



**U.S. Department of Homeland Security
U.S. Customs and Border Protection**

**CBP Officer Candidate
Pre-Employment Fitness Test-1
Physical Readiness Program**

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Introduction

The primary mission of the U.S. Customs and Border Protection Officer (CBP Officer) position is to perform critical duties related to securing our nation's borders while facilitating the orderly and efficient flow of legitimate trade and lawful travelers. It is a physically demanding position that requires candidates to demonstrate their ability to meet the rigorous demands of training and the physical requirements of the position.

CBP law enforcement fitness standards applied during selection and training are job-related and designed to predict a candidate's ability to meet Academy physical requirements and minimum physical job requirements. During the hiring process you will be required to participate and pass two fitness tests, the PFT-1 and the PFT-2. Since job requirements are the same for all CBP Officers, the tests and their cut points are the same for all candidates and are not based on race, age, or gender.

Purpose

This Pre-Employment Fitness Test-1 Physical Readiness Program provides you with a six week standardized training program designed to help you successfully pass the CBP Officer PFT-1. As part of this physical readiness program, you will have the chance to conduct your own self-assessment using the PFT-1 protocol which will be thoroughly explained and detailed. Being physically prepared to successfully pass the test is a critical step in the pre-employment process and requires your full commitment.

Getting Started

Anytime you begin a physical fitness training program it is important that you are healthy enough to do so. It is recommended you see your personal physician or medical provider to ensure it is safe for you to begin an exercise program. Also, you should complete the CBP Candidate Health History Questionnaire on page 18 to ensure you can participate fully without unnecessary risks.

Step 1 Complete the Candidate PFT-1 Physical Activity Readiness Questionnaire located in Appendix A, page 18.

Only proceed to Step 2 if you answered "no" to all questions. If you answered "yes" to one or more questions, **STOP, DO NOT** take the PFT-1 self-assessment and do not start any fitness training. We recommend that you be evaluated by your physician to determine an exercise routine that is safe for you.

Step 2 Take the PFT-1 Self-Assessment

Now that we know you can fully participate in the PFT-1, the next step is to assess your physical abilities and to evaluate your level of readiness for the PFT-1. To take the PFT-1 Self-Assessment, follow the bullets below:

- Review the test protocols (Appendix B, pages 19-25) and set up all of the equipment needed to take the PFT-1.
- Perform the assessment on a Sunday or Monday to stay on the designed training schedule.
- Warm-up using the protocol outlined in Appendix C (pages 26-28).
- With assistance from a friend, family member, or fitness specialist, take the PFT-1 Self-Assessment. The day you take the assessment will be referenced as Day 1 of the CBPO PFT Physical Readiness Program (page 6).
- Document your level of readiness using the form found on the Day 1 sheet of the Training Program (page 6). Remember to sign and date the form.
- If your readiness score is at the Silver Level or above for all of the PFT-1 tests and you are currently participating in a regular fitness training program, then continue your training program with the goal of being able to easily run 220 yards in 45 seconds, sit and reach 12", perform 24 proper form push-ups, and run 1.5 miles in 15 minutes, which is the Fitness Graduation Standard to pass the Academy. You may then move on to the Step 3 training in the CBPO PFT Physical Readiness Program if you chose to do so.
- If your readiness is at the BRONZE level or below in any of the PFT-1 test categories, or if you do not have a specific fitness training plan that you are participating in, then it is highly recommended you move on to Step 3.

Step 3 Begin the CBP Officer PFT-1 Physical Fitness Training Program.

Now that you have gone through the self-assessment process, you are ready to start training. CBP has developed a 6-week specialized training program designed to prepare you for the required PFT-1. The program consists of warm-up and flexibility training, cardiorespiratory training (cardio), and muscular endurance and strength training (MEST).

The training schedule requires you to train 5 days per week (Monday through Friday) with each session lasting between 30 and 60 minutes. In order to stay on schedule, begin your training on a Tuesday (Day 2 below).

All of the exercises and training routines are thoroughly explained within this document. If there is something you do not understand in the daily training schedule you can find a more detailed explanation in Appendix C. The program was designed with minimal equipment requirements and can be conducted at home or at a local gym. Each training day builds on the previous day - so stay on track, work hard, and have fun!

Equipment Needs

1. Stop watch
2. Milk crate or square container able to hold 50 lbs. of weights
3. Table - 30 inches high
4. Two 25 lb. dumbbells or kettlebells
5. One 12" high step bench, or one platform and enough risers (4 on each side) to bring the bench to a height of exactly twelve (12) inches
6. 4 inch or 5 inch Foam Blocks
7. Measuring tape
8. Marking tape or 3 cones (can use 3 household items for marking distance)
9. CBPO PFT-1 Audio MP3 file found at www.CBP.gov/careers
10. Metronome (<http://www.metronomeonline.com/>) or phone app that can play 120 beats / minute
11. Exercise mat or soft area (grass) to perform push-ups and sit-ups

Self-Assessment and 6-Week Physical Training Schedule

Self-Assessment and Physical Training Schedule					
Day	Mon	Tue	Wed	Thu	Fri
Week 1	Day 1 <i>Self-Assessment</i>	Day 2 MEST	Day 3 CARDIO	Day 4 MEST	Day 5 CARDIO
Week 2	Day 6 MEST	Day 7 CARDIO	Day 8 MEST	Day 9 CARDIO	Day 10 MEST
Week 3	Day 11 CARDIO	Day 12 MEST	Day 13 CARDIO	Day 14 MEST	Day 15 CARDIO
Week 4	Day 16 MEST	Day 17 CARDIO	Day 18 MEST	Day 19 CARDIO	Day 20 MEST
Week 5	Day 21 CARDIO	Day 22 MEST	Day 23 CARDIO	Day 24 MEST	Day 25 CARDIO
Week 6	Day 26 MEST	Day 27 CARDIO	Day 28 MEST	Day 29 CARDIO	Day 30 MEST
Week 7	Day 31 <i>Self-Assessment</i>	<i>7 DAYS REST & RECOVERY...START TRAINING CYCLE OVER STARTING ON DAY 2, CONTINUE UNTIL YOU HAVE TAKEN AND PASSED THE <u>PRACTICE CBPO PFT 1 & 2.</u></i>			

MEST: Muscular Endurance and Strength Training, CARDIO: Cardiorespiratory Training

All daily training sessions are explained in the section below on pages 6 through 17. Additional details on the individual tests and training exercises are detailed on pages 19 through 43.

FIELD OPERATIONS PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Week 1

Day 1 Monday	Objective: To assess your physical abilities and to evaluate your level of readiness for the PFT-1
Task	Time (minutes)
1. Warm-up (pages 27-29)	10
2. PFT-1 Self-Assessment Set-up and Test Protocol Review (pages 20-26): <ul style="list-style-type: none"> • Using the PFT-1 test administration information set up the test with the required equipment • Ask a friend, family member, or fitness specialist to assist you in the assessment 	10
4. Complete PFT-1 Self-Assessment	30
4. Cool Down and Stretch	5
5. After you complete the PFT-1 self-assessment fill out the information below	5

		LEVELS OF READINESS				
Test	Enter Your Score Below	FAILED	BRONZE	SILVER	GOLD	DIAMOND
Sit-Up		Below 20 reps	20 to 26 reps	27 to 33 reps	34 to 40 reps	41 reps and Up
Push Up		Below 12 reps	12 to 19 reps	20 to 23 reps	24 to 34 reps	35 reps and up
Side Step		Below 8 reps	8 reps	9 reps	10 to 11 reps	12 reps and up
Lift Lower		Above 60 seconds	53 to 60 seconds	45 to 52 seconds	38 to 44 seconds	Less than 38 seconds
5 Min. Step	Pass Failed	Did not Complete, Not PFT-1 ready,	Barely Passed, Very exhausting	Passed, but test was challenging	Passed easily, felt good	Passed very easily, not a challenge

Based on the results of your self-assessment, use the rating scale below to check the box that best represents your current level of confidence in passing the upcoming Pre-Employment Fitness Test-1.

