



# Border Patrol Agent

Pre-Employment Fitness Test-1  
Physical Readiness Program



U.S. Customs and  
Border Protection



# U.S. Customs and Border Protection

## **Border Patrol Agent Pre-employment Fitness Test-1 Physical Readiness Program**

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## Introduction

The primary mission of the U.S. Border Patrol Agent (BPA) is to prevent terrorists and terrorists' weapons, including weapons of mass destruction, from entering the United States. BPAs are specifically responsible for patrolling nearly 6,000 miles of Mexican and Canadian international land borders and over 2,000 miles of coastal waters surrounding the Florida Peninsula and the island of Puerto Rico. BPAs work around the clock on assignments in all types of terrain and weather conditions and in many isolated communities throughout the United States. It is a physically demanding position that requires candidates to demonstrate their ability to meet the rigorous demands of training and the physical requirements of the position.

CBP law enforcement fitness standards applied during selection and training are job-related and designed to predict a candidate's ability to meet academy physical requirements and minimum physical job requirements. During the hiring process, you will be required to participate and pass two fitness tests, the Pre-employment Fitness Test-1 (PFT-1) and the Pre-employment Fitness Test-2 (PFT-2). Since job requirements are the same for all BPAs, the tests and their standards are the same for all candidates and are not based on race, age, or gender.

## Purpose

This Pre-employment Fitness Test-1 Physical Readiness Program provides you with a six-week standardized training program designed to help you successfully pass the Border Patrol Agent PFT-1. As part of this physical readiness program, you will have the chance to conduct a self-assessment using the PFT-1 protocol, which is thoroughly explained in detail. Being physically prepared to pass the fitness test is a critical step in the pre-employment process and requires your full commitment. This document has video hyperlinks that will help you better understand how to perform the training program. Just hold the Ctrl key and left click the underlined links highlighted in blue. [Try it out](#). Please note that the links contain only video.

## Getting Started

Anytime you begin a physical fitness-training program, it is important that you are healthy. It is recommended you see your personal physician or medical provider to ensure it is safe for you to begin an exercise program. Also, you should complete the CBP Candidate Health History Questionnaire on page 18 to ensure you can participate fully without unnecessary risks.

**Step 1.** Complete the candidate PFT-1 physical activity readiness questionnaire located in Appendix A, page 18.

**Only** proceed to Step 2 if you answered "no" to all questions. If you answered "yes" to one or more questions, **STOP, DO NOT** take the PFT-1 self-assessment and do not start any fitness training. We recommend that your physician evaluate you to determine if an exercise routine is safe for you.

## **Step 2. Take the PFT-1 Self-Assessment**

Now that we know you can fully participate in the PFT-1, the next step is to assess your physical abilities and to evaluate your level of readiness for the PFT-1. To take the PFT-1 self-assessment, follow the bullets below:

- Review the test protocols (Appendix B, pages 19-25) and set up all of the equipment needed to take the PFT-1.
- Perform the assessment on a Sunday or Monday to stay on the training schedule.
- Warm up using the protocol outlined in Appendix C (pages 26-28).
- With assistance from a friend, family member, or fitness specialist, take the PFT-1 self-assessment. The day you take the assessment will be referenced as Day 1 of the Border Patrol Agent PFT-1 Physical Readiness Program (page 6).
- Document your level of readiness using the form found on the Day 1 sheet of the Training Program (page 6). Remember to sign and date the form.
- If your readiness score is at the SILVER Level or above for all of the PFT-1 tests and you are currently participating in a fitness-training program, then continue your training program. The goal is to be able to run 220 yards in 46 seconds, perform 25 proper form Sit-ups, perform 20 proper form pushups, and run 1.5 miles in 15 minutes or less. This level of fitness is highly predictive of the fitness level needed to participate at the Border Patrol Academy. You may then move on to the Step 3 training in the BPA PFT-1 Physical Readiness Program if you choose to do so.
- If your readiness is at the BRONZE level or below in any of the PFT-1 test categories, or if you do not have a specific fitness training plan that you are participating in, then it is highly recommended you move on to Step 3.

## **Step 3. Begin the Border Patrol Agent PFT-1 Physical Fitness Training Program.**

Now that you have completed the self-assessment process, you are ready to start training. CBP has developed a 6-week specialized training program designed to prepare you for the required PFT-1. The program consists of warm-up and flexibility training, cardiorespiratory training (cardio), and muscular endurance and strength training (MEST).

The training schedule requires you to train 5 days per week (Monday through Friday) with each session lasting between 30 and 60 minutes. To stay on schedule, begin your training on a Tuesday (Day 2 below).

All of the exercises and training routines are thoroughly explained within this document. If there is something that you do not understand in the daily training schedule, you can find a more detailed explanation in Appendix C. The program was designed with minimal equipment requirements and can be conducted at home or at a local gym. Each training day builds on the previous day - so stay on track, work hard, and have fun!



## Equipment Needs

1. Stop watch
2. [Pull-up bar](#)
3. [One 14-inch step bench](#), or one platform and enough risers (five on each side) to bring the bench to a height of exactly 14 inches
4. Measuring tape
5. Marking tape or three cones (can use three household items for marking distance)
6. [4-inch or 5-inch foam blocks](#)
7. Metronome (<http://www.metronomeonline.com/>) or phone app that can play 120 beats/minute
8. Running or cross training shoes
9. [Exercise mat](#) or soft area (grass) to perform push-ups and sit-ups

Additional information regarding the Border Patrol Agent PFT-1 requirements and protocol can be found at <http://www.cbp.gov/careers> .

### Self-Assessment and 6-week Physical Training Schedule

Self-Assessment and Physical Training Schedule					
Day	Mon	Tue	Wed	Thu	Fri
Week 1	Day 1 <i>Self-Assessment</i>	Day 2 MEST	Day 3 CARDIO	Day 4 MEST	Day 5 CARDIO
Week 2	Day 6 MEST	Day 7 CARDIO	Day 8 MEST	Day 9 CARDIO	Day 10 MEST
Week 3	Day 11 CARDIO	Day 12 MEST	Day 13 CARDIO	Day 14 MEST	Day 15 CARDIO
Week 4	Day 16 MEST	Day 17 CARDIO	Day 18 MEST	Day 19 CARDIO	Day 20 MEST
Week 5	Day 21 CARDIO	Day 22 MEST	Day 23 CARDIO	Day 24 MEST	Day 25 CARDIO
Week 6	Day 26 MEST	Day 27 CARDIO	Day 28 MEST	Day 29 CARDIO	Day 30 MEST
Week 7	Day 31 <i>Self-Assessment</i>	<i>7 DAYS REST &amp; RECOVERY...START TRAINING CYCLE OVER STARTING ON DAY 2, CONTINUE UNTIL YOU HAVE TAKEN AND PASSED THE PRACTICE BPA PFT-1 &amp; PFT-2.</i>			

MEST: Muscular Endurance and Strength Training      CARDIO: Cardiorespiratory Training

All daily training sessions are explained in the section below on pages 6 through 17. Additional information on the individual tests and training exercises are detailed on pages 19 through 43.

