

PIN Test Training Exercises



For information on scores and proper protocol, please visit
the Police Fitness Personnel of Ontario website at
www.pfpo.org

Pin Test Training Overview



- It is recommended to speak with a Physician and/or Certified Exercise Professional before beginning any fitness program.
- This training guide was created to assist individuals with increasing their physical fitness level in order to successfully pass the Pin Test.
- Individuals should train at least 3-5 days per week for 30-60 minutes per workout session.
- The emphasis of the workouts should be on muscular and cardiovascular endurance. Individuals should focus on low weight high reps for their exercises.
- If you would like a more detailed program please contact a Certified Exercise Professional.

Push Up Practice Exercises



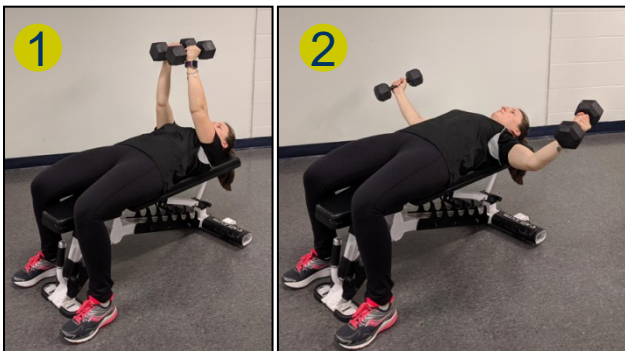
Push exercises can be completed to max reps. Weighted exercises should be completed between 12-15 reps, 2-3 sets.



Push Ups



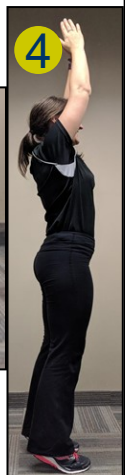
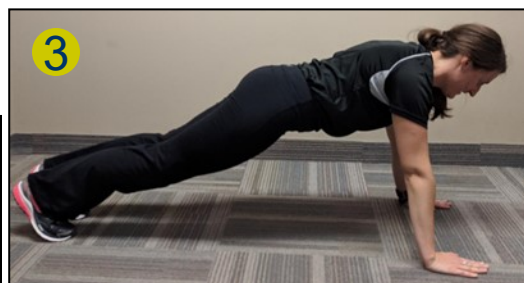
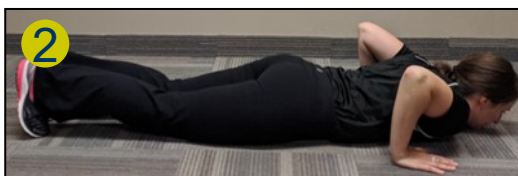
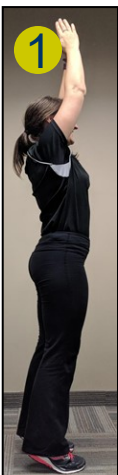
Modified Push Ups



Chest Fly



Bench Press

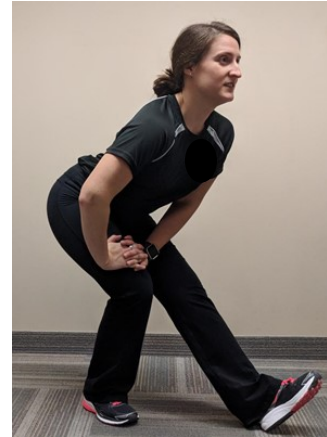
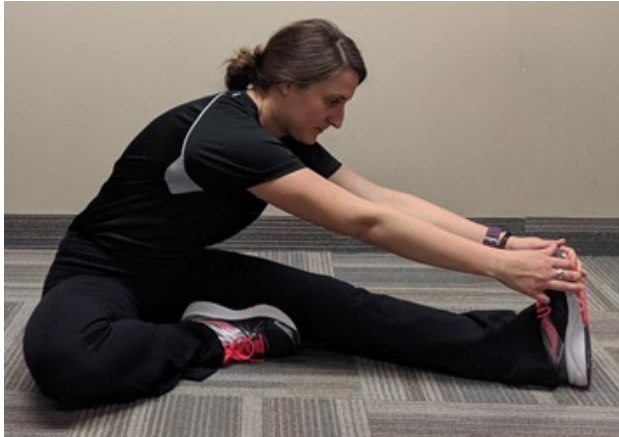


Burpees

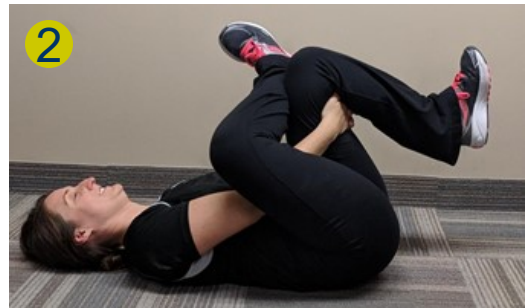
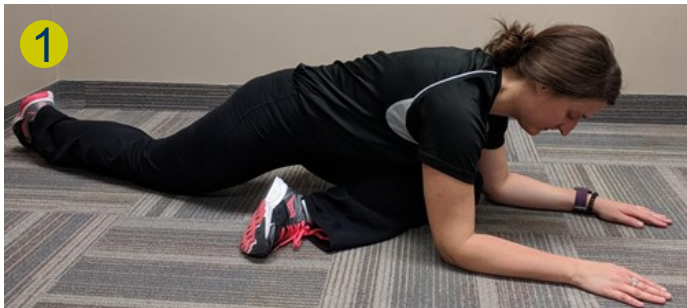
Sit & Reach Practice Exercises