I am <u>not confident</u> I would pass	I am <u>fairly confident</u> I would pass	I am <u>very confident</u> I would pass

Name (printed): _____ Signature: _____ Date: _____

FIELD OPERATIONS PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Day 2 Tuesday		Objective: To develop muscular endurance, strength, and agility
Task	Time (minutes)	
1. Warm-up	10	
2. Muscular Endurance and Strength Training Circuit Set-up and Protocol Review Complete 2 circuits with no rest between exercises and 1 minute rest between circuits <ul style="list-style-type: none"> • Lift Lower 8 to 10 reps with 50 pounds, quick but safe pace • Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible • Push-up 12 reps • Sit-up 20 reps • Squats 20 reps • Rowers 10 reps, slow and controlled 	10	
4. Cool Down and Stretch	5	

Day 3 Wednesday		Objective: To develop cardiorespiratory fitness
Task	Time (minutes)	
1. Warm-up	10	
2. Cardiorespiratory Training (see page 42 for details) <ul style="list-style-type: none"> • 5 Minute Step, 12 " at 120 steps / min • Run 3 x 30/60's • Run 3 x 60/120's 	30	
3. Cool Down and Stretch	5	

Day 4 Thursday		Objective: To develop muscular endurance, strength, and agility
Task	Time (minutes)	
1. Warm-up	10	
2. Complete 2 circuits with no rest between exercises and 1 minute rest between circuits <ul style="list-style-type: none"> • Dumbbell Squat 10-12 reps with 25 pounds • Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible • Wide Push-up 12 reps • Abdominal Crunch 30 reps • Lunge 20 reps (10 on each leg) • Skydivers 10 reps, slow and controlled 	10	
3. Cool Down and Stretch	5	

FIELD OPERATIONS PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Day 5 Friday	Objective: To develop cardiorespiratory fitness	
Task	Time (minutes)	
1. Warm-up	10	
2. Cardiorespiratory Training <ul style="list-style-type: none"> • Run 10 min at a minimum 5.3 mph pace • Bike for 15 min at 70-80% Heart Rate Max (see page 43 for Heart Rate assessment) • Elliptical or Stair Step for 15 min at 70-80% Heart Rate Max 	40	
3. Cool Down and Stretch	5	

Week 2

Day 6 Monday	Objective: To develop muscular endurance, strength, and agility	
Task	Time (minutes)	
1. Warm-up	10	
2. Complete 2 circuits with no rest between exercises and 1 minute rest between circuits <ul style="list-style-type: none"> • Lift Lower 8 to 10 reps with 50 pounds, quick but safe pace • Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible • Push-up 12 reps • Sit-up 20 reps • Squats 20 reps • Rowers 10 reps, slow and controlled 	10	
4. Cool Down and Stretch	5	

Day 7 Tuesday	Objective: To develop cardiorespiratory fitness	
Task	Time (minutes)	
1. Warm-up	10	
2. Cardiorespiratory Training <ul style="list-style-type: none"> • 5 Minute Step, 12 " at 120 steps / min • Run 3 x 30/60's • Run 3 x 60/120's 	30	
3. Cool Down and Stretch	5	

FIELD OPERATIONS PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Day 8 Wednesday	Objective: To develop muscular endurance, strength, and agility
Task	Time (minutes)
1. Warm-up	10
2. Complete 2 circuits with no rest between exercises and 1 minute rest between circuits <ul style="list-style-type: none"> • Dumbbell Squat 10-12 reps with 25 pounds • Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible • Wide Push-up 12 reps • Abdominal Crunch 30 reps • Lunge 20 reps (10 on each leg) • Skydivers 10 reps, slow and controlled 	10
3. Cool Down and Stretch	5

Day 9 Thursday	Objective: To develop cardiorespiratory fitness
Task	Time (minutes)
1. Warm-up	10
2. Cardiorespiratory Training <ul style="list-style-type: none"> • Run 10 min at a minimum 5.3 mph pace • Bike for 15 min at 70-80% Heart Rate Max • Elliptical or Stair Step for 15 min at 70-80% Heart Rate Max 	40
3. Cool Down and Stretch	5

Day 10 Friday	Objective: To develop muscular endurance, strength, and agility
Task	Time (minutes)
1. Warm-up	10
2. Muscular Endurance and Strength Training Circuit Complete 2 circuits with no rest between exercises or between circuits <ul style="list-style-type: none"> • Lift Lower 12 reps with 50 pounds, quick but safe pace • Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible • Push-up 15 reps • Sit-up 20 reps • Squats 20 reps • Rowers 10 reps, slow and controlled 	15
4. Cool Down and Stretch	5

FIELD OPERATIONS PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Week 3

Day 11 Monday	Objective: To develop cardiorespiratory fitness	
Task	Time (minutes)	
1. Warm-up	10	
2. Cardiorespiratory Training <ul style="list-style-type: none"> • 5 Minute Step, 12 " at 120 steps / min • Run 4 x 30/60's • Run 4 x 60/120's 	35	
3. Cool Down and Stretch	5	

Day 12 Tuesday	Objective: To develop muscular endurance, strength, and agility	
Task	Time (minutes)	
1. Warm-up	10	
2. Complete 2 circuits with no rest between exercises or circuits <ul style="list-style-type: none"> • Lift Lower 12 reps with 50 pounds, quick but safe pace • Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible • Push-up 15 reps • Sit-up 25 reps • Squats 20 reps • Rowers 10 reps, slow and controlled 	10	
3. Cool Down and Stretch	5	

Day 13 Wednesday	Objective: To develop cardiorespiratory fitness	
Task	Time (minutes)	
1. Warm-up	10	
2. Cardiorespiratory Training <ul style="list-style-type: none"> • Run 15 min at a minimum 5.3 mph pace • Bike for 10 min at 70-80% Heart Rate Max • Elliptical or Stair Step for 10 min at 70-80% Heart Rate Max 	35	
3. Cool Down and Stretch	5	

FIELD OPERATIONS PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Day 14 Thursday		Objective: To develop muscular endurance, strength, and agility
Task	Time (minutes)	
1. Warm-up	10	
2. Complete 2 circuits with no rest between exercises or circuits <ul style="list-style-type: none"> • Lift Lower 12 reps with 50 pounds, quick but safe pace • Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible • Push-up 15 reps • Sit-up 25 reps • Squats 20 reps • Rowers 15 reps, slow and controlled 	15	
3. Cool Down and Stretch	5	

Day 15 Friday		Objective: To develop cardiorespiratory fitness
Task	Time (minutes)	
1. Warm-up	10	
2. Cardiorespiratory Training <ul style="list-style-type: none"> • 5 Minute Step, 12 " at 120 steps / min • Run 4 x 30/60's • Run 4 x 60/120's 	35	
3. Cool Down and Stretch	5	

FIELD OPERATIONS PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Week 4

Day 16 Monday	Objective: To develop muscular endurance, strength, and agility	
Task	Time (minutes)	
1. Warm-up	10	
2. Complete 3 circuits with no rest between exercises and 1 minute rest between circuits <ul style="list-style-type: none"> • Lift Lower 12 reps with 50 pounds, quick but safe pace • Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible • Push-up 15 reps • Sit-up 25 reps • Squats 20 reps • Rowers 10 reps, slow and controlled 	15	
3. Cool Down and Stretch	5	

Day 17 Tuesday	Objective: To develop cardiorespiratory fitness	
Task	Time (minutes)	
1. Warm-up	10	
2. Cardiorespiratory Training <ul style="list-style-type: none"> • Run 15 min at a minimum 5.3 mph pace • Bike for 10 min at 70-80% Heart Rate Max • Elliptical or Stair Step for 10 min at 70-80% Heart Rate Max 	35	
3. Cool Down and Stretch	5	

Day 18 Wednesday	Objective: To develop muscular endurance, strength, and agility	
Task	Time (minutes)	
1. Warm-up	10	
2. Complete 3 circuits with no rest between exercises and 1 min. rest between circuits <ul style="list-style-type: none"> • Dumbbell Squat 12 reps with 25 pounds • Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible • Wide Push-up 15 reps • Abdominal Crunch 30 reps • Lunge 20 reps (10 on each leg) • Skydivers 10 reps 	10	
3. Cool Down and Stretch	5	

FIELD OPERATIONS PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Day 19 Thursday	Objective: To develop cardiorespiratory fitness	
Task	Time (minutes)	
1. Warm-up	10	
2. Cardiorespiratory Training <ul style="list-style-type: none"> • Run 15 min at a minimum 5.3 mph pace • Bike for 15 min at 70-80% Heart Rate Max • Elliptical or Stair Step for 10 min at 70-80% Heart Rate Max 	40	
3. Cool Down and Stretch	5	

Day 20 Friday	Objective: To develop muscular endurance, strength, and agility	
Task	Time (minutes)	
1. Warm-up	10	
2. Complete 3 circuits with no rest between exercises and 1 min. rest between circuits <ul style="list-style-type: none"> • Lift Lower 8 to 10 reps with 50 pounds, quick but safe pace • Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible • Push-up 15 reps • Sit-up 25 reps • Squats 20 reps • Rowers 15 reps, slow and controlled 	15	
3. Cool Down and Stretch	5	

