



Preparing for ORPAT

This guide is a resource for those individuals preparing for the Oregon Physical Ability Test (ORPAT). Individuals should consult with a medical or health professional before beginning any new exercise, nutrition, or supplementation program or if any personal health questions arise after reviewing the contents of this guide.

Major areas of fitness:

1. Flexibility
2. Cardiopulmonary Endurance
3. Muscular Strength
4. Muscular Endurance

A proper physical fitness program can be and should be specific for the job of a law enforcement officer. The program should include all of the major areas of physical fitness as noted and be a total body program. Although physical fitness improvements may be best accomplished at a gym equipped with array of weights and fitness machines, this guide includes exercises that require little or no equipment.

Hydration

Proper hydration is critical to proper physical fitness. You should drink water before, during and after exercise. Fluids need ample time to saturate the cells of the human body; therefore you should begin hydrating the day before intense activity.

Warm-up and Flexibility

A warm-up serves several functions, including:

1. Increased blood flow to working muscles and joints.
2. Decreased likelihood of injury.
3. Decrease in pre-event tension.
4. Possible improved performance.
5. Improved flexibility

A proper warm-up includes a few minutes of the same type of activity at a very light exertion level. For example, if a person is warming up in preparation to go running, the person should run in place or for a short distance at a very easy pace.

The next step is to stretch with the intent to improve flexibility and continue the warm-up process. Stretching includes two phases. The first phase is the easy stretch. You should hold the stretch for 10 seconds in a range of motion that produces only mild stretch. The second phase described as the developmental stretch requires a person to move slightly farther to the point where there is more resistance on the muscle. Second phase stretches should be held for another 10 seconds.

When stretching, you should follow these basic rules:

1. Stretch slowly
2. No bouncing
3. No Pain; stretching should feel good
4. Breathe slowly to help relax

Each stretching sequence should be repeated 2 or 3 times

1. Knee to chest

Glutes, Low Back, Hamstrings, Quadriceps

- Lay flat on your back with your knees bent.
- To experience mild tension, grab under your right thigh and pull your knee towards your chest.
- Hold for 10 seconds, and then pull farther to slightly increase tension.
- Hold this position for 10 seconds.
- Repeat with other leg.



2. Knee to chest-Leg Straight

Glutes, Low Back, Hamstrings, Quadriceps

- Lay flat on your back with your knees bent.
- Grab under your right thigh and straighten right leg. Do not lock your knee.
- Hold for 10 seconds, and then pull farther to slightly increase the stretch.
- Hold this position for 10 seconds.
- Repeat with other leg.



3. Leg Cross

Piriformis, Glutes, Low Back

- Lay flat on you back with your knees bent.
- Place your right outer ankle on the top of your right thigh.
- To experience a mild stretch, grab under your left thigh and pull your left knee towards your chest.
- Hold this position for 10 seconds.
- Repeat with other leg.



4. Side Quadriceps Stretch

Quadriceps, Hip Flexors, Abdominals

- Lay on your left side.
- Grab your right shin, just above the right ankle.
- Slowly pull right foot toward right buttock.
- While pushing your right hip forward.
- Hold for 10 seconds, and then pull farther to increase the stretch.
- Hold this position for 10 seconds.
- Repeat with the other leg.



5. Straddle Stretch

Groin, Hamstring, Low Back

- Sit upright with legs straight.
- Separate your feet as far as you can to what is comfortable.
- Keeping legs straight, but not locking your knees, bend forward at the waist.
- Hold for 10 seconds then push down farther to experience slightly more stretch.
- Hold this position for 10 more seconds.
- Repeat sequence, but this time take your chest toward your left knee.
- Return to the starting position and repeat sequence towards the right knee.



6. Calf Stretch

Calves

- Squat down on the ground with right foot slightly in front of the left foot.
- Grasp your right shin and rock forward to feel a mild stretch.
- Hold for 10 seconds, and then push slightly farther to increase the stretch.
- Hold this position for 10 seconds.
- Repeat sequence on the opposite leg.



7. Chest Stretch

Chest, Shoulder, Biceps

- Stand with your right shoulder against the wall.
- Place your right palm on the wall.
- To experience a mild stretch, slowly turn your body away from the wall.
- Hold for 10 seconds, and then twist lightly farther to increase the stretch.
- Return to the starting position and repeat the sequence with the left arm.



8. Triceps Stretch

Triceps, Posterior Deltoids

- Stand upright and extend your right arm over your head.
- Grab your right elbow with the left hand and place right hand on your right shoulder blade.
- To experience a mild stretch, slowly push your elbow backwards.
- Hold for 10 seconds, and then push farther to increase the stretch.
- Return to starting position and repeat sequence with the left arm.



Cardiovascular Training Program

Aerobic and speed training are two training programs listed within this guide. Both aerobic and speed training complement each other and improve aerobic and anaerobic fitness.

