



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

**Air Interdiction Agent,  
Marine Interdiction Agent, and  
Aviation Enforcement Agent**

**Pre-Employment Fitness Test-1  
Physical Readiness Program**

## Table of Contents

	<b>Page</b>
Introduction	2
Purpose	2-3
Getting Started	3-4
Equipment Needs	4
Self-Assessment and Physical Training Schedule	5
Self-Assessment and Physical Training Regimen	6-17
Appendix A: PFT-1 Physical Activity Readiness Questionnaire	18
Appendix B: PFT 1 Self-Assessment Protocol	19-24
Appendix C: PFT Physical Readiness Program Exercise List	25-43
Warm-up Exercises	25
Flexibility Exercises	26-27
Muscular Endurance and Strength Training	28-41
Workout # 1	28-34
Pull-up or Flexed Arm Hang	28-29
Lateral Slides	30
Push-up	31
Sit-up	32
Squats	33
Rowers	34
Workout # 2	35-41
Chin-up or Flexed Arm Hang	35-36
Lateral Slides	37
Wide Push-up	38
Ab Crunch	39
Lunge	40
Skydivers	41
Cardiorespiratory Training	42-44
5-Minute Step	42
Timed Runs	43
Interval Runs	43
Bike / Elliptical / Rowing / Stair Climber	43
Target Heart Rate Assessment	44
Appendix D: Phased in Pre-employment and FGS Fitness Testing	45

## Introduction

The primary mission of the U.S. Customs and Border Protection (CBP), Air Interdiction Agent (AIA), Marine Interdiction Agent (MIA), and Aviation Enforcement Agent (AEA) positions are to protect the American people and Nation's critical infrastructure by detecting, interdicting, and preventing acts of terrorism, such as preventing the unlawful movement of people, illegal drugs and other contraband toward or across the borders of the United States. AIAs, MIAs, and AEAs are part of the world's largest law enforcement air & marine force that is deeply dedicated to protecting and securing our nation's borders. The positions are physically demanding and require the candidate demonstrate his/her 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 the PFT-1. The tests and their cut points are the same for all *CBP AIA, MIA* candidate positions and are not based on race, age, or gender. All AEA tests are participation only.

## 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 AIA, MIA* 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. In order to take the PFT-1 Self-Assessment follow the bullets below:

- Review the test protocols (Appendix B, pgs. 20-26) 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 (pgs. 27-29).
- 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 *AIA*, *MIA*, *AEA* PFT Physical Readiness Program (pg. 6).
- Document your level of readiness using the form found on the Day 1 sheet of the Training Program (pg. 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 improving or staying in good physical condition.
- 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 *Air and Marine* Agent 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 Pre-Employment Fitness Test-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. Pull-up Bar
3. One 12" high step bench, or one platform and enough risers (5 on each side) to bring the bench to a height of exactly twelve (12) inches
4. Measuring tape
5. Marking tape or 3 cones (can use 3 household items for marking distance)
6. 4 inch or 5 inch Foam Blocks
7. AIA, MIA, AEA PFT-1 Audio MP3 file found at [www.CBP.gov/careers](http://www.CBP.gov/careers)
8. Metronome (<http://www.metronomeonline.com/>) or phone app that can play 120 beats / minute
9. Running or cross training shoes
10. 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 &amp; RECOVERY...START TRAINING CYCLE OVER STARTING ON DAY 2, CONTINUE UNTIL YOU HAVE TAKEN AND PASSED THE <u>PRACTICE AIA, MIA PFT 1.</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 44.