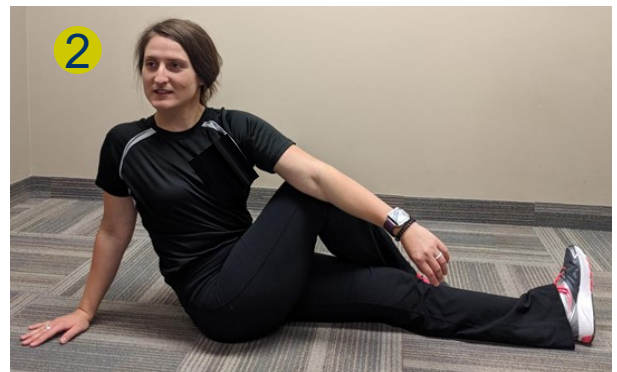
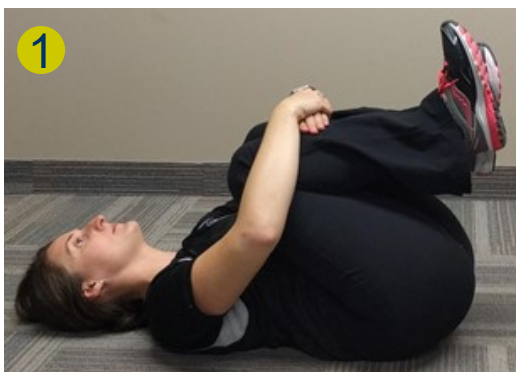
Hold the stretch to the point of tension for 20-30 seconds for 2-3 sets. Do not hold your breath.



Hamstring Stretch



Glute Stretch



Lower Back Stretch

Core Endurance Practice Exercises



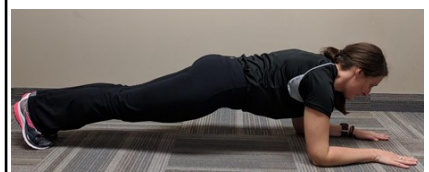
Engage core muscles and complete several sets.



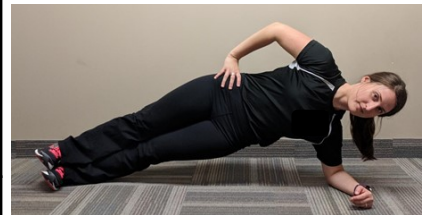
Stir the Pot



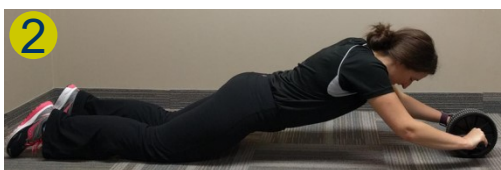
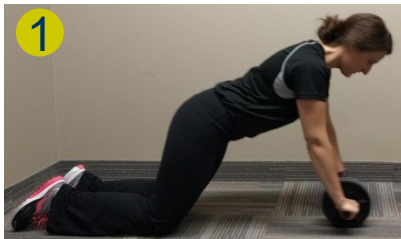
Back Bridge



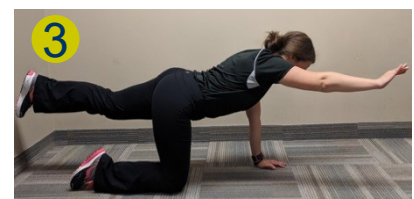
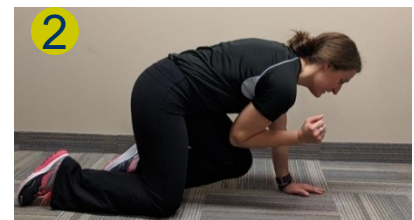
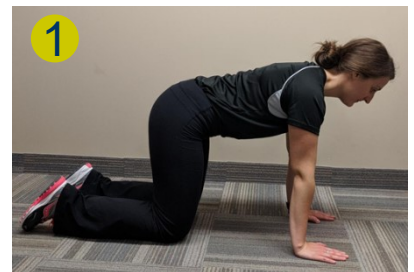
Front Support



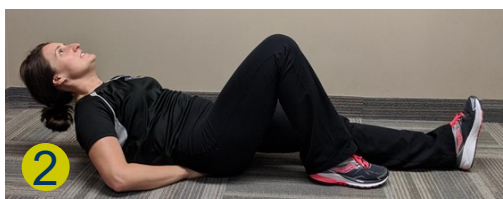
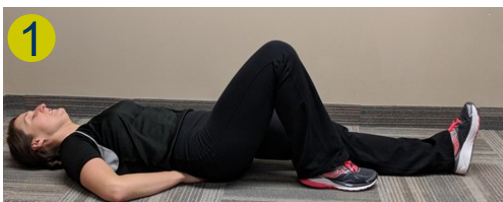
Side Support



Ab Wheel



Bird Dog



McGill Sit ups

Cardio Practice Exercises



Running outdoors should be used as the primary cardiovascular activity, however other methods of training can be used to improve your cardio capacity.

Run Outdoors	<ul style="list-style-type: none">- Short runs (work on speed)- Long runs (work on endurance)
Intervals	<ul style="list-style-type: none">- 90 seconds run, 30 seconds sprint- 100m run, 30m sprint- Run for 3 lamp posts, sprint for 1 lamp post
Hills/Stairs	<ul style="list-style-type: none">- Max effort on the incline and recovery on the decline
Cross Train	<ul style="list-style-type: none">- Bike- Elliptical- Swim- Stairmaster