BORDER PATROL PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

**Week 1**

Day 1 Monday	<b>Objective:</b> To assess your physical abilities and to evaluate you level of readiness for the PFT-1
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up (pages 27-29)	10
2. PFT-1 self-assessment set-up and test protocol review (pages 20-26): <ul style="list-style-type: none"> <li>• Using the PFT-1 test administration information set up the test with the required equipment</li> <li>• Ask a friend, family member, or fitness specialist to assist you in the assessment</li> </ul>	10
3. Complete PFT-1 self-assessment	30
4. Cool down and stretch	5
5. After you complete the PFT-1 self-assessment fill out the information below	5

		LEVELS OF READINESS				
Test	Enter Your Score Below	FAILED	BRONZE	SILVER	GOLD	DIAMOND
<a href="#">Sit-ups</a>		Below 25 reps	26 to 29 reps	30 to 39 reps	40-49 reps	50 reps and up
<a href="#">Push-ups</a>		Below 20 reps	20 to 29 reps	30 to 39 reps	40 to 49 reps	50 reps and Up
<a href="#">5-minute Step Test</a>	Passed Failed	Not PFT-1 ready, did not complete	Barely passed, very exhausting	Passed, but test seemed tough	Passed easily, felt good	Passed very easily, not a challenge

Based on the results of your self-assessment, use the rating scale below to check the box that best represents your current level of confidence in passing the upcoming Pre-employment Fitness Test-1.

I am <u>not confident</u> I would pass	I am <u>fairly confident</u> I would pass	I am <u>very confident</u> I would pass

Name (printed): \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_



BORDER PATROL PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

<b>Day 2 Tuesday</b>	<b>Objective:</b> To develop muscular endurance, strength, and agility
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Muscular endurance and strength training circuit set-up and protocol review: Complete 2 circuits with no rest between exercises and 1 minute rest between circuits <ul style="list-style-type: none"> <li>• Pull-up or chin-up: 1 to 5 reps or flexed arm hang for 15 to 30 seconds</li> <li>• Side steps: 10 line touches/crosses as quickly as possible</li> <li>• Push-ups: 15 reps</li> <li>• Sit-ups: 20 reps</li> <li>• Squats: 20 reps</li> <li>• Rowers: 10 reps, slow and controlled</li> </ul>	10
3. Cool down and stretch	5

<b>Day 3 Wednesday</b>	<b>Objective:</b> To develop cardiorespiratory fitness
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Cardiorespiratory training <ul style="list-style-type: none"> <li>• 5-minute step test, 14-inch bench at 120 steps/min</li> <li>• Run 3 x 30/60's</li> <li>• Run 3 x 60/120's</li> </ul>	30
3. Cool down and stretch	5

<b>Day 4 Thursday</b>	<b>Objective:</b> To develop muscular endurance, strength, and agility
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Complete 2 circuits with no rest between exercises and a 1 minute rest between circuits <ul style="list-style-type: none"> <li>• Chin-up or pull-up: 1 to 5 reps or flexed arm hang for 15 to 30 seconds</li> <li>• Side steps: 10 line touches/crosses as quickly as possible</li> <li>• Wide push-ups: 15 reps</li> <li>• Abdominal crunch: 30 reps</li> <li>• Lunge: 20 reps (10 on each leg)</li> <li>• Skydivers: 10 reps, slow and controlled</li> </ul>	10
3. Cool down and stretch	5

BORDER PATROL PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

<b>Day 5 Friday</b>	<b>Objective:</b> To develop cardiorespiratory fitness
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Cardiorespiratory training <ul style="list-style-type: none"> <li>• Run for 10 min at a minimum 5.3 mph pace</li> <li>• Bike for 15 min at 70-80 percent heart rate max (see page 43 for more info on heart rates)</li> <li>• Elliptical or stair step for 15 min at 70-80 percent heart rate max</li> </ul>	40
3. Cool down and stretch	5

**Week 2**

<b>Day 6 Monday</b>	<b>Objective:</b> To develop muscular endurance, strength, and agility
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Complete 2 circuits with no rest between exercises and a 1 minute rest between circuits <ul style="list-style-type: none"> <li>• Pull-up or chin-up: 1 to 5 reps or flexed arm hang at 15 to 30 seconds</li> <li>• Side steps: 10 line touches/crosses as quickly as possible</li> <li>• Push-ups: 15 reps</li> <li>• Sit-ups: 20 reps</li> <li>• Squats: 20 reps</li> <li>• Rowers: 10 reps, slow and controlled</li> </ul>	10
3. Cool down and stretch	5

<b>Day 7 Tuesday</b>	<b>Objective:</b> To develop cardiorespiratory fitness
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Cardiorespiratory training <ul style="list-style-type: none"> <li>• 5-minute step test, 14-inch bench at 120 steps/min</li> <li>• Run 3 x 30/60's</li> <li>• Run 3 x 60/120's</li> </ul>	30
3. Cool down and stretch	5

BORDER PATROL PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

<b>Day 8 Wednesday</b>	<b>Objective:</b> To develop muscular endurance, strength, and agility	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Complete 2 circuits with no rest between exercises and a 1 minute rest between circuits <ul style="list-style-type: none"> <li>• Chin-up or pull-up: 1 to 5 reps or flexed arm hang for 15 to 30 seconds</li> <li>• Side steps: 10 line touches/crosses as quickly as possible</li> <li>• Wide push-ups: 15 reps</li> <li>• Abdominal crunch: 30 reps</li> <li>• Lunge: 20 reps (10 on each leg)</li> <li>• Skydivers: 10 reps, slow and controlled</li> </ul>	10	
3. Cool down and stretch	5	

<b>Day 9 Thursday</b>	<b>Objective:</b> To develop cardiorespiratory fitness	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Cardiorespiratory training <ul style="list-style-type: none"> <li>• Run for 10 minutes at a minimum 5.3 mph pace</li> <li>• Bike for 15 minutes at 70-80 percent heart rate max</li> <li>• Elliptical or stair step for 15 minutes at 70-80 percent heart rate max</li> </ul>	40	
3. Cool down and stretch	5	