AIR AND MARINE PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

**Week 1**

Day 1 Monday	<b>Objective:</b> To assess your physical abilities and to evaluate you level of readiness for the PFT-1
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up (pg. 27-29)	10
2. PFT-1 Self-Assessment Set-up and Test Protocol Review (pg. 20-26): <ul style="list-style-type: none"> <li>• Using the PFT-1 test administration information set up the test with the required equipment</li> <li>• Ask a friend, family member, or fitness specialist to assist you in the assessment</li> </ul>	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 9 reps	10 reps	11 reps	12 to 13 reps	14 reps and up
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: \_\_\_\_\_

AIR AND MARINE PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Day 2 Tuesday	<b>Objective:</b> To develop muscular endurance, strength, and agility	
<b>Task</b>	<b>Time (minutes)</b>	
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"> <li>• Pull-up or Chin-up 1 to 5 reps or Flexed Arm Hang for 15 to 30 seconds</li> <li>• Lateral Slides 10 line touches/crosses at 12 feet as quickly as possible</li> <li>• Push-up 10 reps</li> <li>• Sit-up 15 reps</li> <li>• Squats 20 reps</li> <li>• Rowers 10 reps, slow and controlled</li> </ul>	10	
4. Cool Down and Stretch	5	

Day 3 Wednesday	<b>Objective:</b> To develop cardiorespiratory fitness	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Cardiorespiratory Training (see page 42-43 for more details on cardio exercises) <ul style="list-style-type: none"> <li>• 5 Minute Step, 12 " at 120 steps / min</li> <li>• Run 3 x 30/60's</li> <li>• Run 3 x 60/120's</li> </ul>	30	
3. Cool Down and Stretch	5	

Day 4 Thursday	<b>Objective:</b> To develop muscular endurance, strength, and agility	
<b>Task</b>	<b>Time (minutes)</b>	
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"> <li>• Chin-up or Pull-up 1 to 5 reps or Flexed Arm Hang for 15 to 30 seconds</li> <li>• Lateral Slides 10 line touches/crosses at 12 feet as quickly as possible</li> <li>• Wide Push-up 10 reps</li> <li>• Ab Crunch 25 reps</li> <li>• Lunge 20 reps (10 on each leg)</li> <li>• Skydivers 10 reps, slow and controlled</li> </ul>	10	
3. Cool Down and Stretch	5	

AIR AND MARINE PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Day 5 Friday	<b>Objective:</b> To develop cardiorespiratory fitness
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Cardiorespiratory Training <ul style="list-style-type: none"> <li>• Run 10 min at a minimum 5.3 mph pace (see page 42-43)</li> <li>• Bike for 15 min at 70-80% Heart Rate Max (see page 44 for more info on heart rate)</li> <li>• Elliptical or Stair Step for 15 min at 70-80% Heart Rate Max</li> </ul>	40
3. Cool Down and Stretch	5

**Week 2**

Day 6 Monday	<b>Objective:</b> To develop muscular endurance, strength, and agility
<b>Task</b>	<b>Time (minutes)</b>
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"> <li>• Pull-up or Chin-up 1-5 reps or Flexed Arm Hang for 15 to 30 seconds</li> <li>• Lateral Slides 10 line touches/crosses at 12 feet as quickly as possible</li> <li>• Push-up 10 reps</li> <li>• Sit-up 15 reps</li> <li>• Squats 20 reps</li> <li>• Rowers 10 reps, slow and controlled</li> </ul>	10
4. Cool Down and Stretch	5

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

AIR AND MARINE PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Day 8 Wednesday	<b>Objective:</b> To develop muscular endurance, strength, and agility
<b>Task</b>	<b>Time (minutes)</b>
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"> <li>• Chin-up or Pull-up 1 to 5 reps or Flexed Arm Hang for 15 to 30 seconds</li> <li>• Lateral Slides 10 line touches/crosses at 12 feet as quickly as possible</li> <li>• Wide Push-up 10 reps</li> <li>• Ab Crunch 25 reps</li> <li>• Lunge 20 reps (10 on each leg)</li> <li>• Skydivers 10 reps, slow and controlled</li> </ul>	10
3. Cool Down and Stretch	5

