

# POPS Physical Test Guidelines

## TEST #1-BENCH PRESS

The applicant must bench press **64%** of their body weight to pass this portion of the testing process. The applicant may warm up by making 4-5 lifts of a weight less than the 64% maximum that is required for the test. The sixth and final lift shall be the scoring lift and shall meet or exceed 64% of the applicants body weight. The weight will be rounded down for the applicant (ie-139 ½ lbs. Will be 139lbs.). The heaviest weight lifted is recorded for the applicant.

Protocol points for the bench press:

1. Applicant's feet are flat on the ground and pointed slightly outward.
2. Applicant's hip and back maintain contact with bench.
3. Full arm extension.
4. Lift starts in the down position as soon as bar touches chest (Do not allow the applicant to tighten arms while the bar is coming down).

## TEST #2-SIT UPS

The applicant may have **2** attempts to complete a minimum of **18** sit-ups in **1** minute to pass this event. The instructor should hold the applicant's feet with their hands.

Protocol points for sit-ups:

1. Knees bent 90 degrees
2. Feet flat on floor
3. Back flat on floor (start position)
4. Hands overlapped behind head
5. Elbows to top of the knee (up position)
6. Top of shoulder blade touch floor (down position)
7. Rest in up position

## TEST #3-300 METER RUN

The applicant must run 300 meters in **65** seconds or less to pass this event.

## TEST #4-PUSH UPS

The applicant may have **2** attempts to successfully complete **20** push-ups within a reasonable time, to pass this event. The instructor will place a 3" sponge between the

applicant's hands and the applicant must touch the sponge with their chest and nothing else.

Protocol points for push-ups:

1. Legs, hips, torso must stay in the same plane  
inch (3") sponge
2. Hands shoulder width apart  
extension
3. Feet no more than six inches (6") apart  
position
4. Lower chest to touch three
5. Return to full arm
6. Rest only in the up

### **TEST #5-1.5 MILE RUN**

The applicant must run 1.5 miles in **17:12 minutes** or less to pass this event.

**All 5 events must be passed**

# Prep Guide For P.O.P.S Physical Agility Test

<b>1.5 Mile Run</b>					
<b>WEEK</b>	<b>ACTIVITY</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>FREQUENCY</b>	
1	Walk	1 mile	17-20 min	5/week	
2	Walk	1.5 miles	25-29 min	5/week	
3	Walk	2 miles	32-35 min	5/week	
4	Walk	2 miles	28-30 min	5/week	
5	Walk / Jog	2 miles	27 min	5/week	
6	Walk / Jog	2 miles	26 min	5/week	
7	Walk / Jog	2 miles	25 min	5/week	
8	Walk / Jog	2 miles	24 min	5/week	
9	Jog	2 miles	23 min	4/week	
10	Jog	2 miles	22 min	4/week	
11	Jog	2 miles	21 min	4/week	
12	Jog	2 miles	20 min	4/week	
<b>300 Meter Run</b>					
<b>WEEK</b>	<b>DISTANCE</b>	<b>REPS</b>	<b>TIME</b>	<b>REST PERIOD</b>	<b>FREQUENCY</b>
1	300 meters	2	77 seconds	2 min	1/week
2	300 meters	2	75 seconds	2 min	1/week
3	300 meters	2	73 seconds	2 min	1/week
4	300 meters	2	71 seconds	2 min	1/week
5	300 meters	2	69 seconds	2 min	1/week
6	300 meters	2	67 seconds	2 min	1/week
7	300 meters	2	65 seconds	2 min	1/week
8	300 meters	2	64 seconds	2 min	1/week
9	300 meters	2	63 seconds	2 min	1/week
10	300 meters	2	62 seconds	2 min	1/week
11	300 meters	2	61 seconds	2 min	1/week
12	300 meters	2	60 seconds	2 min	1/week
<b>1 RM Bench Press</b>					
<b>WEEK</b>	<b>WEIGHT</b>		<b>SETS</b>	<b>REPS</b>	<b>FREQUENCY</b>
1	50 % of body weight		1	8-10	3/week
2	50% of body weight + 5 lbs		2	8-10	3/week

3-10	50% of body weight + 5 lbs each week	3	8-10	3/week
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**Maximum Push Up**

<b>WEEK</b>	<b>SETS</b>	<b>REPETITIONS</b>	<b>FREQUENCY</b>
1	1	Total number capable first week	3/week
2	2	Total number capable prior week + 2	3/week
3-10	3	Total number capable prior week + 2	3/week

**One Minute Sit Up**

<b>WEEK</b>	<b>SETS</b>	<b>REPETITIONS</b>	<b>FREQUENCY</b>
1	1	Total number capable first week	3/week
2	2	Total number capable prior week + 2	3/week
3-10	3	Total number capable prior week + 2	3/week