<b>Day 10 Friday</b>	<b>Objective:</b> To develop muscular endurance, strength, and agility	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Muscular endurance and strength training circuit : Complete 2 circuits <u>with no rest between exercises or between circuits</u> <ul style="list-style-type: none"> <li>• Pull-up or chin-up: 1 to 5 reps or flexed arm hang for 15 to 30 seconds</li> <li>• Side steps: 10 line touches/crosses as quickly as possible</li> <li>• Push-ups: 15 reps</li> <li>• Sit-ups: 20 reps</li> <li>• Squats: 20 reps</li> <li>• Rowers: 10 reps, slow and controlled</li> </ul>	15	
3. Cool down and stretch	5	

BORDER PATROL PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

**Week 3**

<b>Day 11 Monday</b>	<b>Objective:</b> To develop cardiorespiratory fitness	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Cardiorespiratory training <ul style="list-style-type: none"> <li>• 5-minute step test, 14-inch bench at 120 steps/min</li> <li>• Run 4 x 30/60's</li> <li>• Run 4 x 60/120's</li> </ul>	35	
3. Cool down and stretch	5	

<b>Day 12 Tuesday</b>	<b>Objective:</b> To develop muscular endurance, strength, and agility	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Complete 2 circuits <u>with no rest between exercises or circuits</u> <ul style="list-style-type: none"> <li>• Pull-up or chin-up or pull-up: 1 to 5 reps or flexed arm hang for 15 to 30 seconds</li> <li>• Side steps: 8 line touches/crosses as quickly as possible</li> <li>• Push-ups: 20 reps</li> <li>• Sit-ups: 25 reps</li> <li>• Squats: 25 reps</li> <li>• Rowers: 10 reps, slow and controlled</li> </ul>	10	
3. Cool down and stretch	5	

<b>Day 13 Wednesday</b>	<b>Objective:</b> To develop cardiorespiratory fitness	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Cardiorespiratory training <ul style="list-style-type: none"> <li>• Run for 15 minutes at a minimum 5.3 mph pace</li> <li>• Bike for 10 minutes at 70-80 percent heart rate max</li> <li>• Elliptical or stair step for 10 minutes at 70-80 percent heart rate max</li> </ul>	35	
3. Cool down and stretch	5	

BORDER PATROL PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

<b>Day 14 Thursday</b>	<b>Objective:</b> To develop muscular endurance, strength, and agility
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Complete 2 circuits <u>with no rest between exercises or circuits</u> <ul style="list-style-type: none"> <li>• Pull-up or chin-up: 1 to 5 reps or flexed arm hang for 15 to 30 seconds</li> <li>• Side steps: 10 line touches/crosses as quickly as possible</li> <li>• Push-ups: 20 reps</li> <li>• Sit-ups: 25 reps</li> <li>• Squats: 25 reps</li> <li>• Rowers: 10 reps, slow and controlled</li> </ul>	15
3. Cool down and stretch	5

<b>Day 15 Friday</b>	<b>Objective:</b> To develop cardiorespiratory fitness
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Cardiorespiratory training <ul style="list-style-type: none"> <li>• 5-minute step test, 14-inch bench at 120 steps/min</li> <li>• Run 4 x 30/60's</li> <li>• Run 4 x 60/120's</li> </ul>	35
3. Cool down and stretch	5

**Week 4**

<b>Day 16 Monday</b>	<b>Objective:</b> To develop muscular endurance, strength, and agility
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Complete 3 circuits <u>with no rest between exercises and a 1 minute rest between circuits</u> <ul style="list-style-type: none"> <li>• Pull-up or chin-up: 1 to 5 reps or flexed arm hang for 15 to 30 seconds</li> <li>• Side steps: 10 line touches/crosses as quickly as possible</li> <li>• Push-ups: 18 reps</li> <li>• Sit-ups: 20 reps</li> <li>• Squats: 25 reps</li> <li>• Rowers: 15 reps, slow and controlled</li> </ul>	15
3. Cool down and stretch	5

BORDER PATROL PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

<b>Day 17 Tuesday</b>	<b>Objective:</b> To develop cardiorespiratory fitness	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Cardiorespiratory training <ul style="list-style-type: none"> <li>• Run for 15 minutes at a minimum 6.0 mph pace</li> <li>• Bike for 10 minutes at 70-80 percent heart rate max</li> <li>• Elliptical or stair step for 10 minutes at 70-80 percent heart rate max</li> </ul>	35	
3. Cool down and stretch	5	

<b>Day 18 Wednesday</b>	<b>Objective:</b> To develop muscular endurance, strength, and agility	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Complete 3 circuits <u>with no rest between exercises and a 1 minute rest between circuits</u> <ul style="list-style-type: none"> <li>• Chin-up or pull-up: 1 to 5 reps or flexed arm hang for 15 to 30 seconds</li> <li>• Side steps: 8 line touches/crosses as quickly as possible</li> <li>• Wide push-ups: 15 reps</li> <li>• Abdominal crunch: 30 reps</li> <li>• Lunge: 20 reps (10 on each leg)</li> <li>• Skydivers: 15 reps, slow and controlled</li> </ul>	10	
3. Cool down and stretch	5	

<b>Day 19 Thursday</b>	<b>Objective:</b> To develop cardiorespiratory fitness	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2 Cardiorespiratory training <ul style="list-style-type: none"> <li>• Run for 15 minutes at a minimum 6.0 mph pace</li> <li>• Bike for 15 minutes at 70-80 percent heart rate max</li> <li>• Elliptical or stair step for 10 minutes at 70-80 percent heart rate max</li> </ul>	40	
3. Cool down and stretch	5	

BORDER PATROL PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Day 20 Friday	<b>Objective:</b> To develop muscular endurance, strength, and agility
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Complete 3 circuits <u>with no rest between exercises and a 1 minute rest between circuits</u> <ul style="list-style-type: none"> <li>• Pull-up or chin-up: 1 to 5 reps or flexed arm hang for 15 to 30 seconds</li> <li>• Side steps: 8 line touches/crosses as quickly as possible</li> <li>• Push-ups: 20 reps</li> <li>• Sit-ups: 25 reps</li> <li>• Squats: 25 reps</li> <li>• Rowers: 15 reps, slow and controlled</li> </ul>	15
3. Cool down and stretch	5

**Week 5**

Day 21 Monday	<b>Objective:</b> To develop cardiorespiratory fitness
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Cardiorespiratory training <ul style="list-style-type: none"> <li>• 5-minute step test, 14-inch bench at 120 steps/min</li> <li>• Run 5 x 30/60's</li> <li>• Run 5 x 60/120's</li> </ul>	40
3. Cool down and stretch	5