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

Day 10 Friday	<b>Objective:</b> To develop muscular endurance, strength, and agility
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Muscular Endurance and Strength Training Circuit : Complete 2 circuits <u>with no rest between exercises or between circuits</u> <ul style="list-style-type: none"> <li>• Pull-up or Chin-up 1 to 5 reps or Flexed Arm Hang for 15 to 30 seconds</li> <li>• Lateral Slides 10 line touches/crosses at 12 feet as quickly as possible</li> <li>• Push-up 10 reps</li> <li>• Sit-up 15 reps</li> <li>• Squats 20 reps</li> <li>• Rowers 10 reps, slow and controlled</li> </ul>	15
4. Cool Down and Stretch	5

**Week 3**

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

<b>Day 12 Tuesday</b>	<b>Objective:</b> To develop muscular endurance, strength, and agility	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Complete 2 circuits <u>with no rest between exercises or circuits</u> <ul style="list-style-type: none"> <li>• Pull-up or Chin-up or Pull-up 1 to 5 reps or Flexed Arm Hang for 15 to 30 seconds</li> <li>• Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible</li> <li>• Push-up 12 reps</li> <li>• Sit-up 20 reps</li> <li>• Squats 25 reps</li> <li>• Rowers 10 reps, slow and controlled</li> </ul>	10	
3. Cool Down and Stretch	5	

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

AIR AND MARINE PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Day 14 Thursday	<b>Objective:</b> To develop muscular endurance, strength, and agility	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Complete 2 circuits <u>with no rest between exercises or circuits</u> <ul style="list-style-type: none"> <li>• Pull-up or Chin-up 1 to 5 reps or Flexed Arm Hang for 15 to 30 seconds</li> <li>• Lateral Slides 10 line touches/crosses at 12 feet as quickly as possible</li> <li>• Push-up 12 reps</li> <li>• Sit-up 20 reps</li> <li>• Squats 25 reps</li> <li>• Rowers 10 reps, slow and controlled</li> </ul>	15	
3. Cool Down and Stretch	5	

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

AIR AND MARINE PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

**Week 4**

Day 16 Monday	<b>Objective:</b> To develop muscular endurance, strength, and agility	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Complete 3 circuits <u>with no rest between exercises and 1 minute rest between circuits</u> <ul style="list-style-type: none"> <li>• Pull-up or Chin-up 1 to 5 reps or Flexed Arm Hang for 15 to 30 seconds</li> <li>• Lateral Slides 10 line touches/crosses at 12 feet as quickly as possible</li> <li>• Push-up 18 reps</li> <li>• Sit-up 15 reps</li> <li>• Squats 25 reps</li> <li>• Rowers 15 reps, slow and controlled</li> </ul>	15	
3. Cool Down and Stretch	5	

Day 17 Tuesday	<b>Objective:</b> To develop cardiorespiratory fitness	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Cardiorespiratory Training <ul style="list-style-type: none"> <li>• Run 15 min at a minimum 5.5 mph pace</li> <li>• Bike for 10 min at 70-80% Heart Rate Max</li> <li>• Elliptical or Stair Step for 10 min at 70-80% Heart Rate Max</li> </ul>	35	
3. Cool Down and Stretch	5	

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

AIR AND MARINE PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Day 19 Thursday	<b>Objective:</b> To develop cardiorespiratory fitness	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Cardiorespiratory Training <ul style="list-style-type: none"> <li>• Run 15 min at a minimum 5.5 mph pace</li> <li>• Bike for 15 min at 70-80% Heart Rate Max</li> <li>• Elliptical or Stair Step for 10 min at 70-80% Heart Rate Max</li> </ul>	40	
3. Cool Down and Stretch	5	

Day 20 Friday	<b>Objective:</b> To develop muscular endurance, strength, and agility	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Complete 3 circuits <u>with no rest between exercises and 1 min. rest between circuits</u> <ul style="list-style-type: none"> <li>• Pull-up or Chin-up 1 to 5 reps or Flexed Arm Hang for 15 to 30 seconds</li> <li>• Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible</li> <li>• Push-up 12 reps</li> <li>• Sit-up 20 reps</li> <li>• Squats 25 reps</li> <li>• Rowers 15 reps, slow and controlled</li> </ul>	15	
3. Cool Down and Stretch	5	

