Hillsborough County Sheriff's Office

Pre-employment Physical Agility Assessment Test

How to prepare:

1. **Preparing for the 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. **Preparing for the Sit-up Test**- To increase your muscular endurance, do as many bent leg sit-ups (hands interlocked behind the head 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. **Preparing for the 1.5 mile run 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, than that is encouraged.

WEEK	ACTIVITY	DISTANCE (MILES)	TIME (MINUTES)	FREQUENCY (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

(Rev. 8/23/10)

Hillsborough County Sheriff's Office

Pre-employment Physical Agility Assessment Test

The below listed exercises are being provided to assist the applicant with the push-up and sit-up portion of the Physical Agility Assessment Test. **The applicant should consult with their physician prior to commencing any physical exercise routine**.

1. **Push-ups**: 3 sets of 12 to 15 repetitions 4 to 5 times per week.

2. **Decline Push-ups**: 3 sets of 10 to 12 repetitions 4 to 5 time per week. Prop your feet on a step, box, or stool, so that your feet are approximately 12 inches above the ground and complete the correct number of repetitions.

3. **Triceps Extension**: 3 sets of 12 to 15 repetitions 4 to 5 times per week.

4. **Biceps Curl**: 3 sets of 12 to 15 repetitions 4 to 5 times per week.

5. **Sit-ups**: 3 sets of 12 repetitions 4 to 5 times per week.

6. **Decline Sit-ups**: 3 sets of 12 to 15 repetitions 4 to 5 times per week.