Day 22 Tuesday	<b>Objective:</b> To develop muscular endurance, strength, and agility
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Complete 3 circuits with no rest between exercises or between circuits <ul style="list-style-type: none"> <li>• Pull-up or chin-up: 1 to 5 reps or flexed arm hang for 15 to 30 seconds</li> <li>• Side steps: 8 line touches/crosses as quickly as possible</li> <li>• Push-ups: 20 reps</li> <li>• Sit-ups: 25 reps</li> <li>• Squats: 25 reps</li> <li>• Rowers: 15 reps, slow and controlled</li> </ul>	15
3. Cool down and stretch	5



BORDER PATROL PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

<b>Day 23 Wednesday</b>	<b>Objective:</b> To develop cardiorespiratory fitness	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Cardiorespiratory training <ul style="list-style-type: none"> <li>• Run for 20 minutes at a minimum 6.0 mph pace</li> <li>• Bike for 10 minutes at 75-85 percent heart rate max</li> <li>• Elliptical or Stair Step for 10 minutes at 75-85 percent heart rate max</li> </ul>	40	
3. Cool down and stretch	5	

<b>Day 24 Thursday</b>	<b>Objective:</b> To develop muscular endurance, strength, and agility	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Complete 3 circuits <u>with no rest between exercises or between circuits</u> <ul style="list-style-type: none"> <li>• Chin-up or pull-up: 1-5 reps or flexed arm hang for 15 to 30 seconds</li> <li>• Side steps: 10 line touches/crosses as quickly as possible</li> <li>• Wide push-ups: 20 reps</li> <li>• Abdominal crunch: 30 reps</li> <li>• Lunge: 20 reps (10 on each leg)</li> <li>• Skydivers: 15 reps, slow and controlled</li> </ul>	15	
3. Cool down and stretch	5	

<b>Day 25 Friday</b>	<b>Objective:</b> To develop cardiorespiratory fitness	
<b>Task</b>	<b>Time (minutes)</b>	
1. Warm-up	10	
2. Cardiorespiratory training <ul style="list-style-type: none"> <li>• 5-minute step test, 14-inch bench at 120 steps/min</li> <li>• Run 5 x 30/60's</li> <li>• Run 5 x 60/120's</li> </ul>	40	
3. Cool down and stretch	5	

BORDER PATROL PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

**Week 6**

<b>Day 26 Monday</b>	<b>Objective:</b> To develop muscular endurance, strength, and agility
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Complete 3 circuits <u>with no rest between exercises or between circuits</u> <ul style="list-style-type: none"> <li>• Pull-up or chin-up: 1 to 5 reps or flexed arm hang for 15 to 30 seconds</li> <li>• Side Steps: 8 line touches/crosses as quickly as possible</li> <li>• Push-ups: 20 reps</li> <li>• Sit-ups: 25 reps</li> <li>• Squats: 25 reps</li> <li>• Rowers: 15 reps, slow and controlled</li> </ul>	15
3. Cool down and stretch	5

<b>Day 27 Tuesday</b>	<b>Objective:</b> To develop cardiorespiratory fitness
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Cardiorespiratory training <ul style="list-style-type: none"> <li>• 5-minute step test, 14-inch bench at 120 steps/min</li> <li>• Run 5 x 30/60's</li> <li>• Run 5 x 60/120's</li> </ul>	40
3. Cool down and stretch	5

<b>Day 28 Wednesday</b>	<b>Objective:</b> To develop muscular endurance, strength, and agility
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Complete 3 circuits with no rest between exercises or between circuits <ul style="list-style-type: none"> <li>• Chin-up or pull-up: 1-5 reps or flexed arm hang for 15 to 30 seconds</li> <li>• Side steps: 10 line touches/crosses as quickly as possible</li> <li>• Wide push-ups: 20 reps</li> <li>• Abdominal crunch: 30 reps</li> <li>• Lunge: 20 reps (10 on each leg)</li> <li>• Skydivers: 15 reps, slow and controlled</li> </ul>	15
3. Cool down and stretch	5

BORDER PATROL PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

<b>Day 29 Thursday</b>	<b>Objective:</b> To develop cardiorespiratory fitness
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Cardiorespiratory training <ul style="list-style-type: none"> <li>• Run for 20 minutes at a minimum 6.0 mph pace</li> <li>• Bike for 10 minutes at 75-85 percent heart rate max</li> <li>• Elliptical or stair step for 15 minutes at 75-85 percent heart rate max</li> </ul>	50
3. Cool down and stretch	5

<b>Day 30 Friday</b>	<b>Objective:</b> To develop muscular endurance, strength, and agility
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. Complete 3 circuits <u>with no rest between exercises or between circuits</u> <ul style="list-style-type: none"> <li>• Pull-up or chin-up: 1 to 5 reps or flexed arm hang for 15 to 30 seconds</li> <li>• Side steps: 8 line touches/crosses as quickly as possible</li> <li>• Push-ups: 20 reps</li> <li>• Sit-ups: 25 reps</li> <li>• Squats: 25 reps</li> </ul> Rowers 15 reps, slow and controlled	15
3. Cool down and stretch	5

**REST OVER THE WEEKEND AND GET MOTIVATED FOR YOUR POST PFT-1 ASSESSMENT MONDAY!**

BORDER PATROL PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

Day 31 Monday	<b>Objective:</b> To assess your physical abilities and to evaluate your level of readiness for the PFT-1
<b>Task</b>	<b>Time (minutes)</b>
1. Warm-up	10
2. PFT-1 self-assessment set up and test protocol review: <ul style="list-style-type: none"> <li>• Using the PFT-1 test administration information, set up the test with the required equipment</li> <li>• Ask a friend, family member, or fitness specialist to assist you in the assessment</li> </ul>	10
3. Complete PFT-1 self-assessment	30
4. Cool down and stretch	5
5. After you complete the PFT-1 self-assessment fill out the information below	5

		LEVELS OF READINESS				
Test	Enter Your Score Below	FAILED	BRONZE	SILVER	GOLD	DIAMOND
Sit-ups		Below 25 reps	26 to 29 reps	30 to 39 reps	40-49 reps	50 reps and up
Push-ups		Below 20 reps	20 to 29 reps	30 to 39 reps	40 to 49 reps	50 reps and Up
5-minute Step Test	Passed Failed	Not PFT-1 ready, did not complete	Barely passed, very exhausting	Passed, but test seemed tough	Passed easily, felt good	Passed very easily, not a challenge

Based on the results of your self-assessment, use the rating scale below to <u>check the box</u> that best represents your current level of confidence in passing the upcoming Pre-Employment Fitness Test-1.		
I am <u>not confident</u> I would pass	I am <u>fairly confident</u> I would pass	I am <u>very confident</u> I would pass

Name (printed): \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Appendix A**

**PFT-1 Physical Activity Readiness Questionnaire**

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Regular physical activity is safe for most people. However, some individuals should check with their doctor before they start an exercise program. To determine if you should consult with your doctor before you start exercising, please read the following questions carefully, and answer each one honestly.