**Week 5**

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

AIR AND MARINE PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Day 22 Tuesday		<b>Objective:</b> To develop muscular endurance, strength, and agility
Task	Time (minutes)	
1. Warm-up	10	
2. Complete 3 circuits <u>with no rest between exercises or between circuits</u> <ul style="list-style-type: none"> <li>• Pull-up or Chin-up 1 to 5 reps or Flexed Arm Hang for 15 to 30 seconds</li> <li>• Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible</li> <li>• Push-up 12 reps</li> <li>• Sit-up 20 reps</li> <li>• Squats 25 reps</li> <li>• Rowers 15 reps, slow and controlled</li> </ul>	15	
3. Cool Down and Stretch	5	

Day 23 Wednesday		<b>Objective:</b> To develop cardiorespiratory fitness
Task	Time (minutes)	
1. Warm-up	10	
2. Cardiorespiratory Training <ul style="list-style-type: none"> <li>• Run 20 min at a minimum 5.5 mph pace</li> <li>• Bike for 10 min at 75-85% Heart Rate Max</li> <li>• Elliptical or Stair Step for 10 min at 75-85% Heart Rate Max</li> </ul>	40	
3. Cool Down and Stretch	5	

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

AIR AND MARINE PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

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

**Week 6**

Day 26 Monday	<b>Objective:</b> To develop muscular endurance, strength, and agility	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Complete 3 circuits <u>with no rest between exercises or between circuits</u> <ul style="list-style-type: none"> <li>• Pull-up or Chin-up 1 to 5 reps or Flexed Arm Hang for 15 to 30 seconds</li> <li>• Lateral Slides 8 line touches/crosses at 12 feet as quickly as possible</li> <li>• Push-up 15 reps</li> <li>• Sit-up 20 reps</li> <li>• Squats 25 reps</li> <li>• Rowers 15 reps, slow and controlled</li> </ul>	15	
3. Cool Down and Stretch	5	

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

AIR AND MARINE PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

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

Day 29 Thursday	<b>Objective:</b> To develop cardiorespiratory fitness
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Cardiorespiratory Training <ul style="list-style-type: none"> <li>• Run 20 min at a minimum 5.5 mph pace</li> <li>• Bike for 10 min at 75-85% Heart Rate Max</li> <li>• Elliptical or Stair Step for 15 min at 75-85% Heart Rate Max</li> </ul>	50
3. Cool Down and Stretch	5

Day 30 Friday	<b>Objective:</b> To develop muscular endurance, strength, and agility
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Complete 3 circuits <u>with no rest between exercises or between circuits</u> <ul style="list-style-type: none"> <li>• Pull-up or Chin-up 1 to 5 reps or Flexed Arm Hang for 15 to 30 seconds</li> <li>• Lateral Slides 10 line touches/crosses at 12 feet as quickly as possible</li> <li>• Push-up 15 reps</li> <li>• Sit-up 20 reps</li> <li>• Squats 25 reps</li> <li>• Rowers 15 reps, slow and controlled</li> </ul>	15
3. Cool Down and Stretch	5

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

AIR AND MARINE PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

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

		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 9 reps	10 reps	11 reps	12 to 13 reps	14 reps and up
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: \_\_\_\_\_

**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 (pgs. 21-24) 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 Day 1 sheet of the *AIA, MIA, AEA* PFT-1 Physical Readiness Program

### Materials Needed

Use the materials listed to administer the *AIA, MIA, AEA* PFT-1:

- Narrated *Air and Marine* Agent PFT-1 Audio file ([www.cbp.org/careers](http://www.cbp.org/careers))
- 4" or 5" Foam Block (Candidates 5 feet 9 inches or taller use the 5-inch foam block)
- Fitness mat or carpet floor for performing sit-ups
- One 12" high step bench, or one platform and enough risers (5 on each side) to bring the bench to a height of exactly twelve (12) inches.
- Stop Watch

### 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.

## **Air and Marine Agent Pre-Employment Fitness Test-1**

The PFT-1 consists of four 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 nine (9) 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 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.