Aerobic Training

A cardiopulmonary endurance program should begin at a level that is considered “moderately difficult” but not “difficult.” Initial intensity levels should allow you to be able to speak during exercise. During the first four weeks of aerobic training, aerobic endurance will improve. You should warm-up with a slow jog and 5-10 minutes of light stretching and cool down. After the aerobic training with a walk or slow jog and 15-20 minutes of stretching. This program should be done 3 days a week. Off days should include cross training exercises such as biking, hiking or swimming or strength training.

Example of aerobic training could be as simple as walking, slow jog to a full jog. You want to be able to walk at a rate of speed that you can still talk. You should not be able to sing. If you can sing you need to pick up your pace of walking. If you have not been jogging, it is recommended that you start out by walking until you feel comfortable to jog.

Speed Training

Speed training involves a repeated series of exercise activities interspersed with rest periods. Speed training is an excellent exercise for improving both aerobic and anaerobic endurance. Running intervals are performed on a track or a marked course with intensity at a rate much higher than the aerobic phase. Once again, you should warm-up and cool down properly when exercising.

Example of speed training can be as simple as walking/jogging on the track. Walking/jogging the straight-aways and jogging/sprinting on the curves of the track. Another great tool to utilize is stadium stairs at the local high school. You would start with walking or jogging up and down the stairs of the stadium and then you can add a set of 10 push-ups after you complete one set of stairs. On your next set add 20 crunches after you complete a set of stairs.

Over-Training

Over-training identifies the body's need for adequate rest and nutrition following exercise to recuperate before the next exercise session. If a recuperation period is not adequate, over-training will occur. Signs of over-training include increased injury rate, increased resting heart rate, muscle soreness that does not subside after 48 hours, apathy, insomnia, loss of appetite, lack of adaptation to exercise and loss of strength. **Over-training must be avoided.**

Muscular Strength/Endurance Exercises

Exercises without Weights

Although it is easier to improve muscular strength and endurance with weight equipment, it is also possible to accomplish muscular strength and endurance with some weight free simple exercises. These exercises require minimum equipment and can be done almost anywhere. You should perform these exercises in a circuit moving from one exercise to the next with minimal rest. Initially, exercise should be in the somewhat hard range. This range means do not exercise to failure but start by going through the circuit one time and then gradually progress until the circuit can be completed times in a row with minimum rest.

Calisthenics Circuit Workout

1. Chair Squats

Glutes, Quadriceps, Hamstrings

- Stand in front of a sturdy and stable chair with legs shoulder width apart and toes pointing slightly outward.
- Hold your arms straight out in front.
- Slowly lower the buttocks into the chair.
- As soon as the slightest contact with the chair, slowly stand back up to the starting position.
- The head should be kept in a neutral position.
- Inhale while lowering and exhale while standing up.



2. Push Ups

Pectorals, Deltoids, Triceps, Abdominals, Low Back

- Place your hands on ground shoulder width apart or slightly more. Keep your feet together and back straight throughout the exercise.
- Lower the body until the upper arms are at least parallel to the ground.
- Push up to the initial position by completely straightening arms.
- Inhale while lowering and exhale while pushing.



3. Split-Squats

Glutes, Quadriceps, Hamstrings, Calves

- Stand with feet together, then step backward with your right foot about 26 inches behind the left foot.
- Keep back straight and arms down at side with head neutral, slowly lower your right knee straight down onto the floor.
- Inhale while lowering and exhale while pushing back up into upright position.
- Your forward leg should remain vertical throughout motion, with knee directly over ankle. If knee tends to move forward over the toes, adjust back foot further backward.
- Repeat with other leg.



5. Bench Steps

Glutes, Quadriceps, Hamstrings, Calves

This requires good balance, so initially set the step next to a wall or use a partner for safety.

- Use a step or bench 6 inches to 18 inches high (no higher than 18 inches).
- Place your right foot flat on the bench; left foot flat on the floor.
- Push down with the right foot and step up until both legs are straight.
- Slowly lower back down to the starting position.
- Exhale while pushing up and inhale while lowering down.
- Repeat entire sequence with other leg.



5. Dips

Pectorals, Deltoids, Triceps

- Place your hands behind on dip bar or chair with feet straight in front.
- Bend your arms and lower body in a controlled manner until the upper arms are parallel with the floor.
- Straighten the arms to return to the starting position.
- Legs can be bent to keep feet from touching the floor.
- If unable to perform 3 dips, use a stool or a partner to help up and then lower down slowly.
- Inhale while lowering and exhale while pushing up.



6. Abdominal Curls

Abdominal Muscles

- Sit on ground with knees bent at 90 degrees.
- Keeping feet flat on floor and hands at side, slowly curl torso so chin approaches chest.
- Do not raise torso to more than a 45-degree angle off the floor.
- Slowly return to slightly above your starting position, keeping abdominal muscles tight at all times.
- Exhale while curling up and inhale while lowering torso back down.



7. Swimmers

Erector Spinae (Lower back), Glutes

- Lie face down on ground with feet together.
- Place arms straight out in front.
- Move the right arm and left leg up at the same time.
- While the right arm and left leg move down, the left arm and right leg move up at the same time.
- Continue alternating in a moderate cadence.



ORPAT Video at <http://www.dpsst.state.or.us>