Week 5

Day 21 Monday	Objective: To develop cardiorespiratory fitness	
Task	Time (minutes)	
1. Warm-up	10	
2. Cardiorespiratory Training <ul style="list-style-type: none"> • 5 Minute Step, 12 " at 120 steps / min • Run 5 x 30/60's • Run 5 x 60/120's 	40	
3. Cool Down and Stretch	5	

FIELD OPERATIONS PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Day 22 Tuesday	Objective: To develop muscular endurance, strength, and agility
Task	Time (minutes)
1. Warm-up	10
2. Complete 3 circuits with no rest between exercises or between circuits <ul style="list-style-type: none"> • Lift Lower 8 to 10 reps with 50 pounds, quick but safe pace • Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible • Push-up 15 reps • Sit-up 20 reps • Squats 20 reps • Rowers 15 reps, slow and controlled 	15
3. Cool Down and Stretch	5

Day 23 Wednesday	Objective: To develop cardiorespiratory fitness
Task	Time (minutes)
1. Warm-up	10
2. Cardiorespiratory Training <ul style="list-style-type: none"> • Run 20 min at a minimum 5.3 mph pace • Bike for 10 min at 75-85% Heart Rate Max • Elliptical or Stair Step for 10 min at 75-85% Heart Rate Max 	40
3. Cool Down and Stretch	5

Day 24 Thursday	Objective: To develop muscular endurance, strength, and agility
Task	Time (minutes)
1. Warm-up	10
2. Complete 3 circuits with no rest between exercises or between circuits <ul style="list-style-type: none"> • Dumbbell Squat 12 reps with 25 pounds • Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible • Wide Push-up 15 reps • Abdominal Crunch 30 reps • Lunge 20 reps (10 on each leg) • Skydivers 15 reps, slow and controlled 	15
3. Cool Down and Stretch	5

FIELD OPERATIONS PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Day 25 Friday	Objective: To develop cardiorespiratory fitness	
Task	Time (minutes)	
1. Warm-up	10	
2. Cardiorespiratory Training <ul style="list-style-type: none"> • 5 Minute Step, 12 " at 120 steps / min • Run 5 x 30/60's • Run 5 x 60/120's 	40	
3. Cool Down and Stretch	5	

Week 6

Day 26 Monday	Objective: To develop muscular endurance, strength, and agility	
Task	Time (minutes)	
1. Warm-up	10	
2. Complete 3 circuits with no rest between exercises or between circuits <ul style="list-style-type: none"> • Lift Lower 12 reps with 50 pounds, quick but safe pace • Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible • Push-up 20 reps • Sit-up 25 reps • Squats 20 reps • Rowers 15 reps, slow and controlled 	15	
3. Cool Down and Stretch	5	

Day 27 Tuesday	Objective: To develop cardiorespiratory fitness	
Task	Time (minutes)	
1. Warm-up	10	
2. Cardiorespiratory Training <ul style="list-style-type: none"> • 5 Minute Step, 12 " at 120 steps / min • Run 5 x 30/60's • Run 5 x 60/120's 	40	
3. Cool Down and Stretch	5	

FIELD OPERATIONS PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Day 28 Wednesday	Objective: To develop muscular endurance, strength, and agility	
Task	Time (minutes)	
1. Warm-up	10	
2. Complete 3 circuits with no rest between exercises or between circuits <ul style="list-style-type: none"> • Dumbbell Squat 10-12 reps with 25 pounds • Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible • Wide Push-up 20 reps • Abdominal Crunch 30 reps • Lunge 20 reps (10 on each leg) • Skydivers 15 reps, slow and controlled 	15	
3. Cool Down and Stretch	5	

Day 29 Thursday	Objective: To develop cardiorespiratory fitness	
Task	Time (minutes)	
1. Warm-up	10	
2. Cardiorespiratory Training <ul style="list-style-type: none"> • Run 20 min at a minimum 5.3 mph pace • Bike for 10 min at 75-85% Heart Rate Max • Elliptical or Stair Step for 15 min at 75-85% Heart Rate Max 	50	
3. Cool Down and Stretch	5	

Day 30 Friday	Objective: To develop muscular endurance, strength, and agility	
Task	Time (minutes)	
1. Warm-up	10	
2. Complete 3 circuits with no rest between exercises or between circuits <ul style="list-style-type: none"> • Lift Lower 12 reps with 50 pounds, quick but safe pace • Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible • Push-up 20 reps • Sit-up 25 reps • Squats 20 reps • Rowers 15 reps, slow and controlled 	15	
3. Cool Down and Stretch	5	

REST OVER THE WEEKEND AND GET MOTIVATED FOR YOUR POST PFT-1 ASSESSMENT MONDAY!

FIELD OPERATIONS PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Day 31 Monday	Objective: To assess your physical abilities and to evaluate your level of readiness for the PFT-1
Task	Time (minutes)
1. Warm-up	10
2. PFT-1 Self-Assessment Set-up and Test Protocol Review: <ul style="list-style-type: none"> • Using the PFT-1 test administration information set up the test with the required equipment • Ask a friend, family member, or fitness specialist to assist you in the assessment 	10
3. Complete PFT-1 Self-Assessment	30
4. Cool Down and Stretch	5
5. After you complete the PFT-1 self-assessment fill out the information below	5

Test	Enter Your Score Below	LEVELS OF READINESS				
		FAILED	BRONZE	SILVER	GOLD	DIAMOND
Push Up		Below 12 reps	12 to 19 reps	20 to 23 reps	24 to 34 reps	35 reps and up
Sit-Up		Below 20 reps	20 to 26 reps	27 to 33 reps	34 to 40 reps	41 reps and Up
Side Step		Below 8 reps	8 reps	9 reps	10 to 11 reps	12 reps and up
Lift Lower		Above 60 seconds	53 to 60 seconds	45 to 52 seconds	38 to 44 seconds	Less than 38 seconds
5 Min. Step	Pass Failed	Not PFT-1 ready, Did not Complete	Barely Passed, Very exhausting	Passed, but test seemed tough	Passed easily, felt good	Passed very easily, not a challenge

Based on the results of your self-assessment use the rating scale below to <u>check the box</u> that best represents your current level of confidence in passing the upcoming Pre-Employment Fitness Test-1.		
I am <u>not confident</u> I would pass	I am <u>fairly confident</u> I would pass	I am <u>very confident</u> I would pass

Name (printed): _____ Signature: _____ Date: _____

Appendix A**PFT-1 Physical Activity Readiness Questionnaire**

Regular physical activity is safe for most people. However, some individuals should check with their doctor before they start an exercise program. To determine if you should consult with your doctor before starting to exercise on your own, please read the following questions carefully and answer each one honestly.

Instructions: Please read carefully and respond to each question below.

Yes No

1. Has your medical provider told you that you have a heart problem or other condition that limits your activity?
2. In the last 6 months, have you had palpitations (fluttering sensations of the heart), pain, tightness or pressure in your chest while at rest or when you do physical activity/work/exercise?
3. Have you ever become lightheaded or dizzy, passed out, or nearly passed out during or after exercise?
4. Do you have a bone or joint problem that is made worse by performing physical activity/exercise or could become worse by participating in the PFT-1 test and or training program?
5. Do you take any prescribed or over the counter medications that may preclude or affect your ability to participate in the PFT-1 training program?
6. Do you know of any other reason (medical/physical problem, condition or impairment) that may prevent or affect your ability to participate in the PFT-1 training program?

If you answered “no” to all of the above questions and you are not aware of any reasons you should not participate in an exercise program you may proceed with the training program at your own risk.

If you answered “yes” to any questions above, we recommend you consult your medical provider before participating in any exercise program.

Appendix B

Self-Assessment Protocol

Complete the following steps when going through the self-assessment:

- Step One.** Review the protocols (page. 22-26) and set up all equipment needed to administer the PFT-1 protocol
- Step Two.** With assistance from a friend, family member, or fitness specialist, take the PFT-1 self-assessment (page 6) and
- Step Three.** Document your level of readiness using the Day 1 sheet of the CBPO PFT-1 Physical Readiness Program

Materials Needed

Use the materials listed to administer the CBPO PFT-1:

- Narrated CBP Officer PFT-1 Audio file (www.cbp.org/careers)
- 4" or 5" Foam Block (Individuals 5 feet 9 inches or taller use the 5-inch foam block)
- Three sturdy tape lines, no more than two (2) inches wide, clearly and neatly adhered to the floor as follows (Appendix D):
 - In the center of the testing area (dividing the area in half);
 - 6 feet to the right of and parallel to the center line; and,
 - 6 feet to the left of and parallel to the centerline.
- Milk crate or square container able to hold 50 lbs. of weights
- 30 inch high table
- Stop Watch
- One 12" high step bench, or one platform and enough risers (4 on each side) to bring the bench to a height of exactly twelve (12) inches.