<b>Air and Marine Agent (AIA, MIA, AEA*) Pre-Employment Fitness Test-1 Requirements</b>		
<b>Test</b>	<b>Requirement</b>	<b>Time</b>
Sit-ups	As many as possible (minimum 20 repetitions)	60 seconds
Push-ups	As many as possible (minimum 12 repetitions)	60 seconds
Side Step	As many as possible (minimum 9 line touches)	10 seconds (2 trials)
Step Test	Must use a 12 inch step, stay on a 30 step cycles per minute cadence, and complete 5-minutes.	5 minutes

**\*AEA PFT-1 is for participation only. There is no pass / fail portions to the test.**

## ***Air and Marine (AIA, MIA, AEA) Agent 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](http://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

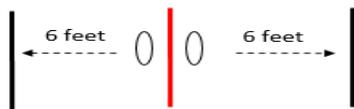


Figure 1 – Straddle the center line



Figure 2 – Touch outside line  
Count 1



Figure 3 – Cross center line with both feet  
Count 2



Figure 4 – Touch outside line  
Count 3

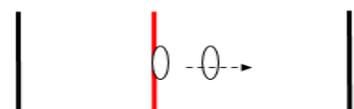


Figure 5 – Cross center line with both feet  
Count 4

Notes:

- Repeat side step motion until 10 seconds expires
- Count each outside line touch/cross and every center line cross

## 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](http://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

### AIA, MIA, AEA 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: Laying flat on your back with the legs straight and together, arms are alongside of the legs.

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

*AIR AND MARINE PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM*

<b>Flexibility Exercises</b>	<b>Training Focus</b>	<b>Description</b>
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.

AIR AND MARINE 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. Pull-up or Chin-up or Flexed Arm Hang
2. Lateral Slides
3. Push-up
4. Sit-up
5. Squats
6. Rowers

### Exercises

#### Pull-up

Objective: This exercise develops strength and endurance of the upper body flexors.

Equipment: Pull up bar

Starting Position: Hold the bar using an overhand grip (pronated) with the arms shoulder width or slightly wider.

Pace: Moderate and under control

Count:

1. Using your arms, shoulders and back control your body weight. Start with your arms completely straight. Pull your body upward by bending your arms until your chin is at the bar level. Bend at your knees to keep your feet from hitting the floor or if assistance is necessary.
2. Keeping your body under control return to the starting position.

Check Point:

- On count 1, maintain a rigid mid-section while bending your knees slightly, keep your head in a neutral position or slightly arched.
- At the end of count 1, slowly and under control bring your body back to the start position

Safety Precautions:

- Spotters grasp your shins close to your feet with both hands and apply enough constant upward pressure to allow you to properly execute the movement.
- Elastic bands specifically designed to assist pull-ups can be used to make the pull-up easier if you do not have the strength to do the exercise on your own.
- Avoid rapid kipping
- Land carefully when releasing the bar if you are using a high bar

## **Flexed Arm Hang**

Objective: This exercise develops strength and endurance of your upper body flexors.

Equipment: Pull up bar

Starting Position: Hold the bar using an underhand grip (palms facing you) with your arms shoulder width or slightly wider.

Pace: Moderate and under control

Count:

1. Start with your arms bent at 90 degrees. By using your arms, shoulders and back support your entire body weight and maintain the 90 degree position of your arms for the goal time.

Check Point:

- On count 1, maintain a rigid mid-section while bending your knees slightly, keep your head in a neutral position or slightly arched.

