

**FOUR-ITEM FITNESS TEST  
FOR ILLINOIS STATE POLICE OFFICER APPLICANTS**

Practical exercise performance requirements are fitness activities related to law enforcement tasks. The following practical exercise performance requirements have been identified and must be satisfactorily performed for successful completion of the Merit Board’s Fitness requirement.

**As with any new physical regimen, please consult your physician before beginning.**

1. **SIT AND REACH TEST** - This is a measure of the flexibility of the lower back and upper leg area. It is an important area for performing police tasks involving range of motion and is important in minimizing lower back problems. **The score is the distance, in inches, reached on a yardstick.**
  
2. **ONE MINUTE SIT-UP TEST** - This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force. It is also important for maintaining good posture and minimizing lower back problems. **The score is the number of correct sit-ups completed in one minute.**
  
3. **ONE REPETITION MAXIMUM BENCH PRESS** - This is a maximum weight pushed from the bench press position, measuring the amount of upper body force that can be generated. It is an important area for performing police tasks requiring upper body strength. The test will be conducted on a Universal DVR-Chest Press. **The score is a ratio of weight pushed divided by body weight.**
  
4. **1.5 MILE RUN** - This is a timed run to measure the heart and vascular systems’ capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. **The score is in minutes and seconds.**

**ILLINOIS STATE POLICE MERIT BOARD FITNESS STANDARDS**

| <b><u>TEST</u></b>                                      | <b><u>MALE</u></b> |              |              |              | <b><u>FEMALE</u></b> |              |              |              |
|---------------------------------------------------------|--------------------|--------------|--------------|--------------|----------------------|--------------|--------------|--------------|
|                                                         | <b>20-29</b>       | <b>30-39</b> | <b>40-49</b> | <b>50-59</b> | <b>20-29</b>         | <b>30-39</b> | <b>40-49</b> | <b>50-59</b> |
| <b>Age</b>                                              |                    |              |              |              |                      |              |              |              |
| <b>Sit &amp; Reach</b><br>(measured in inches)          | 16.5               | 15.5         | 14.25        | 13.25        | 19.25                | 18.25        | 17.25        | 16.75        |
| <b>Per Minute Sit-Up</b>                                | 38                 | 35           | 29           | 24           | 32                   | 25           | 20           | 14           |
| <b>Maximum Bench Press Ratio</b><br>(% of total weight) | 0.99               | 0.88         | 0.80         | 0.71         | 0.59                 | 0.53         | 0.50         | 0.44         |
| <b>1.5 Mile Run</b>                                     | 12:51              | 13:36        | 14:29        | 15:26        | 15:26                | 15:57        | 16:58        | 17:55        |



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## **Recommended Applicant PFIT Preparations**

### **Before Stretching:**

- 10-minute warmup to warm the muscles up. Stretching is more successful when the muscles are warm. (10-minute walk, jump rope, or run)

### **Stretches to improve Sit and Reach Test (perform 4 times per week):**

- While seated, put one leg out and tuck the other in. Hold for 30 seconds at a time on each leg. Repeat for 3 sets on each leg.



- Stretch with a band. Make sure the leg you are not stretching is straight and flat on the floor.
- Stretch 30 seconds on each side. Repeat for a total of 3 sets.



- Wall Stretch. Also, make sure the leg you are not stretching is straight and flat on the floor. Keep the leg on the wall as straight as possible. Stretch for 30 seconds on each side. Repeat for 3 sets.



**Preparing for the Sit-Up test (perform 4 times per week):**

- Do as many bent leg sit-ups (hands behind the head, fingers interlocked) as possible without stopping (no time limit). Perform 3 sets per day, 4 days per week.
- Take 5-minutes of rest between sets.
- When you are a month from the test, perform as many sit-ups as you can in 1-minute.
- Work on speed of the sit-ups.
- Again, perform 3 sets, 4 times per week and take 5-minutes of rest between sets.
- At the conclusion of these workouts perform the following stretches 30 seconds at a time for 3 sets. Rest 3-4 days before you perform the applicant sit-up test.

Cobra Pose:



Child's Pose:



**How to prepare for the DVR Bench Press Test:**

Warm up: Perform 2-3 sets of 10 reps at 50% percent of your 1 repetition maximum weight (1RM) before every workout. Perform the bench press 2-3 times per week at each of the phases below.

- Move up to 80% of 1RM. Perform 3-4 sets of 8-10 repetitions. Stay at this weight for 2-3 weeks
- Increase to 90% of 1RM. Perform 3-4 sets of 3-4 repetitions. Stay at this weight for another 2-3 weeks
- Increase to 95% of 1RM. Perform 3-4 sets of 1 repetition. Stay at this weight for 1 week
- Rest 3-4 days before you perform the applicant DVR 1 repetition maximum Bench Press Test

**Stretches for the chest: Perform each of these stretches after each bench press workout**

- Wall Stretch (perform this stretch for 30 seconds each side for 3 sets)



- Above the head chest stretch (perform this stretch for 3 sets and 30 seconds per set)
- Side lying parallel chest stretch (Perform this stretch for 30 seconds each side for 3 sets)



### **How to prepare for the 1.5-Mile Run:**

Warm up: 5-minute light jog (Perform this warmup before every run/workout)

- Weeks 1 and 2:
  - o Light jog for a half mile or 1 mile (whichever is suitable for your conditioning level).
  - o If you start with a half mile, work your way up to 1 mile by the end of the 2<sup>nd</sup> week.
  
- Weeks 3 and 4:
  - o Run at 60-70% for a mile or a mile and a half (whichever is suitable for your conditioning level).
  - o If you start with a mile, work your way up to a mile and a half by the end of the 4<sup>th</sup> week.
  
- Week 5 and 6:
  - o Run at 70% for a mile and a half.
  - o Work your way up to a 2-mile run at 70% by the end of week 6.

Perform these runs 2-3 times per week. Rest 3-4 days before performing the applicant 1.5-mile test. Stretch and use a foam roller for at least 10-minutes after each run. Focus on stretching the hamstrings, quads, calves and lower back.