Other Requirements

1. If for any reason during the test you feel ill or you injure yourself, stop the test and seek medical attention as needed.
2. The PFT-1 should be conducted in an area with at least 25 feet by 25 feet of available space and a minimum ceiling height of eight (8) feet.

CBP Officer Pre-Employment Fitness Test-1

The PFT-1 consists of five physical abilities tests.

1. **The Sit-Up Test** – You are required to complete as many proper form sit-ups as possible in 60 seconds with a minimum of 20 repetitions.
2. **The Push-Up Test** – You are required to complete as many proper form push-ups as possible in 60 seconds with a minimum of 12 repetitions. The foam block measures the depth of each push-up. If you are under 5 feet 9 inches tall use the 4-inch foam block and if you are 5 feet 9 inches or taller use the 5-inch foam block.
3. **The Side Step Test** – You are required to perform a minimum of eight (8) outside line touches and centerline crosses in one of two 10-second trials. A 20-second interval will allow you to quickly get back into position between the first and second trial. You will have the option to perform one trial if you obtain the required minimum in the first trial. See page 23 for illustrations.
4. **The Lift/Lower Test** - You are required to complete eight (8) lift/lower cycles as quickly and safely as possible in 60 seconds. A lift/lower cycle is when you lift a crate with 50 pounds of loose weights from the floor to a 30-inch high table and back to the floor.
5. **The Step Test** – You are required to step up and down on a twelve (12) inch high step in cadence using a metronome sound along with and narrated voice at a rate of 120 beats per minute for five-minutes.

CBP Officer Pre-Employment Fitness Test-1 Requirements		
Test	Requirement	Time
Sit-ups	As many as possible (minimum 20)	60 seconds
Push-ups	As many as possible (minimum 12)	60 seconds
Side Step	As many line touches/crosses as possible (minimum 8)	10 seconds (2 trials)
Lift/Lower	8 cycles as quickly & safely as possible	60 seconds
Step Test	Must use a 12 inch step, stay on a 30 step cycles per minute cadence, and complete 5-minutes.	5 minutes

CBP Officer PFT-1 Protocol

Set up the testing area. If you have access to an mp3 player, the narrated PFT-1 audio file can be downloaded from www.cbp.org/careers and used. If you use this option, do not stop the audio file for any reason until the PFT-1 is complete, unless an injury occurs or you voluntarily stop. The audio file provides you with all of the instructions needed to perform each test and includes 3-minute intervals between each test where you may choose to rest or practice the next test.

Sit-up Test

- Assume the starting or “down position” on your back with the knees bent, feet flat, and hands behind your head, without interlocking the fingers together. Your thumbs are by your the ears, with your elbows extended out to the sides, and your shoulder blades touching the mat.
- Have your assistant hold your feet or ankles down with his/her hands, or place his/her knees on the top of your shoes while holding their hands behind your heels or ankles during the entire test.
- Your feet should be flat on the ground, with your knees bent at a 90-degree angle. This gives you about an 18-inch separation between your heels and buttocks.
- On the command “Go”, sit-up until your elbows touch your knees or your elbows break the plane of your knees.
- Return to the starting position where your shoulder blades touch the mat. You have completed one proper form sit-up.
- You may rest in the up position only, but the time will continue.
- If you use the audio file, it will instruct you when to start and stop.
- Count out loud or have your assistant do so as each proper form sit-up is completed. Keep in mind that when you are actually tested by a CBP Test Administrator, they will only count properly performed sit-ups so be honest with yourself about your test performance.
- A sit-up will not count:
 - If your buttocks are raised off the mat,
 - If your hands are used to pull up from the down position to the up position,
 - If 1/2 sit-ups are performed (if you fail to touch the knees with your elbows or break the plane of the knees with your elbows), or
 - If the shoulder blades do not touch the mat.
- The Sit-Up Test will stop:
 - When 60 seconds expires, or
 - When you stay in the down position for three (3) seconds or more, or
 - When you cannot perform any more sit-ups.

There is a 3-minute interval period where instructions for the Push-up Test are given. You may rest or follow the directions and practice for the next test.

Push-up Test

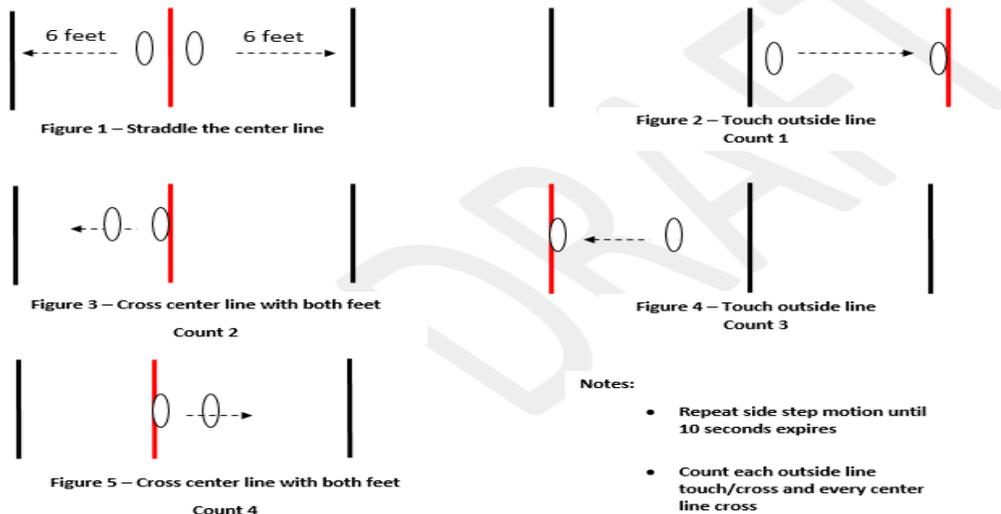
- Place a 4" or 5" foam block (if you are 5 feet 9 inches or taller use the 5-inch foam block) or have your assistant place his/her fist on the ground directly below your sternum/chest.
- Assume the starting or "up position" with your elbows straight, hands spaced shoulder width apart, with your thumbs aligned with the crease of the shoulders. The foam block or fist should be directly under your chest/sternum.
- On the command "Go", bend your elbows and drop down until the sternum touches the foam block or fist then push back up until your elbows are straight. This completes one proper form push-up. The body should be kept in a straight line with your feet no more than 12 inches apart.
- You may rest in the up position only, but the time will continue. At the end of one minute, the audio file will inform you to stop or your assistant can use a stop watch.
- Count out loud or have your assistant do so as each proper form push-up is completed. Keep in mind that when you are actually tested by a CBP Test Administrator, they will only count properly performed push-ups, so be honest with yourself about your test performance.
- You must perform as many proper form push-ups as possible in 60 seconds with a minimum of 12 repetitions.
- A push-up will not count when:
 - Your back is sagging,
 - Your buttocks are raised in the air,
 - Your feet are spread wider than 12 inches apart, or
 - You perform half push-ups (where you do not touch your sternum to the foam block/ fist or you do not straighten your elbows).
- The Push-Up Test will stop:
 - When 60 seconds expires, or-
 - When you cannot perform any more push-ups with proper form or you voluntarily stop or,
 - If one or both of your knees touch the ground.

There is a 3-minute interval period where instructions for the Side Step Test are given. You may rest or follow the directions and practice for the next test.

Side Step Test

- The set up for the test is three parallel lines about 3 feet long and 6 feet apart.
- Straddle the centerline with your right foot on one side and your left foot on the other side of the centerline.
- Slide either your right or left foot until your closest foot touches or crosses the outside line, without crossing your feet. Now slide in the opposite direction, crossing the center line towards the other outside line. Cross or touch that line with your outside foot. Continue this action as quickly as possible for 10 seconds. A minimum of eight (8) line touches and crosses are required to pass this test.
- For a centerline cross to count, both of your feet must have crossed the centerline and be on the same side.
- Two trials are given. You will have 20 seconds to quickly regroup and get into position between the two trials. You have the option to perform only one trial if you are satisfied with the first trial.
- Additionally, if you misstep in the first trial by crossing your feet, or you stumble and trip, wait 20 seconds and re-try.
- The goal is to perform a minimum of eight (8) outside line touches and centerline crosses in at least one of the two 10-second trials.
- If you use the audio file, it will instruct you when to start and stop.
- Count out loud or have your assistant count all outside line touches and centerline crosses.
- Record the total number of line touches and centerline crosses you have properly completed on the self-assessment score sheet.
- Each trial will stop:
 - When 10 seconds expires, or –
 - You fail to maintain proper foot positioning.