Safety Precautions:

- Land carefully when releasing the bar if you are using a high bar

**Note: Try to progress from the flexed arm hang to pull-ups once you have developed the strength to do so.**

## 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):

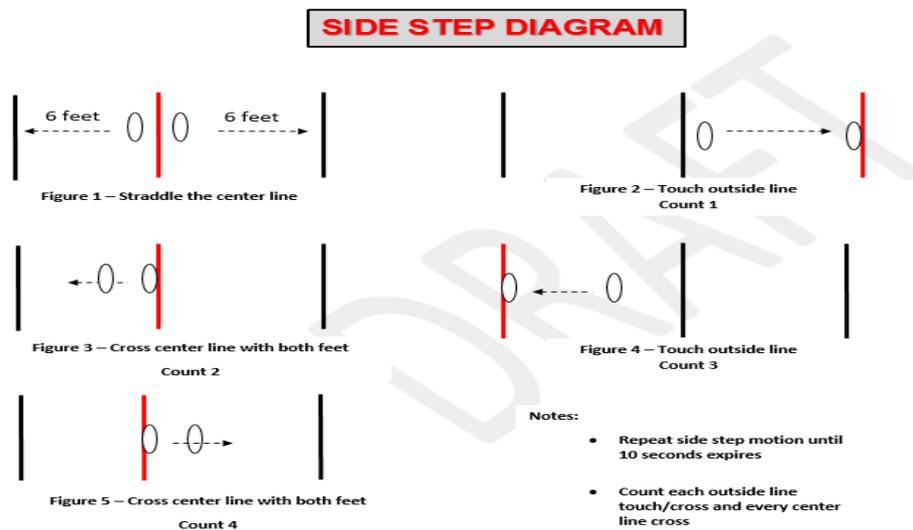
1. Slide to the right or left making sure your foot cross over the line marked by the cone. Plant your outside foot and change directions.
2. Slide back all the way past the middle line to the far left cone. Plant your outside foot and change directions.
3. Continue this pattern of sliding your feet right and left. Try to attain 10 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 10 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 4 repetitions during the next attempt or even third attempt if needed in order to finish the required 10 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 your 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 overarching of the back by maintaining contractions of your abdominal and buttocks muscles throughout the exercise.

## **Workout # 2**

- Chin-up or Flexed Arm Hang
- Lateral Slides
- Wide Push-up
- Ab Crunch
- Lunge
- Skydivers

### **Chin-up or Flexed Arm Hang**

#### **Chin-up**

Objective: This exercise develops strength and endurance of your upper body flexors.

Equipment: Pull up bar

Starting Position: Hold the bar using an underhand grip (palms facing you) with your arms shoulder width or slightly wider.

Pace: Moderate and under control

Count:

1. Using your arms, shoulders and back control your body weight. Start with your arms completely straight. Pull your body upward by bending your arms until your chin is at the bar level. Bend at your knees to keep your feet from hitting the floor or if assistance is necessary.
2. Keeping your body under control return to the starting position.

Check Point:

- On count 1, maintain a rigid mid-section while bending your knees slightly, keep your head in a neutral position or slightly arched.
- At the end of count 1, slowly and under control bring your body back to the start position

Safety Precautions:

- Spotters grasp your shins close to your feet with both hands and apply enough constant upward pressure to allow you to properly execute the movement.
- Elastic bands specifically designed to assist chin-ups can be used to make the chin-up easier if you do not have the strength to do the exercise on your own.
- Avoid rapid kipping
- Land carefully when releasing the bar if you are using a high bar

## **Flexed Arm Hang**

Objective: This exercise develops strength and endurance of your upper body flexors.

Equipment: Pull up bar

Starting Position: Hold the bar using an underhand grip (palms facing you) with your arms shoulder width or slightly wider.

Pace: Moderate and under control

Count:

1. Start with your arms bent at 90 degrees. By using your arms, shoulders and back support your entire body weight and maintain the 90 degree position of your arms for the goal time.

Check Point:

- On count 1, maintain a rigid mid-section while bending your knees slightly, keep your head in a neutral position or slightly arched.

