



## Corrections PAT six-week plan

### Pushups

Requirement: 15 in 90 seconds

If you are not used to doing pushups, you may want to start with an easier alternative. Consider beginning your training with a wall pushup. Once that gets easier, progress to elevated pushups then to knee pushups and finally standard pushups. Your upper body strength will determine which variant to start with. If you can't do 5 pushups consecutively, try a different variation until you get comfortable, then progress to a more difficult option.

- 1) Wall pushup
- 2) Elevated pushup
- 3) Knee pushup
- 4) Standard pushup

*Plan: 3-5 days per week*

- 3-4 sets of the pushup variant you can achieve 8-10 reps with.
- 3-5 sets of 3-5 reps of negative pushups (start in the pushup positions and slowly lower yourself to the floor in 5-10 seconds. This will help to build the strength to achieve more pushups.
- 30-60 second high plank

For questions regarding variations and instruction, this site has good info:

<https://bulldoggear.com/blogs/news/progressions-regressions-push-ups>

### Sit-ups

Requirement: 12 in 90 seconds

For the sit-ups, it will help if you can find a weighted bag to place on your feet or hook your toes beneath a couch, bench, or chair to help hold your feet in place.

*Plan: 3-5 days per week*

- 3 sets of 3-5 sit-ups (depending on your ability)
- Each week, increase the number of sit-ups by two until you can easily achieve 12.

### Squat thrusts

Requirement: 25 in 3 minutes

Once you gain some familiarity with the pushups, the squat thrusts position will feel familiar. Squat thrusts incorporate the pushup position and involve some cardiovascular components.

*Plan: 3 days per week*

- Perform a set with ascending reps (1, 2, 3 squat thrusts), with a brief pause in between, then start again for 3 sets (total: 18)
- Increase the amount the next week and eventually begin to time yourself, until you can achieve 25 in 3 minutes.

For information regarding PST's requirements and expectations please visit:

<https://www.publicsafetytesting.com/information-center/test-requirements-corrections-physical-wa>

Week 1- (3-5 days per week)

- 3-4 sets of the pushup variant you can achieve 8-10 reps with.
- 3-5 sets of 3-5 reps of negative pushups
- 30 second high plank
- 3 sets of 3-5 sit-ups
- Sets of 1, 2, 3 squat thrusts, then start again for 3 sets (total: 18 squat thrusts)

Week 2- (3-5 days per week)

- 3-4 sets of 6-8 reps of pushups (move to the next hardest variant) or increase reps on standard pushup
- 3-5 sets of 5 reps of negative pushups
- 30 second high plank
- 3 sets of 5-7 sit-ups
- Sets of 2, 3, 4 squat thrusts, then start again for 3 sets (total: 27)

Week 3- (3-5 days per week)

- 3-4 sets of 6-8 reps of pushups (move to the next hardest variant) or increase reps on standard pushup
- 5 sets of 5 reps of negative pushups
- 45 second high plank
- 3 sets of 7-10 sit-ups
- Sets of 2, 3, 4, 5 squat thrusts, then start again for 3 sets (total: 42)

Week 4- (3-5 days per week)

- 3-4 sets of 6-8 reps of pushups (move to standard pushup) or increase reps
- 5 sets of 5 reps of negative pushups
- 45 second high plank
- 3 sets of 8-12 sit-ups
- Sets of 1, 2, 3, 4, 5 squat thrusts, then start again for 3 sets (total: 45) \*try to do each set in 90 seconds\*

Week 5- (3-5 days per week)

- 3-4 sets of 8-12 reps of pushups
- 5 sets of 5 reps of negative pushups
- 60 second high plank
- 3 sets of 10-12 sit-ups
- 3 sets of 10-12 squat thrusts (total: 30-36) \*try to do each set in 90 seconds\*

Week 6- (3-5 days per week)

- *3-4 sets of 10-15 reps of pushups* (time yourself, make sure you can do 15 in 90 seconds)
- *5 sets of 5 reps of negative pushups*
- *60 second high plank*
- 3 sets of 12 sit-ups (time yourself, make sure you can do all 12 in 90 seconds)
- 3 sets of 12-15 squat thrusts (total: 36-45) \*try to do each set in 90 seconds\*

[clark.wa.gov/jail-services/corrections-careers](http://clark.wa.gov/jail-services/corrections-careers)