SIDE STEP DIAGRAM



Lift/Lower Test

- Stand behind the crate with your feet slightly wider than the crate.
- You will stand beside the table with the table on your right or left (not directly facing the table or with your back to the table).
- Use proper lifting technique to lift the crate to the 30-inch high table.
- This is a timed test and you will have up to 60 seconds to complete eight (8) lift/lower cycles as quickly and safely as possible.
- To ensure safety during this test, the audio file instructions will inform you to:
 - Move your feet when turning to position the crate on the table,
 - Use your leg muscles to extend and lower, and
 - Keep your back as straight as possible throughout the test.
- You will lift the crate with 50 pounds of loose weights by bending at the knees and hips, squatting down with your back straight, and gripping the crate handles, while looking up slightly. You will stand with the crate and turn towards the table. You will then place the crate on the table and briefly release your grip by opening your hands, then re-grip the handles of the crate again.
- You will then lift the crate from the table, turning and moving your feet back to the starting position, bend at your knees and hips, keeping the back straight, and placing the crate back on the floor. One cycle is complete when the crate is returned to the floor. If you do not complete the cycle as described, the cycle shall not be counted.
- The audio file will instruct you when to start and stop by an audio tone and verbal command; however, there are no instructions during the 60 seconds.
- Your assistant should start the stopwatch at the same time as the audio tone.
- Count out loud all completed lift/lower cycles or have your assistant count for you.
- The lift/lower test will stop:
 - When you completes eight (8) lift/lower cycles, or
 - When 60 seconds expires, or
 - You voluntarily stop the test.
- Record the time on the score sheet rounded to the next whole second (do **NOT** use fractions and do not round down).
 - For example, if you complete eight (8) cycles in 30.2 seconds, record it as “31 seconds.”
- If the time expires before you complete eight (8) lift/lower cycles, write “time expired” and the number of cycles completed on the score sheet.

There is a 3-minute interval period where instructions for the 5-minute Step Test are given. You may rest or follow the directions and practice for the next test.

Step Test

- The Step Test is performed by stepping on and off a 12-inch high step to a cadence using a metronome sound of 120 beats per minute for five minutes.
- Step onto the bench with either your right or left foot as the lead foot, followed by stepping up with your other foot; then stepping down with your lead foot, followed by stepping down with your other foot in an up-up-down-down sequence.
- The audio file (www.cbp.org/careers) is narrated along with the cadence sound (metronome) throughout the entire five minutes. You may switch your lead foot at any time, but you must not break cadence or stop moving while doing so.
- The audio file will instruct you when to start and stop the test.
- Quickly get back in step with the cadence if you start to get off beat.
- The Step Test will stop:
 - If you are unable to maintain the cadence in accordance with the audio file for three (3) consecutive sequences, or
 - If you are unable to maintain cadence in accordance with the audio file for a total of six (6) sequences within the 5-minute test, or If you use your hands/arms to push on your legs to assist in stepping, or
 - If you voluntarily stop the test.
- If you do not complete the full 5-minute Step Test in cadence, record the time the test was stopped on the score sheet, and record the reason for stopping the test.

Appendix C

CBPO PFT Physical Readiness Program Exercise List

Warm-Up Exercises

To be performed for 5 minutes prior to any fitness training or testing

Exercise	Description / Action / Speed
1. 440-880 Yard Jog	Perform a light jog of 440-880 yards or 3-5 minutes in duration
2. In-place Jogging (Engine)	Perform an in-place jog by cycling your legs and arms in a running pattern focusing on staying upright and not projecting your body forward or backwards. Moderate pace.
3. Cross-Country Skier	From a position of attention*, step forward with your left leg, extend your left arm forward and your right arm backwards keeping your elbows straight. Jump slightly in the air and move your right foot and right arm forward and your left foot and left arm backwards landing with both knees slightly bent, then immediately return to starting position. Moderate pace.
4. Jumping Jacks	From a position of attention*, jump slightly into the air and move your right and left foot into a wide stance keeping your knees slightly bent. At the same time, move both arms from your sides to the overhead position, keeping the arms straight. Jump slightly again and move back to the starting position. Moderate pace.
5. Jump Rope	From a position of attention*, with the rope handles grasped in your hands and the rope on the ground behind you, jump slightly into the air. At the same time, rotate your wrist and bring the rope overhead, and then under your feet. Your arms and legs should be slightly bent. Additional jump rope variation can be introduced as your skill level improves. Moderate pace.
6. Mountain Climber	From the front leaning rest position** with your left foot below the chest and between your arms, push upward with your feet. Quickly change positions of your legs, then immediately return to the starting position. Fast pace.

*Position of Attention: standing upright, face forward with legs shoulder width apart, arms extended down at your side.

** Front Leaning Rest Position: also called the push-up position, hands on the ground, face downward, feet together or up to 12 inches apart, straight line between the shoulder, hip, knee, and ankle, back flat.

***Supine Position: lying flat on your back with the legs straight and together, arms are alongside of the legs.

****Prone Position: lying flat on your stomach with the legs straight and together, arms are alongside of the legs.

FIELD OPERATIONS PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Flexibility Exercises	Training Focus	Description
Neck Rotations	Neck & upper back	From a position of attention*, rotate your head slowly in a circular motion to the right. Be sure to rotate at pain free ranges of motion. After 5 rotations conduct the same movement to the left.
Forward & Backward Arm Rotations	Shoulder, chest arms	From a position of attention*, rotate your arms in large circles forwards and then backwards, making sure you move through the full range of motion (ROM) in each direction. Conduct 5-10 rotations in each direction.
Straight Arms Behind Back	Shoulder, chest	From a position of attention*, place both hands behind your back, interlock the fingers with your palms facing each other, with elbows fully extended. Slowly raise your arms keeping your elbows straight and your head upright and relaxed.
Cross Arm in front of Chest	Shoulder, back	From a position of attention*, place your right arm across the body; your arm should be level with your shoulder and your elbow slightly flexed. With your left arm, grasp your right arm above the elbow and slowly pull your arm across your chest to the end ROM. Repeat for left side.
Overhead Arm Pull with Trunk Lean	Arms, back, abdomen	From a position of attention*, widen the stance to approximately 16 inches. Flex your right arm at the elbow and raise the elbow overhead. Reach with your left hand and grasp your right elbow, slowly pull your right elbow behind your head and slightly towards the back. With your legs straight, slowly lean from your waist to the left side achieving the end ROM. Repeat for left side.
Rear Lunge	Hips, quadriceps, hamstring, low back	From a position of attention*, take an exaggerated step backward with your right leg, touching down with the ball of your foot. Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion. After your foot touches down, allow your body to continue to lower. This promotes flexibility of the hip and trunk. To advance the stretch, push your hips slowly forward and slightly arch the back, raise your arms starting from the thighs above the head. Repeat on left side.
Sit and Reach	Low back, hamstring, calf	From the supine position***, sit up with your upper body nearly vertical and the legs straight, tuck your head and slowly lean forward using hip flexion. Grasp your toes or lower legs, pull or flex your toes toward your body and pull your chest toward the thighs. Hold for 30 seconds and then repeat.