Safety Precautions:

- Land carefully when releasing the bar if you are using a high bar

**Note: Try to progress from the flexed arm hang to pull-ups once you have developed the strength to do so.**

## 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):

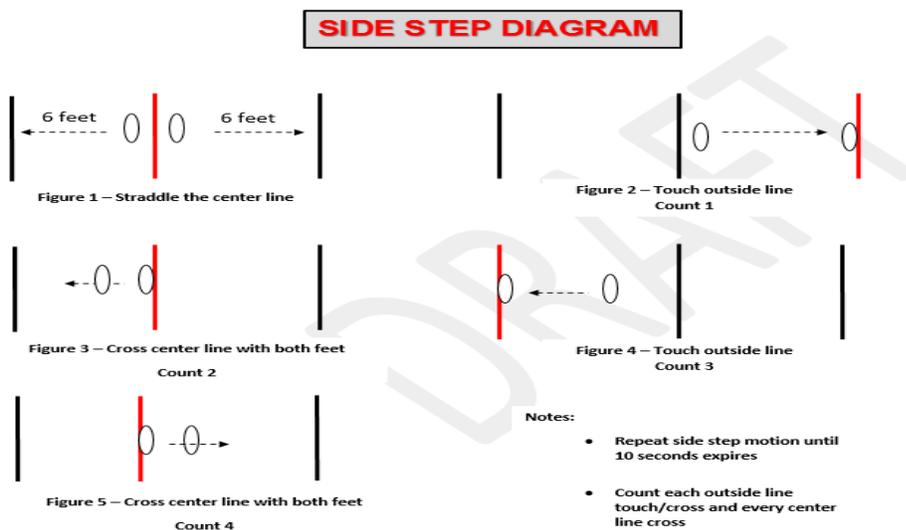
4. Slide to the right or left making sure your foot cross over the line marked by the cone. Plant your outside foot and change directions.
5. Slide back all the way past the middle line to the far left cone. Plant your outside foot and change directions.
6. Continue this pattern of sliding your feet 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](http://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](http://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 5.5 mile per hour (mph) which is equal to a 16:30 minute 1.5 mile pace. This will get you really for the PFT-2 and Academy running requirements.

### **Interval Running**

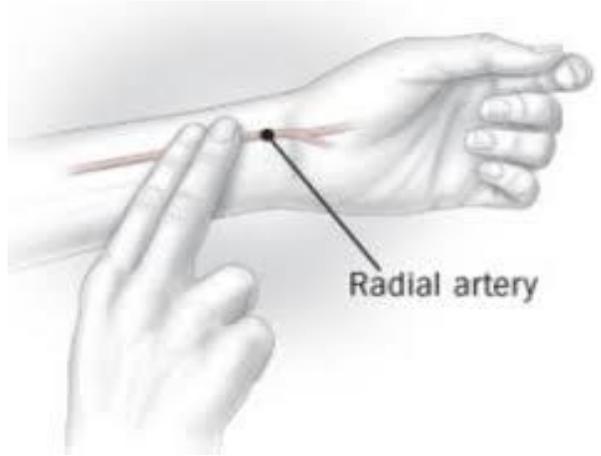
The objective of interval training is to help develop speed and anaerobic endurance. Intervals appropriate for you to improve physical fitness are **30/60s** and **60/120s**. Anaerobic endurance is important to accomplish higher intensity bouts of work such as foot pursuits, hands-on or intermediate 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% HR 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 44.

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

<b>Air and Marine Agent (AIA, MIA, AEA)</b>								
Pre-employment Fitness Test-1 Multiple Hurdle			Pre-employment Fitness Test-2 Participation Only			Fitness Graduation Standard Participation Only except 1.5 mile Run		
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	Minimum 9 line touches/crosses	10 seconds 2 Trials	*Push-Ups	17	1 minute	1.5 mile Run	---	16:30 minutes
12" Step Test	120 steps/min	5 minutes	*1.5 Mile Run	---	17:15 minutes	*Sit & Reach	12.5 inches 3 Trials	---

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

\*Participation Only - No pass / fail, only participation in the test is required.

Note: AIA and MIA candidates must pass the

- PFT-1, the PFT-2 is participation only
- Academy 1.5 mile run in 16:30

Note: All tests for AEM candidates are participation only