and back, iron-on or stenciled, six inches below the collar in two-inch block capital letters. Candidates must have the proper attire on the second day of CAP participation.

D. Grooming Standards:

Jewelry, Accessories, Makeup:

Watches, rings, bracelets, necklaces, earrings, visible pierced jewelry items, headbands, gloves, weight belts, and makeup are not allowed.

Hair:

Males: Hair shall be properly trimmed, moderately tapered, and shall not extend below the top of the sweatshirt or T-shirt collars. Mustaches must be short and neatly trimmed. Sideburns shall not extend beyond the earlobe. Beards are not allowed, unless a documented medical condition exists that prohibits shaving.

Females: Hair shall not extend below the top of the sweatshirt or T-shirt collar.

Candidates with longer hair shall arrange their hair in a bun or ponytail.

E. Program Participation:

Candidates must be active in the LAPD police officer hiring process. If you are disqualified, you can attend CAP as long as you are appealing the disqualification.

Candidates are required to sign a release form absolving the City of Los Angeles and its Employees from any liability due to injury resulting from participation in the program.

Candidates are required to fully participate in all aspects of the program. Candidates who engage in conduct that is illegal, violate program rules, reflects unfavorably upon the candidate or LAPD, or is disruptive, deceptive, or dishonest may be expelled from the program.

Candidates are required to record their fitness workout program in the LAPD Fitness Log (provided with your written test packet). CAP Instructors will sign and date your Fitness Log at the end of each week's workout sessions.

The fitness log is to be used in conjunction with the Nutrition Guide. Visit JoinLAPD.com to download a copy if you do not have one. Additional pages to the Fitness Log are also available on line.

NOTE: The LAPD fitness log will be evaluated at your Department Interview. Please remember to bring it for mid-fitness programs progress evaluation. The completed fitness log must be submitted to your Academy Instructor on the **FIRST DAY** of the Academy.



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