FIELD OPERATIONS PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Seated Groin (Butterfly)	Groin	From the supine position***, sit up with your upper body nearly vertical and your legs straight. Flex both knees and bring the soles of your feet together. Once together, pull them towards your body. Place your hands on your feet and your elbows on the legs, pull your torso slightly forward and press your elbows down causing hip abduction (legs to open).
Spinal Twist (Pretzel)	Abdomen, low back, buttock	From the supine position***, sit up with your upper body nearly vertical and the legs straight. Flex your right knee and place your right foot to the left side of your left knee; place the back of your left elbow on the right side of the knee that is now bent. Place your right palm on the floor 12-16 inches behind your hips. Push your right knee to the left with your left elbow while turning the shoulders and head to the right as far as possible. Repeat for left side.
Supine Knee Flex (knee to chest)	Low back, buttock, hamstring	From the supine position***, flex your right knee and hip bringing the thigh towards your chest. Place both hands behind your knee and continue to pull towards your chest. Keep your left leg straight and your low back in contact with the floor. Repeat for left side.
Supine Low Back and Hip Stretch	Low back, buttock, hips,	From the supine position***, flex your right knee. Using the left arm, grasp your right knee and pull your leg towards the left. Allow your trunk to twist in the direction of your pull. The right arm should be extended to your side and your head looking to the right. Hold the stretch and try to increase the ROM by pulling with your left arm down on the knee. Repeat for right side.
Side Quadriceps Stretch (lay on your side)	Quadriceps, hips	From the supine position*** turn on your left side with both legs straight, place your left forearm flat on the floor (45° to the torso) with your upper arm perpendicular to the floor. Flex your right leg at the knee and move your right heel towards the buttock. Grasp the front of your ankle with your right hand and pull it toward the buttocks. Keep the back straight and your right leg parallel to the floor. Repeat for left side.
Low Back & Abdominal Arch (prone)	Low back, abdominals, hips, hamstrings and calves	From a prone position****, extend your arms while keeping your thighs and pelvis on the ground. Relax your back muscles while bearing your body weight through your straight arms. Toes point to the rear.

Muscular Endurance and Strength Training

Workout # 1

1. Lift Lower
2. Lateral Slides
3. Push-up
4. Sit-up
5. Squats
6. Rowers

Exercises

Lift / Lower

Objective: This exercise develops strength, and endurance and flexibility of your legs, hips, and lower extremities. It is a material handling exercise that exactly mimics the PFT-1 lift/lower test.

Equipment: Square milk crate with 50 pounds of loose free weights

Starting Position: Ready "athletic" position with hands along the side of the body with the table to the left or right of you and the crate directly in front of your feet

Pace: Fast but "Safely" under control

Count:

1. Squat while leaning slightly forward at your waist with the head up and extend the arms to the front and downward, with palms in a neutral position in order to grip the crate.
2. After gripping the crate handles, extend your hips and knees and return to the starting position.
3. Turn towards the table and place the crate down being sure to release your grip.
4. Pick the crate off the table and return it to the starting position on the ground.

Check Points:

- On count 1, maintain a flat or slightly arched back while bending simultaneously at your knee and hip until the thigh is parallel with the floor. Keep your head looking forward.
- At the end of count 1, the shoulders, knees and balls of the feet should be aligned. The heels remain on the ground and the back is flat or slightly arched.
- Keep the crate close to the body and use your legs when lifting and moving the crate.
- One cycle is complete when the crate is placed on the table and returned to the floor.

Safety Precautions:

- To avoid twisting the back, move your feet when turning to place the crate on the table.
- Use your leg muscles to extend and lower.
- Keep your back straight and the crate close to the body throughout the test.

Lateral Slides

Objective: This exercise develops agility, coordination, anaerobic endurance, and explosive power. It is an agility exercise that exactly mimics the PFT-1 Side Step Test.

Set Up: Place 3 taped lines parallel to one another on the ground 6 feet apart (see diagram below). The distance from the first line to the last line should be 12. If you cannot put down lines you can substitute using cones or any small object to designate where the line would be.

Starting Position: Ready “athletic” position with your hands out in front of the body. Feet are split in front of and between the middle line.

Pace: Fast

Count (N/A):

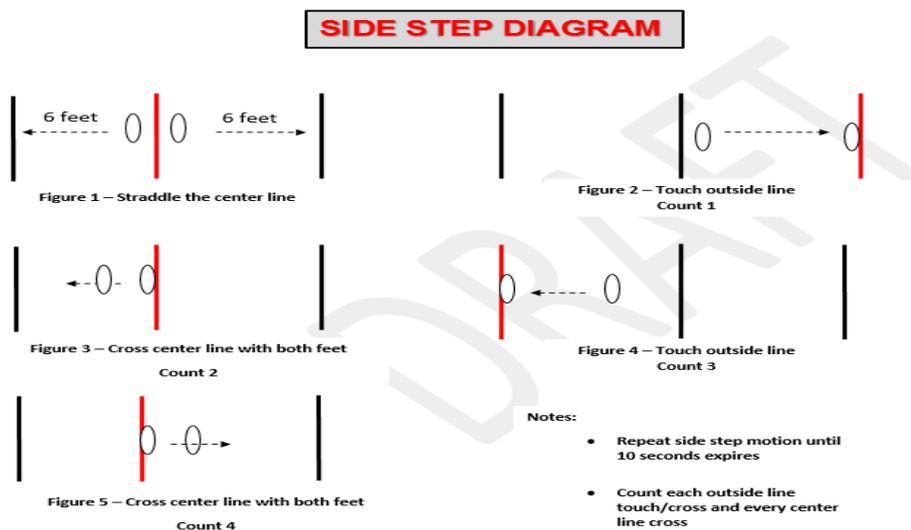
1. Slide to the right or left making sure your foot cross over the line marked by the cone. Plant your outside foot and change directions.
2. Slide back all the way past the middle line to the far left cone. Plant your outside foot and change directions.
3. Continue this pattern of sliding your feet right and left. Try to attain 8 line touches / crosses as fast as possible for each set. (See diagram below.)

Check Points:

- Do not cross your feet or turn your torso.
- Lower your body when changing directions.

Safety Precautions:

- Make sure your area is free of trip and slip hazards (i.e., loose dirt, rocks, sand, debris). If you use cones or objects instead of marked lines be careful not to trip over them.
- Wear athletic footwear and practice the course before you train on it.



Push-up

Objective: This exercise strengthens the muscles of the chest, shoulders, arms, and trunk.

Starting Position: Front Leaning Rest Position.

Pace: Moderate to Fast

Count:

1. Bend your elbows, lower your body until your upper arms are parallel with the ground. Touch your chest to the 4" block (individuals less than 5'9" tall); or 5" block (individuals 5'9" or taller) to ensure you are going deep enough.
2. Return to the starting position.

Check Points:

- Your hands are directly below the shoulders, shoulder width or wider with fingers spread (middle fingers point straight ahead).
- On counts 1 and 2 your upper arms stay close to the trunk, elbows pointing rearward.
- On count 2, your elbows are straightened to a soft locked position.
- Your trunk should not sag or point upward. Your body must remain in a straight line from the shoulder, low back, hip, knee, and ankle. To prevent sagging or upward pointing, tighten your abdominal muscles while in the starting position and maintain this contraction throughout the exercise. Think "Stay Flat and Tight."
- Your foot/ankle should not move during the exercise, it should remain fixed and serves as the pivot point (fulcrum) for the movement.

Safety Precautions:

- This exercise is always performed with your body in straight alignment.
- Do not arch or sway your back, stay flat by maintaining contractions of your abdominal and buttocks muscles throughout the exercise.
- Use a 4" foam block or soft object to touch your chest to during each repetition. This will prevent excessive range of motion at your shoulder/chest.

Additional Info:

If you cannot finish the required repetitions, stop and take a 15 to 30 second rest and finish your set. For instance, on Day 2's workout you are required to do 12 push-ups during each of the 2 circuits. Let's say you do 6 perfect push-ups then start to falter. Stop and take a 15 to -30 seconds rest and start again. You would then complete the remaining 6 repetitions during the next attempt or even third attempt if needed in order to finish the required 12 repetitions. This is OK. The intent is that you will improve to the point where you will not need to stop and will be able to complete all the required repetitions in good form without stopping for all your sets. So remember, stay at the station until all repetitions for that exercise are complete, even if it take several sets to do so.

Sit-up

Objective: This exercise develops your abdominal muscles and core muscular endurance.

Starting Position: Supine, hands behind head, feet flat on the floor with your knees bent at 90-degrees. The head is slightly tucked.

Pace: Moderate

Count:

1. Raise your trunk off the floor by engaging the abdominal muscles and hip flexors. Once in the up position, touch your elbows to knees or cross the plane of your knees with your elbows.
2. Return to the starting position with your shoulder blades touching the floor or mat.

Check Points:

- At the starting position, tighten your abdominal muscles to tilt your pelvis and the lower back toward the ground.
- Be sure to touch your shoulder blades to the ground.
- On count 1, keep your head slightly tucked, and use your abdominal muscles to pull your trunk through the movement.

Safety Precautions: To protect the spine, do not jerk your head forward. Maintain a comfortable head position and initiate the movement with your abdominal muscles.

Squat (parallel)

Objective: This exercise develops strength, endurance, and flexibility of the legs and hips.

Starting Position: Ready “athletic” position with your hands along the side of the body.