**Instructions:** Please read carefully, and respond to each question below.

**Yes    No**

- 1. Has your medical provider told you that you have a heart problem or other condition that limits your activity?
  
- 2. In the last six months, have you had palpitations (fluttering sensations of the heart), pain, tightness, or pressure in your chest while at rest or when you do physical activity/work/exercise?
  
- 3. Have you ever become lightheaded or dizzy, passed out, or nearly passed out during or after exercise?
  
- 4. Do you have a bone or joint problem that is made worse by performing physical activity/exercise or could become worse by participating in the PFT-1 test and or training program?
  
- 5. Do you take any prescribed or over-the-counter medications that may preclude or affect your ability to participate in the PFT-1 training program?
  
- 6. Do you know of any other reason (medical/physical problem, condition, or impairment) that may prevent or affect your ability to participate in the PFT-1 training program?

If you answered “no” to all of the above questions and you are not aware of any reasons you should not participate in an exercise program you may proceed with the training program at your own risk.

If you answered “yes” to any questions above, we recommend you consult your medical provider before participating in any exercise program.

## Appendix B

### Self-Assessment Protocol

Complete the following steps of the self-assessment:

- Step One.** Review the protocols (pgs. 22-26) and set up all equipment needed to administer the PFT-1 protocol
- Step Two.** With assistance from a friend, family member, or fitness specialist, take the PFT-1 self-assessment (page 6) and
- Step Three.** Document your level of readiness using the Day 1 sheet of the BPA PFT-1 Physical Readiness Program

### Materials Needed

Use the materials listed to administer the BPA PFT-1:

- Narrated BPA PFT-1 Audio file found at <http://www.cbp.gov/careers>
- 4-inch or 5-inch foam block (candidates 5 feet 9 inches or taller use the 5-inch foam block)
- Fitness mat or carpet floor for performing sit-ups and push-ups
- One 14-inch step bench, or 1 platform and enough risers (5 on each side) to bring the bench to a height of exactly 14 inches.
- Stop watch

### Other Requirements

1. If for any reason during the test you feel ill or you injure yourself, stop the test and seek medical attention as needed.

## Border Patrol Agent Pre-Employment Fitness Test-1

The PFT-1 consists of three physical abilities tests.

1. **Sit-up Test** – you are required to complete 25 proper form sit-ups in 60 seconds.
2. **Push up Test** – you are required to complete 20 proper form push-ups in 60 seconds. The foam block measures the depth of each push up. If you are under 5 feet 9 inches tall use the 4-inch foam block and if you are 5 feet 9 inches or taller use the 5-inch foam block.
3. **Step Test** – You are required to step up and down on a 14-inch step to a cadence using a metronome sound along with a narrated voice at a rate of 120 beats per minute for five minutes. The narrated voice gives the command, “up-up-down-down” in cadence with the metronome sound.

Border Patrol Agent Pre-Employment Fitness Test-1 Requirements		
Test	Requirement	Time
Sit-ups	25 repetitions	60 seconds
Push-ups	20 repetitions	60 seconds
5-minute Step Test	Must use a 14-inch step and stay on a 120 steps per minute cadence	5 minutes



## Border Patrol Agent PFT-1 Protocol

Set up the testing area. The narrated PFT-1 audio file can be accessed from <http://www.cbp.gov/careers> with the use of an mp3 player. If you use this option, do not stop the audio file for any reason until the PFT-1 is complete, unless an injury occurs or you voluntarily stop. The audio file provides you with all of the instructions needed to perform each test and includes 3-minute intervals between each test where you may choose to rest or practice the next test. The entire PFT-1 protocol instructional video can be found on <http://www.cbp.gov/careers>.

### Sit-up Test

- Assume the starting or “down position” on your back with your knees bent, feet flat, and hands behind your head, without interlocking the fingers together. Your thumbs are by your the ears, with your elbows extended out to the sides, and your shoulder blades touching the mat.
- Have your assistant hold your feet or ankles down with their hands, or place their knees on the top of your shoes while holding their hands behind your heels or ankles during the entire test.
- Your feet should be flat on the ground, with your knees bent at a 90-degree angle. This gives you about an 18-inch separation between your heels and buttocks.
- On the command, “Go” sit up until your elbows touch your knees or your elbows break the plane of your knees.
- Return to the starting position where your shoulder blades touch the mat. You have completed one proper form sit-up.
- You may rest in the up position only, but the time will continue.
- If you use the audio file, it will instruct you when to start and stop.
- Count out loud or have your assistant count as each proper form sit-up is completed. Keep in mind that when CBP test administrators test you, they will only count properly performed sit-ups. So be honest with yourself about your test performance.
- A sit-up will not count:
  - If your buttocks are raised off the mat,
  - If your hands are used to pull up from the down position to the up position,
  - If 1/2 sit-ups are performed (if you fail to touch your knees with your elbows or break the plane of your knees with your elbows), or
  - If your shoulder blades do not touch the mat
- The sit-up test will stop:
  - When you complete 25 proper form sit-ups,
  - When 60 seconds expires,
  - When you stay in the down position for three seconds or more, or
  - When you cannot perform any more sit-ups.

There is a 3-minute interval where instructions for the push-up test are given. You may rest or follow the directions and practice for the next test.

## Push-up Test

- Place a 4-inch or 5-inch foam block (if you are 5 feet 9 inches or taller use the 5-inch foam block) or if you do not have one have your assistant place their fist on the ground directly below your sternum/chest.
- Assume the starting or “up position” with your elbows straight, hands spaced shoulder width apart, with your thumbs aligned with the crease of the shoulders. The foam block or fist should be directly under your chest/sternum.
- On the command, “Go” bend your elbows and drop down until the sternum touches the foam block or fist then push back up until your elbows are straight. This completes one proper form push-up. The body should be kept in a straight line with your feet no more than 12 inches apart.
- You may rest in the up position only, but the time will continue. At the end of one minute, the audio file will inform you to stop or your assistant can use a stopwatch.
- Count out loud or have your assistant do so as each proper form push-up is completed. Keep in mind that when you are tested by a CBP test administrator, they will only count properly performed push up, so be honest with yourself about your test performance.
- You must perform 20 proper form push-ups in 60 seconds.
- A push-up will not count if:
  - Your back is sagging,
  - Your buttocks are raised in the air,
  - Your feet are spread wider than 12 inches apart, or
  - You perform a half push-up (where you do not touch your sternum to the foam block/ fist or you do not straighten your elbows).
- The push-up test will stop:
  - When you complete 20 proper form push-ups,
  - When 60 seconds expires,
  - When you cannot perform any more push-ups with proper form or you voluntarily stop or,
  - If one or both of your knees touch the ground.

