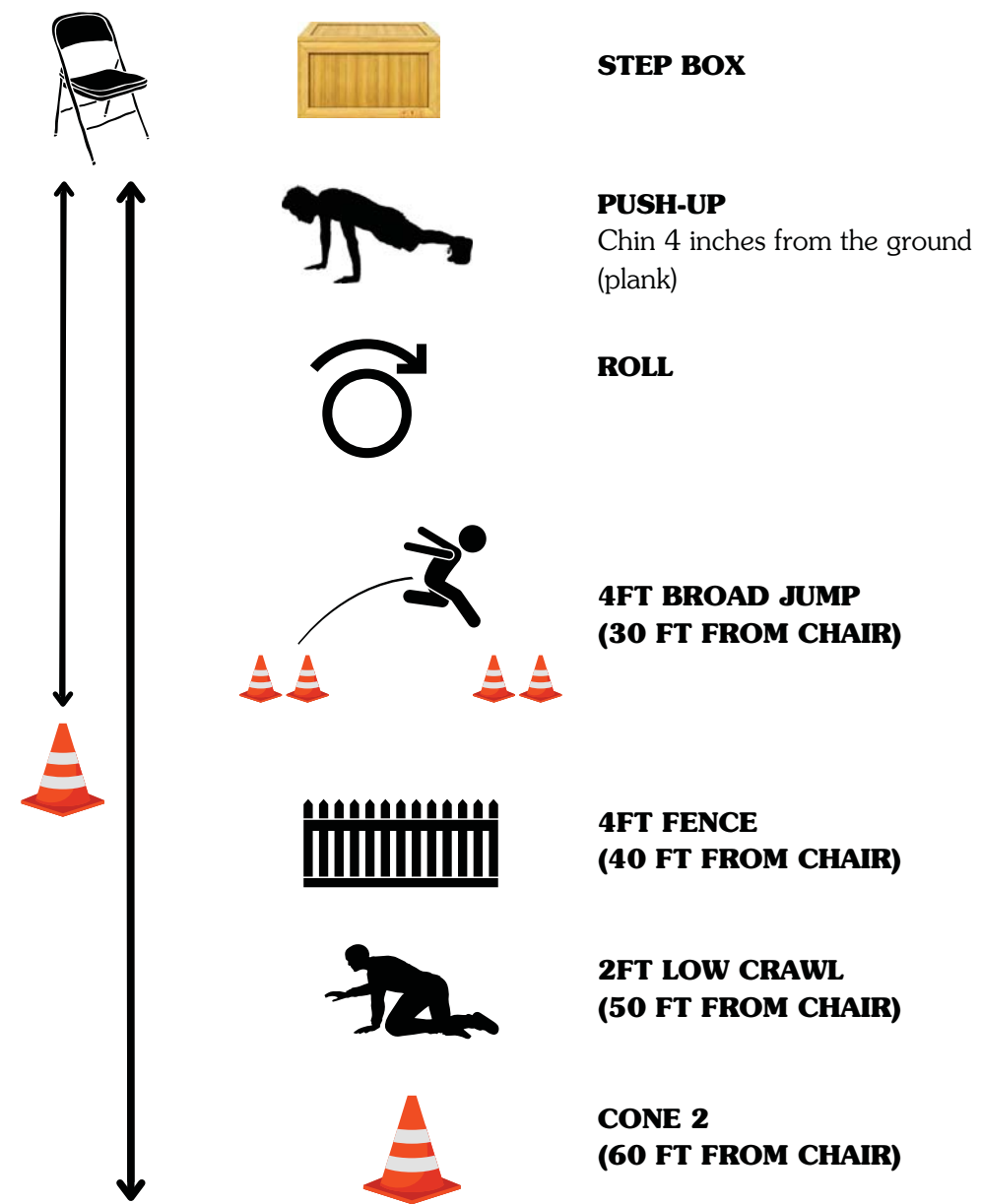




Cumberland County Sheriff’s Office Physical Agility Test-Modified

Scenario #1: Chase and Apprehension

7 MINUTES OR LESS



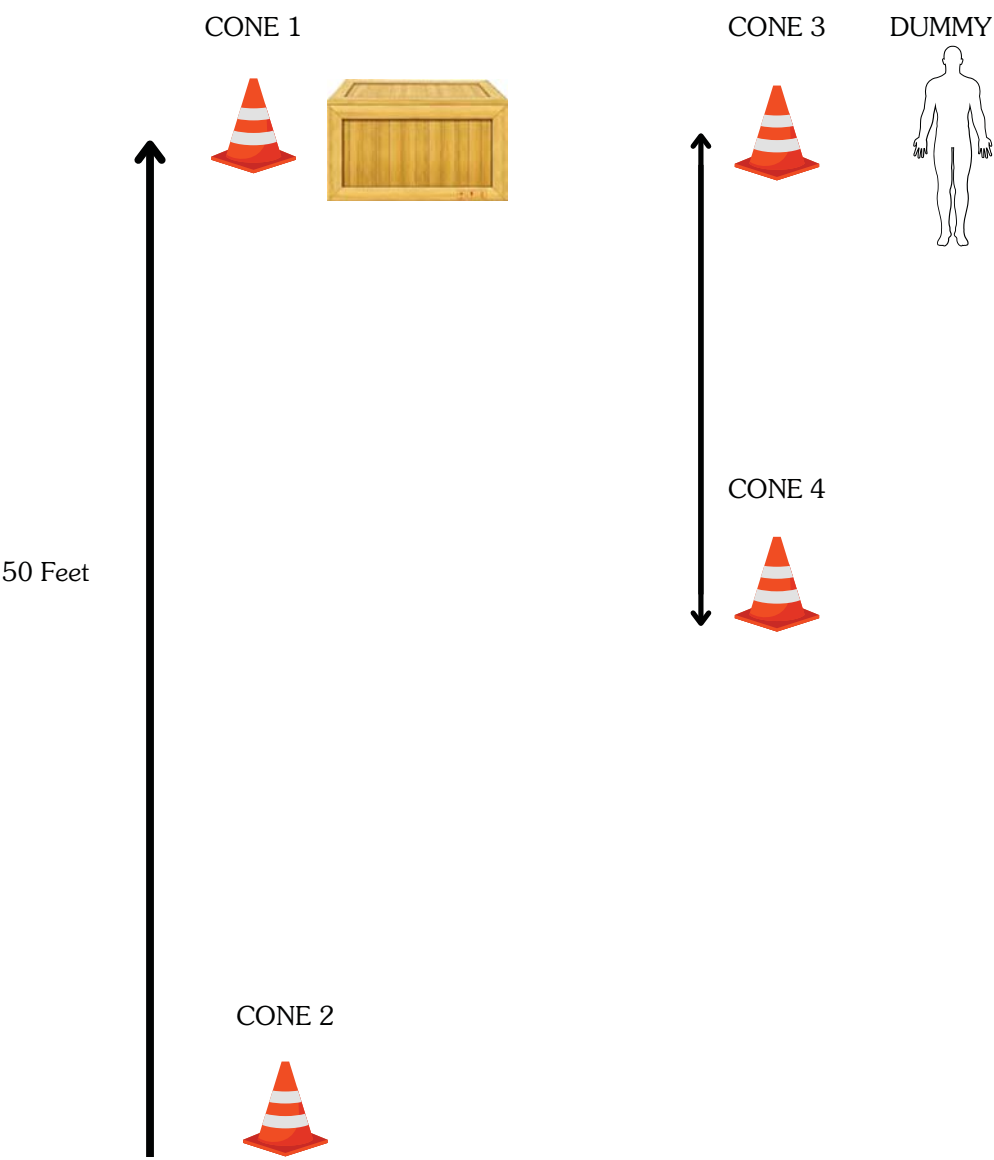
START POSITION AT CHAIR

1. Chair to Cone 1 (40 ft.) and back (around chair) 2 times
2. Chair to Cone 2 (60 ft.) while completing the following obstacles:
 - a. 4 ft. broad jump
 - b. 4 ft. foot “fence” climb
 - c. Crawl under obstacle (2 feet high)
3. Cone to mat
4. Roll Drill, 2 repetitions (a-d equal, 1 repetition)
 - a. Start on top of 100 lb. heavy bag with left knee on mat
 - b. Roll right until bag is over body
 - c. Continue roll in same direction until back on top of heavy bag (complete when right knee touches mat)
 - d. Perform complete turn to left until left knee touches mat
5. 10 Push-ups
6. Roll Drill, 2 repetitions
7. Mat to Cone 2 while completing the following obstacles:
 - a. 4 ft. broad jump
 - b. 4 foot “fence” climb
 - c. Crawl under obstacle (2 feet high)
8. Cone 2 step box
9. 20 steps (up and down) on step box
10. Roll Drill, 2 repetitions
11. 10 Push-ups
12. Roll Drill, 2 Repetitions



Cumberland County Sheriff's Office Physical Agility Test-Modified

Scenario #2: Rescue
4 MINUTES OR LESS



- 1. Run from Cone 1 to Cone 2 (50 ft.) and back 2 times
- 2. 20 Steps (up and down) on step box
- 3. Run from Cone 1 to Cone 2 (50 ft.) and back 2 times
- 4. Drag 165 lb. dummy from Cone 3 to Cone 4 and back to Cone 3 (past line adjacent to cone each way)

“Don't Stop When
You Are Tired,
Stop When You
Are Done”