Pace: Moderate to Slow

Count:

1. Squat while leaning slightly forward at your waist with your head up and extend the arms to the front, with your arms parallel to the ground.
2. Return to the starting position.

Check Points:

- On count 1, maintain a flat or slightly arched back while bending simultaneously at the knee and hip until your upper thigh is parallel with the floor, keep your head in a neutral position
- At the end of count 1, your shoulders, knees and balls of the feet should be aligned. Your heels remain on the ground and your back is flat or slightly arched.

Safety Precautions:

- This exercise is always performed at a moderate to slow pace.
- Allowing your knees to go beyond the toes on count one increases stress to the knees.

Rower (back hyperextension)

Objective: This exercise develops strength of the low back, glutes, and shoulders.

Starting Position: Prone position with your arms overhead and fully extended, palms together and on the ground and toes pointed to the rear.

Pace: Slow

Count:

1. Raise your head and chest slightly while lifting your arms and pulling them rearward while pulling your shoulder blades together. Your hands make fists as they move toward the shoulders.
2. Return to the starting position.

Check Points:

- At the starting position, your abdominal muscles are tight and your head is in line with the spine. Your arms are in contact with the floor.
- On count 1, your forearms are parallel to the ground and slightly higher than your trunk. Pull your arms using your back and focus on pinching your shoulder blades together.
- On count 1, your head is raised to look forward but not skyward.
- Throughout the exercise, your legs and toes remain in contact with the ground.

Safety Precautions:

- This exercise is always performed at a slow pace.
- Prevent overarch of the back by maintaining contractions of your abdominal and buttocks muscles throughout the exercise.

Workout # 2

- Dumbbell Squat
- Lateral Slides
- Wide Push-up
- Abdominal Crunch
- Lunge
- Skydivers

Dumbbell Squat (parallel)

Objective: This exercise develops strength and endurance and flexibility of your legs, hips and lower extremities.

Starting Position: Ready “athletic” position with your hands along the side of the body.

Pace: Moderate

Count:

1. Stand in an athletic position with your arms straight, with the dumbbells or kettlebells (25 lbs. or more) held at arm’s length and alongside of the body. Maintain a flat or slightly arched back while bending simultaneously at the knee and hip until your upper thigh is parallel with the floor. Keep your head in a neutral position and your arms straight and the dumbbell still and stable. Your heels remain on the floor.
2. Return to the starting position.

Check Points:

- On count 1, maintain a flat or slightly arched back, while bending simultaneously at the knee and hip until your upper thigh is parallel with the floor. Keep your head in a neutral position.
- At the end of count 1, your shoulders, knees and balls of the feet should be aligned. Your heels remain on the ground and your back is flat or slightly arched.

Safety Precautions:

- This exercise is always performed at a slow to moderate pace.
- Do not allow your knees to go beyond the toes on count one as it increases stress to your knees.

Lateral Slides

Objective: This exercise develops agility, coordination, anaerobic endurance, and explosive power. It is an agility exercise that exactly mimics the PFT-1 Side Step Test.

Set Up: Place 3 taped lines parallel to one another on the ground 6 feet apart (see diagram below). The distance from the first line to the last line should be 12. If you cannot put down lines you can substitute using cones or any small object to designate where the line would be.

Starting Position: Ready “athletic” position with your hands out in front of the body. Feet are split in front of and between the middle line.

Pace: Fast

Count (N/A):

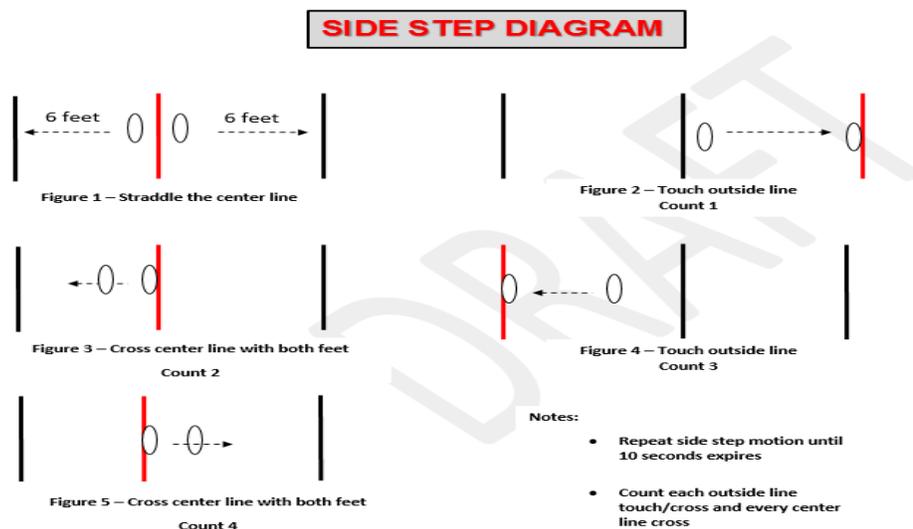
4. Slide to the right or left making sure your foot cross over the line marked by the cone. Plant your outside foot and change directions.
5. Slide back all the way past the middle line to the far left cone. Plant your outside foot and change directions.
6. Continue this pattern of sliding your feet right and left. Try to attain 8 line touches / crosses as fast as possible for each set. (See diagram below.)

Check Points:

- Do not cross your feet or turn your torso.
- Lower your body when changing directions.

Safety Precautions:

- Make sure your area is free of trip and slip hazards (i.e., loose dirt, rocks, sand, debris). If you use cones or objects instead of marked lines be careful not to trip over them.
- Wear athletic footwear and practice the course before you train on it.



Push-up (Wide)

Objective: This exercise strengthens the muscles of your chest, shoulders, arms, and trunk.

Starting Position: Front leaning rest position with your hand position just outside shoulder width.

Pace: Moderate

Count:

1. Bend your elbows, lower your body until your chest touches the 4" foam block.
2. Return to the starting position.

Check Points:

- Your hands are below and slightly outside the shoulders with fingers spread (middle fingers point straight ahead).
- On counts 1 and 2, your upper arms move away from the trunk with your elbows pointing lateral.
- On count 2, your elbows straighten but do not lock.
- The trunk should not sag. To prevent this, tighten your abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Safety Precautions:

- This exercise is always performed with the body in straight alignment.
- Do not arch or sway your back. Stay flat by maintaining contractions of your abdominal and buttocks muscles throughout the exercise.
- Use a 4" foam block or soft object to touch your chest to during each repetition. This will prevent excessive range of motion at your shoulder/chest.

Crunch (Forward)

Objective: This exercise develops the abdominal muscles.

Starting Position: Lie supine (on your back), hands lightly behind your head without interlocking your fingers together, with your thumbs by your ears, feet flat on the floor with your knees bent at 90-degrees. Your head is held straight in the neutral position.

Pace: Moderate to Fast

Count:

1. Raise your trunk off the floor.
2. Return to the starting position.

Check Points:

- At the starting position, tighten your abdominal muscles to tilt the pelvis and the lower back toward the ground.
- On count one, use your abdominal muscles to pull your trunk through the movement.

Safety Precautions: To protect your spine, do not jerk your head forward or overly flex your neck. Maintain a neutral position with your head and initiate the movement with your abdominals.

Lunge (forward)

Objective: This exercise promotes balance and develops leg endurance and strength.

Starting Position: Position of attention stance with your arms extended to the sides.

Pace: Slow

Count:

1. Take a step forward with your left leg, allowing your left knee to bend until your thigh is parallel to the ground. Lean slightly forward, keeping your back slight arched.
2. Return to the starting position.
3. Repeat count 1 with the right leg.
4. Return to the starting position.

Check Points:

- Keep your abdominal muscles tight throughout the motion.
- On counts 1 and 3, step straight forward, keeping your feet directed forward. When viewed from the front, your feet maintain their distance apart, both at the starting position and at the end of counts 1 and 3.
- On counts 1 and 3, your rear knee may bend naturally and touch the ground (soft and with control). The heel of the rear foot should be off the ground.

Safety Precautions:

- This exercise is always performed at a slow pace.
- On counts 1 and 3, move into position in a controlled manner.
- Spring off of your forward leg to return to the starting position. Keep your back slightly arched.
- Avoid jerking your trunk to create momentum.
- When stepping forward, ensure your knee is not forward past your toes

Sky Diver (back hyperextension)

Objective: This exercise develops strength of your back and shoulders.

Starting Position: Prone position with your arms overhead and then bent 90-degrees at the elbows, palms flat and on the ground, and your toes pointed to the rear.