There is a 3-minute interval period where instructions for the step test are given. You may rest or follow the directions and practice for the next test.

## Step Test

- The step test is performed by stepping up and down on a 14-inch step to a cadence using a metronome sound along with a narrated voice at a rate of 120 beats per minute for five minutes.
- Step onto the bench using either your right or left foot as the lead foot, then step up with your other foot and step down with your lead foot, followed by stepping down with your other foot in an up-up-down-down sequence.
- The audio file (<http://www.cbp.gov/careers>) is narrated along with the cadence sound (metronome) throughout the entire five minutes. You may switch your lead foot at any time, but you must not break cadence or stop moving while doing so.
- The audio file will instruct you when to start and stop the test.
- Quickly get back in step with the cadence if you start to get off beat.
- The step test will stop:
  - If you are unable to maintain the cadence in accordance with the audio file for three consecutive sequences,
  - If you are unable to maintain cadence in accordance with the audio file for a total of six sequences within the 5-minute test,
  - If you use your hands to push on your legs to assist in stepping, or
  - If you voluntarily stop the test.
- If you do not complete the full 5-minute step test in cadence, record the time the test stopped on the assessment sheet.

## Appendix C

### BPA PFT Physical Readiness Program Exercise List

#### Warm-Up Exercises

To be performed for 5 minutes prior to any fitness training or testing. Exercises 2-6 should be completed as a circuit. Warm-up for 30 seconds at each exercise, repeat the circuit 2 times for a total of 5 minutes.

Exercise	Description / Action / Speed
1. 440 to 880 yard jog	Perform a light jog of 440 to 880 yards or for 3-5 minutes in duration.
2. <a href="#">In-place Jogging</a>	Perform an in-place jog by cycling your legs and arms in a running pattern focusing on staying upright and not projecting your body forward or backward. Moderate pace.
3. <a href="#">Cross-Country Skier</a>	From a position of attention* step forward with your left leg, extend your left arm forward and your right arm backward keeping your elbows straight. Jump slightly in the air and move your right foot and right arm forward and your left foot and left arm backward landing with both knees slightly bent, then immediately return to starting position. Moderate pace.
4. <a href="#">Jumping Jacks</a>	From a position of attention* jump slightly into the air and move your right and left foot into a wide stance keeping your knees slightly bent. Simultaneously, move both arms from your sides to the overhead position, keeping the arms straight. Jump slightly again and move back to the starting position. Moderate pace.
5. <a href="#">Jump Rope</a>	From a position of attention* hold the rope handles in your hands with the rope on the ground behind you, jump slightly into the air. Simultaneously, rotate your wrists and bring the rope overhead, and then under your feet. Your arms and legs are slightly bent. Additional jump rope variation can be introduced as your skill level improves. Moderate pace.
6. <a href="#">Mountain Climber</a>	From the front leaning rest position** with your left foot below the chest and between your arms, push upward with your feet. Quickly changing the position of your legs, then immediately return to the starting position. Fast pace.

\*Position of Attention: standing upright, face forward with legs shoulder-width apart, arms extended down at your side.

\*\* Front Leaning Rest Position: also called the push-up position, hands on the ground, face downward, feet together or up to 12 inches apart, straight line between the shoulder, hip, knee, and ankle, back flat.

\*\*\*Supine Position: lying flat on your back with your legs straight and together, your arms are alongside of your legs.

\*\*\*\*Prone Position: lying flat on your stomach with your legs straight and together, your arms are alongside of your legs.

BORDER PATROL PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

<b>Flexibility Exercises</b>	<b>Training Focus</b>	<b>Description</b>
<a href="#"><u>Neck Rotations</u></a>	Neck & upper back	From a position of attention* rotate your head slowly in a circular motion to the right. Be sure to rotate at pain-free ranges of motion. After 5 rotations, conduct the same movement to the left.
<a href="#"><u>Forward &amp; Backward Arm Rotations</u></a>	Shoulder, chest, arms	From a position of attention* rotate your arms in large circles forwards and then backwards, making sure you move through the full range of motion (ROM) in each direction. Conduct 5-10 rotations in each direction.
<a href="#"><u>Straight Arms Behind Back</u></a>	Shoulder, chest	From a position of attention* place both hands behind your back, interlock the fingers with your palms facing each other, with elbows fully extended. Slowly raise your arms, keeping your elbows straight and your head upright and relaxed.
<a href="#"><u>Cross Arm in front of Chest</u></a>	Shoulder, back	From a position of attention* place your right arm across the body; your arm should be level with your shoulder and your elbow slightly flexed. With your left arm, grab your right arm above the elbow and slowly pull your arm across your chest to the end ROM. Repeat on the left side.
<a href="#"><u>Overhead Arm Pull with Trunk Lean</u></a>	Arms, back, abdomen	From a position of attention* widen your stance to approximately 16 inches. Flex your right arm at the elbow and raise the elbow overhead. Reach with your left hand and grab your right elbow, slowly pull your right elbow behind your head and slightly toward the back. With your legs straight, slowly lean from your waist to the left side, achieving the end ROM. Repeat on the left side.
<a href="#"><u>Rear Lunge</u></a>	Hips, quadriceps, hamstring, low back	From a position of attention* take an exaggerated step backward with your right leg, touching down with the ball of your foot. Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion. After your foot touches down, allow your body to continue to lower. This promotes flexibility of the hip and trunk. To advance the stretch, push your hips slowly forward and slightly arch your back, then raise your arms starting from the thighs above the head. Repeat on the left side.
<a href="#"><u>Sit and Reach</u></a>	Low back, hamstring, calf	From the supine position*** sit up with your upper body nearly vertical and the legs straight, tuck your head and slowly lean forward using hip flexion. Grab your toes or lower legs, pull or flex your toes toward your body and pull your chest toward your thighs. Hold for 30 seconds and then repeat.
<a href="#"><u>Seated Groin (Butterfly)</u></a>	Groin	From the supine position*** sit up with your upper body nearly vertical and your legs straight. Flex both knees and bring the soles of your feet together. Once together, pull them toward your body. Place your hands on

