



Tasmania Police Recruiting – Strength Program

Program 1 – Resistance-based Strength

Barbell Bench Press

3 x 8



Lie on the bench with your eyes directly under the bar.

Unrack the bar, squeeze your shoulder blades back and down into the bench, and pull the bar towards your chest.

Drive the bar away from the body and come to a complete stop at the top, then repeat.

Goblet Squat

3 x 12



Hold the weight tight to the chest with the shoulders back and elbows under hands.

Break the hips behind you, keep the chest upright and bend the knees and hips at the same time.

Squeeze the glutes, drive the heels into the floor and stand upright, then repeat.

Farmer’s Carry

3 x 20m



Hold weights in each hand. Keep your chest up proud, your shoulders back, and your abs squeezed tight.

Walk in a straight line while maintaining even balance for 20m. If you’re turning half way, come to a complete stop before slowly rotating 180-degrees.

Place weights down carefully.

Bent Knee Calf Raise

3 x 20



Stand with knees bent and your hands placed on a stable object, but not bearing weight.

Keep the body stiff, push your big toe into the floor and lift your heels high off the floor. Keep your balance, pause at the top, and slowly lower to the floor, then repeat.

Plank

3 x 30sec-2min



Start in a push up position with your hands directly under your shoulders and a ‘neutral spine’. Your head, shoulders, back, hips and knees should be in alignment.

Replace your hands with your elbows while maintaining your neutral spine. Ensure you breathe while you hold for the duration of the exercise.

Deadbug

3 x 10 each side
Hold weights to increase difficulty



Lie flat on your back with arms pointed straight up to the ceiling, and the legs off the floor with knees and hips bent to 90-degrees.

Extend the opposite arm and leg to full length at the same time, ensuring they do not touch the floor. Pause, and bring them back into the middle. Swap sides.





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Program 2 – Bodyweight Strength

Squat Jump

3 x 5



Stand tall with weight loaded slightly in your heels.

Break the hips behind you, keep the chest upright and bend the knees and hips at the same time.

Once at the bottom of the squat, explode into a jump and land softly in the same place.

Pause 1-2sec between reps.

Push Ups

3 x 10



Start in a push up position with toes on the floor, hands directly under shoulders and head, shoulders, back, hips and knees in alignment.

Lower your chest to the floor but do not rest your weight on the ground. Press the body away from the floor while maintaining the neutral spine position, pause, then repeat.

Step Up w/ Knee Drive

3 x 10 each



Start with the left foot on the step, the right foot on the ground, the left arm down by your side and the right arm bent.

Quickly stand tall while switching your hands and driving your left knee high to the ceiling. Pause, slowly lower to the floor and repeat. Then, switch sides.

Bent Knee Calf Raises

3 x 20



Stand with knees bent and your hands placed on a stable object, but not bearing weight.

Keep the body stiff, push your big toe into the floor and lift your heels high off the floor.

Keep your balance, pause at the top, and slowly lower to the floor, then repeat.

Plank

3 x 30sec-2min



Start in a push up position with your hands directly under your shoulders and a 'neutral spine'. Your head, shoulders, back, hips and knees should be in alignment.

Replace your hands with your elbows while maintaining your neutral spine. Ensure you breathe while you hold for the duration of the exercise.

Deadbug

3 x 10 each side



Lie flat on your back with arms pointed straight up to the ceiling, and the legs off the floor with knees and hips bent to 90-degrees.

Extend the opposite arm and leg to full length at the same time, ensuring they do not touch the floor. Pause, and bring them back into the middle. Swap sides.