Pace: Slow

Count:

1. Raise your head and chest slightly while lifting both arms upward.
2. Return to the starting position.

Check Points:

- At the starting position, your abdominal muscles are tight and your head is in line with the spine.
- On count 1, your arms are off the ground and slightly higher than the trunk.
- On count 1, your head is raised to look forward but not skyward.
- Throughout the exercise, your legs and toes remain in contact with the ground.

Safety Precautions:

- This exercise is always performed at a slow pace.
- Prevent overarching of the back by maintaining contractions of your abdominal and buttocks muscles throughout the exercise.
- When raising your head and chest away from the ground, your legs and toes remain in contact with the ground to prevent excessive stress to the spine.

Cardiorespiratory (Cardio) Training

5 Minute Step

Objective: This exercise develops cardiorespiratory (cardio) fitness. This training exercise exactly mimics the PFT-1 5-minute step test.

Set Up:

- One 12" high step bench, or one platform and enough risers (4 on each side), to bring the bench to a height of exactly twelve (12) inches.
- Audio file (www.cbp.org/careers), or metronome, or phone app that can play 120 beats per minute tempo.

Starting Position: Ready "athletic" position standing directly in front of the step.

Pace: Fast. 120 beats per minute which equates to 30 step cycles per minute

Guidance:

- Start the timer and step onto the bench with either the right or left foot as the lead foot, followed by stepping up with the other foot; then stepping down with the lead foot, followed by stepping down with the other foot in an up-up-down-down sequence.
- The audio file (www.cbp.org/careers) is narrated along with the cadence sound (metronome) throughout the entire five minutes. You may switch your lead foot at any time if you wish to, but you must not break cadence or stop moving while doing so.
- The audio file will instruct you when to start and stop the test.
- If you get off beat with the cadence, try to quickly get back in step.
- If you are unable to continue "on cadence" the entire 5 minutes and need to stop, take small 15 to 30 second breaks until you develop the fitness needed to complete the entire test without stopping.
- Remember when you actually take the PFT-1, you will fail if:
 - You are off cadence for 3 consecutive sequences,
 - You miss a total of 6 sequences throughout the five minutes,
 - You use your hands on your thighs/legs to assist in the stepping motion during the exercise or test, or You stop at all during the test

Check Points:

- Place your foot all the way on to the box on each step.
- If you get off cadence, quick get back on the step rhythm, "up, up, down, down".

Safety Precautions:

- Make sure your area is free of trip and slip hazards and that the step is solid and stable.

Timed Runs

The objective of the Timed Run is to develop aerobic capacity and to develop mental and physical tolerance to running long distances and experiencing environmental stress. Steady state (non-stop) distance running improves aerobic endurance, assists in caloric expenditure, and can be beneficial in assisting in recovery from more intensive training days. The overall minimal goal is for you to be able to run non-stop for at least 20 minutes at a pace at or above 5.3 mile per hour (mph) which is equal to a 17 minute and 15 second 1.5 mile pace.

Interval Running

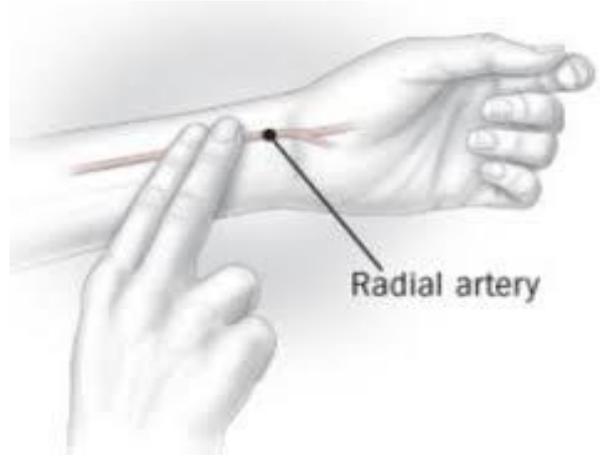
The objective of interval training is to help develop speed and anaerobic endurance. Intervals appropriate for you to improve physical fitness are **30/60s** and **60/120s**. Anaerobic endurance is important to accomplish higher intensity bouts of work such as foot pursuits, hands-on or intermediate use of force, and emergency response situations.

The work intervals are followed immediately by an active recovery interval. So, in a 30/60 interval, you will run hard for 30 seconds and briskly walk for 60 seconds. In the 60/120 interval, you will run hard for 60 seconds (1 minute) and briskly walk for 120 seconds (2 minutes). Multiple work intervals allow you to train at and above your maximum aerobic ability and cause the onset of fatigue many times during a single training session. Interval running improves the resistance to fatigue of your active muscles by repeatedly exposing them to high intensity effort. Keep in mind that your pace during these interval runs should be much faster (at least 25%) than what you would do during a timed continuous run. After each run you should be out of breath and “need” the walking time to recover before your next run. A stop watch and running area of at least 100 yards will be needed to properly execute this training.

Biking / Elliptical / Rowing / Stair Climbing

Choose any low impact cardiorespiratory training. Perform the exercise for the required amount of time and % of Heart Rate Max. Below is a heart rate chart to help you stay within your targeted zone to improve aerobic fitness. For example, let's say you are 26 years old and the fitness training session requires you to Bike for 15 minutes at 70% to 80% Heart Rate max. You will manipulate the bikes resistance and pedal speed in order to achieve a heart rate of 136 to 155 beats per minute for a goal of 15 minutes. See additional information on how to take your exercise heart rate and to make sure you are in your targeted zone for cardiorespiratory improvements on page 43.

Goal Heart Rates Using % of Heart Rate Max.				
Age	70%	75%	80%	85%
20	140	150	160	170
21	139	149	159	169
22	139	149	158	168
23	138	148	158	167
24	137	147	157	167
25	137	146	156	166
26	136	146	155	165
27	135	145	154	164
28	134	144	154	163
29	134	143	153	162
30	133	143	152	162
31	132	142	151	161
32	132	141	150	160
33	131	140	150	159
34	130	140	149	158
35	130	139	148	157
36	129	138	147	156
37	128	137	146	156
38	127	137	146	155
39	127	136	145	154
40	126	135	144	153



1. Assessing your heart rate during your training bouts will help to ensure that the training is safe and at an intensity level high enough to elicit improvements in cardiorespiratory fitness.
2. After at least 5 minutes of exercise assess your heart rate.
3. Using your index and middle finger find your radial artery (picture above).
4. Count the numbers of beats for 10 seconds and multiply the number by 6 to get beats per minute
5. Try to keep your heart rate in the target area identified in the daily train session which will be either 70% to 80% or 75% to 85% of your age predicted maximum heart rate.
6. If your heart rate is lower than the target range you will need to speed up or add more resistance, if your heart rate is too high you will need to slow down or reduce the resistance.
7. Use the table to find your target heart rate zone based on your age.

Appendix D

Pre-employment and Academy Fitness Testing

CBP Officer (CBPO)								
Pre-employment Fitness Test-1 Compensatory*			Pre-employment Fitness Test-2 Multiple Hurdle			Academy Fitness Graduation Standard Multiple Hurdle		
Test	Repetitions	Time Frame	Test	Repetitions	Time Frame	Test	Repetitions	Time Frame
Sit-Ups	Minimum 20	1 minute	220 Yard Run	---	50 seconds	220 Yard Run	---	45 seconds
Push-Ups	Minimum 12	1 minute	Sit-Ups	25	1 minute	Push-Ups	24	1 minute
Side Step	8 line touches/crosses	10 seconds 2 Trials	Push-Ups	17	1 minute	1.5 mile Run	---	15:00 minutes
Lift Lower	Minimum 8 cycles	1 minute	1.5 Mile Run	---	17:15 minutes	Sit & Reach	12.5 inches 3 Trials	---
12" Step Test	120 steps/min	5 minutes	---	---	---	---	---	---

Compensatory – a scoring method whereby candidates must achieve at least a minimum score on each test with no zeros and achieve a minimum cumulative score for all tests.

Multiple Hurdle – a scoring method that is pass/fail for each test.

*NOTE: When scoring the PFT-1, the Step Test must be passed, and a cumulative score of at least 80 points must be achieved on the Compensatory Test portion (Sit-Ups, Push-Ups, Side Step, and Lift/Lower)., The minimum number of repetitions for each test is shown in Phase 1 above. However, completing only the minimum number of repetitions for each test will NOT earn you enough points to pass the PFT-1. Therefore, it is to your advantage to perform as many repetitions above the minimum to earn highest score possible for each test.