BORDER PATROL PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

		your feet and your elbows on the legs, pull your torso slightly forward and press your elbows down causing hip abduction (legs to open).
<a href="#">Spinal Twist (Pretzel)</a>	Abdomen, low back, buttock	From the supine position*** sit up with your upper body nearly vertical and the legs straight. Flex your right knee and place your right foot to the left side of your left knee; place the back of your left elbow on the right side of the knee that is now bent. Place your right palm on the floor 12-16 inches behind your hips. Push your right knee to the left with your left elbow while turning the shoulders and head to the right as far as possible. Repeat on the left side.
<a href="#">Supine Knee Flex (knee to chest)</a>	Low back, buttock, hamstring	From the supine position*** flex your right knee and hip bringing your thigh toward your chest. Place both hands behind your knee and continue to pull towards your chest. Keep your left leg straight and your low back in contact with the floor. Repeat on the left side.
<a href="#">Supine Low Back and Hip Stretch</a>	Low back, buttock, hips,	From the supine position*** flex your right knee. Using your left arm, grasp your right knee and pull your leg towards the left. Allow your trunk to twist in the direction of your pull. Extend your right arm to your side while you are looking to the right. Hold the stretch and try to increase the ROM by pulling with your left arm down on your knee. Repeat on the right side.
<a href="#">Side Quadriceps Stretch</a> (lie on your side)	Quadriceps, hips	From the supine position*** turn on your left side with both legs straight, place your left forearm flat on the floor (45 degrees to the torso) with your upper arm perpendicular to the floor. Flex your right leg at the knee and move your right heel towards the buttock. Grab the front of your ankle with your right hand and pull it toward the buttocks. Keep the back straight and your right leg parallel to the floor. Repeat on the left side.
<a href="#">Low Back &amp; Abdominal Arch</a> (prone)	Low back, abdominals, hips, hamstrings and calves	From a prone position**** extend your arms while keeping your thighs and pelvis on the ground. Relax your back muscles while bearing your body weight through your straight arms. Toes point to the rear.

## **Muscular Endurance and Strength Training**

### **Workout # 1**

1. Pull-up or flexed arm hang
2. Side steps
3. Push-ups
4. Sit-ups
5. Squats
6. Rowers

## **Exercises**

### **Pull-up**

Objective: This exercise develops strength and endurance of the upper body flexors.

Equipment: pull up bar

Starting Position: Hold the bar using an overhand grip (pronated) with your arms shoulder width or slightly wider.

Pace: moderate and under control

Count:

1. Using your arms, shoulders and back control your body weight. Start with your arms completely straight. Pull your body upward by bending your arms until your chin is at the bar level. Bend at your knees to keep your feet from hitting the floor or if assistance is necessary.
2. Keeping your body under control return to the starting position.

Check point:

- On count 1, maintain a rigid mid-section while bending your knees slightly, keep your head in a neutral position or slightly arched.
- At the end of count 1, slowly and under control bring your body back to the start position

Safety precautions:

- Spotters grasp your shins close to your feet with both hands and apply enough constant upward pressure to allow you to properly execute the movement.
- Elastic bands specifically designed to assist pull-ups can be used to make the pull-up easier if you do not have the strength to do the exercise on your own.
- Avoid kipping (rapidly swinging the lower body to assist in the pull-up)
- Land carefully when releasing the bar if you are using a high bar



## Flexed Arm Hang

Objective: This exercise develops strength and endurance of your upper body flexors.

Equipment: pull up bar

Starting Position: Hold the bar using an underhand grip (palms facing you) with your arms shoulder width or slightly wider.

Pace: moderate and under control

Count:

1. Start with your arms bent at 90 degrees. By using your arms, shoulders and back support your entire body weight and maintain the 90-degree position of your arms for the goal time.

Check point:

- On count 1, maintain a rigid mid-section while bending your knees slightly, keep your head in a neutral position or slightly arched.

Safety precautions:

- Land carefully when releasing the bar if you are using a high bar

**Note: Try to progress from the flexed arm hang to pull-ups once you have developed the strength to do so.**

## Side Steps

**Objective:** This exercise develops agility, coordination, anaerobic endurance, and explosive power.

**Set up:** Place 3 lines parallel to one another on the ground 6 feet apart (see diagram below). The distance from the first line to the last line, is 12 feet. If you cannot put down tape for the lines, you can substitute using cones or any small object to designate where the line would be.

**Starting position:** Ready “athletic” position with your hands out in front of your body. Your feet are straddling the centerline.

**Pace:** fast

**Count (N/A):**

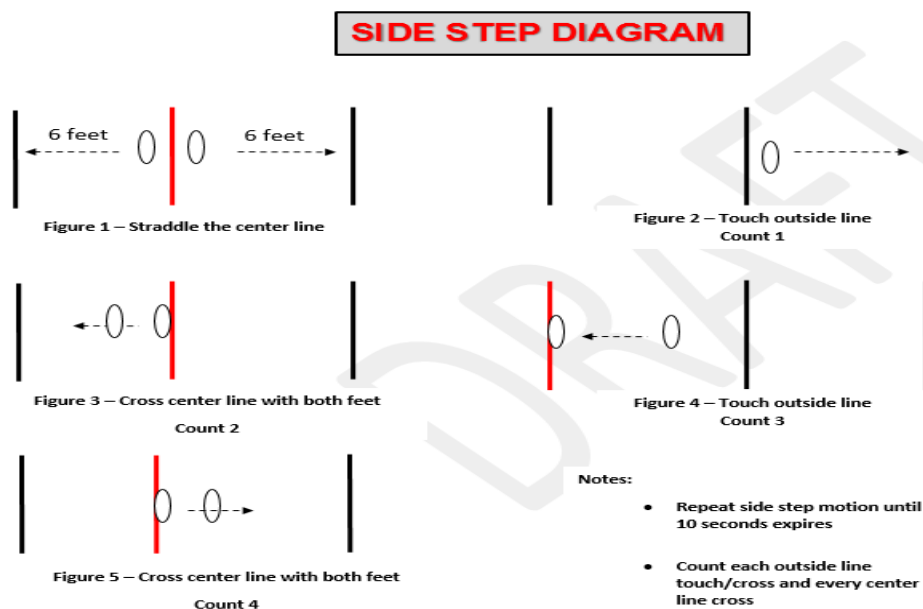
1. Slide to the right or left, making sure your foot touches or crosses the line marked by the cone. Plant your outside foot and change directions.
2. Slide back all the way past the middle line to the far left cone. Plant your outside foot by touching or crossing the line and change directions.
3. Continue this pattern of sliding your feet right and left. Try to attain 8 line touches/crosses as fast as possible for each set. (See diagram below.)

**Check points:**

- Do not cross your feet or turn your torso.
- Lower your body when changing directions.

**Safety precautions:**

- Make sure your area is free of trip and slip hazards (i.e., loose dirt, rocks, sand, and debris). If you use cones or objects instead of taped lines, be careful not to trip over them.
- Wear athletic footwear and practice the course before you train on it.



## Push-ups

Objective: This exercise strengthens the muscles of the chest, shoulders, arms, and trunk.

Starting position: front leaning rest position.

Pace: moderate to fast

Count:

1. Bend your elbows, lower your body until your upper arms are parallel to the ground. Touch your chest to the 4-inch block (individuals less than 5'9" tall), or 5-inch block (individuals 5'9" or taller) to ensure you are going deep enough.
2. Return to the starting position.

Check points:

- Your hands are directly below the shoulders, shoulder width or wider with fingers spread (middle fingers point straight ahead).
- On counts 1 and 2 your upper arms stay close to the trunk, elbows pointing rearward.
- On count 2, straighten your elbows in a soft locked position.
- Your trunk should not sag or point upward. Your body must remain in a straight line from the shoulder, low back, hip, knee, and ankle. To prevent sagging or upward pointing, tighten your abdominal muscles while in the starting position and maintain this contraction throughout the exercise. Think, "stay flat and tight".
- Your foot/ankle should not move during the exercise, it should remain fixed, and serve as the pivot point (fulcrum) for the movement.

Safety precautions:

- Always perform this exercise with your body in straight alignment.
- Do not arch or sway your back. Stay flat by maintaining contractions of your abdominal and buttocks muscles throughout the exercise.
- Use a 4-inch or 5-inch foam block or soft object to touch your chest during each repetition. This will prevent excessive range of motion at your shoulder/chest.

### Additional Info:

If you cannot finish the required repetitions, stop and take a 15 to 30 second rest and finish your set. For instance, on Day 2's workout you are required to do 15 push-ups during each, of the 2 circuits. Let's say you do 7 perfect push-ups then start to falter. Stop and take a 15 to 30 seconds rest and start again. You would then complete the remaining 8 repetitions during the next attempt or even third attempt, if needed, in order to finish the required 15 repetitions. This is OK. The intent is that you will improve to the point where you will not need to stop and will be able to complete all the required repetitions in good form without stopping for all your sets. So remember, stay at the station until all repetitions for that exercise are complete, even if it takes several sets to do so. [Video Example](#)

## Sit-ups

Objective: This exercise develops your abdominal muscles and core muscular endurance.

Starting position: Supine, hands behind head, feet flat on the floor with your knees bent at 90 degrees, and tuck your head slightly.

Pace: moderate

Count:

1. Raise your trunk off the floor by engaging your abdominal muscles and hip flexors. Once in the up position, touch your elbows to your knees or cross the plane of your knees with your elbows.
2. Return to the starting position with your shoulder blades touching the floor or mat.

Check points:

- At the starting position, tighten your abdominal muscles to tilt your pelvis and the lower back toward the ground.
- Be sure to touch your shoulder blades to the ground.
- On count 1, keep your head slightly tucked, and use your abdominal muscles to pull your trunk through the movement.

Safety precautions:

- To protect the spine, do not jerk your head forward.
- Maintain a comfortable head position and initiate the movement with your abdominal muscles.

### Squat (parallel)

Objective: This exercise develops strength, endurance, and flexibility of the legs and hips.

Starting Position: Ready “athletic” position with your hands along the side of your body.

Pace: moderate to slow

Count:

1. Squat while leaning slightly forward at your waist, with your head up, and extend the arms to the front, with your arms parallel to the ground.
2. Return to the starting position.

Check points:

- On count 1, maintain a flat or slightly arched back while bending simultaneously at the knee and hip until your upper thigh is parallel to the floor, keep your head in a neutral position
- At the end of count 1, your shoulders, knees, and balls of the feet are aligned. Your heels should remain on the ground and your back is flat or slightly arched.

Safety precautions:

- Always perform this exercise at a moderate to slow pace.
- Do not allow your knees to go beyond the toes on count one as it increases stress to your knees.

**Rower (back hyperextension)**

Objective: This exercise develops strength of the low back, glutes, and shoulders.

Starting Position: Prone position with your arms overhead and fully extended, palms together and on the ground and toes pointed to the rear.

Pace: slow

Count:

1. Raise your head and chest slightly while lifting your arms and pulling them rearward while pulling your shoulder blades together. Your hands make fists as they move toward the shoulders.
2. Return to the starting position.

Check points:

- At the starting position, your abdominal muscles are tight and your head is in line with the spine. Your arms are in contact with the floor.
- On count 1, your forearms are parallel to the ground and slightly higher than your trunk. Pull your arms using your back and focus on pinching your shoulder blades together.
- On count 1, raise your head and look forward, but not skyward.
- Throughout the exercise, your legs and toes remain in contact with the ground.

Safety precautions:

- Always perform this exercise at a slow pace.
- Prevent overarching of the back by maintaining contractions of your abdominal and buttocks muscles throughout the exercise.

## Workout # 2

- Chin-up or flexed arm hang
- Side steps
- Wide push-ups
- Ab crunch
- Lunge
- Skydivers

### **Chin-up or flexed arm hang**

#### Chin-up

Objective: This exercise develops strength and endurance of your upper body flexors.

Equipment: pull up bar

Starting position: Hold the bar using an underhand grip (palms facing you) with your arms shoulder width or slightly wider.

Pace: moderate and under control

Count:

1. Using your arms, shoulders and back control your body weight. Start with your arms completely straight. Pull your body upward by bending your arms until your chin is at the bar level. Bend at your knees to keep your feet from hitting the floor or if assistance is necessary.
2. Keeping your body under control return to the starting position.

Check point:

- On count 1, maintain a rigid mid-section while bending your knees slightly, keep your head in a neutral position or slightly arched.
- At the end of count 1, slowly and under control bring your body back to the start position

Safety precautions:

- Spotters grasp your shins close to your feet with both hands and apply enough constant upward pressure to allow you to properly execute the movement.
- Elastic bands specifically designed to assist chin-ups can be used to make the chin-up easier if you do not have the strength to do the exercise on your own.
- Avoid rapid tipping (jerking and kicking of the hips and feet)
- Land carefully when releasing the bar if you are using a high bar

## Flexed Arm Hang

Objective: This exercise develops strength and endurance of your upper body flexors.

Equipment: pull-up bar

Starting Position: Hold the bar using an underhand grip (palms facing you) with your arms shoulder width or slightly wider.

Pace: moderate and under control

Count:

1. Start with your arms bent at 90 degrees. By using your arms, shoulders and back support your entire body weight and maintain the 90-degree position of your arms for the goal time.

Check point:

- On count 1, maintain a rigid mid-section while bending your knees slightly, keep your head in a neutral position or slightly arched.

Safety precautions:

- Land carefully when releasing the bar if you are using a high bar

**Note: Try to progress from the flexed arm hang to pull-ups once you have developed the strength to do so.**



## Side Steps

Objective: This exercise develops agility, coordination, anaerobic endurance, and explosive power.

Set up: Place 3 lines parallel to one another on the ground 6 feet apart (see diagram below). The distance from the first line to the last line, is 12 feet. If you cannot put down tape for the lines, you can substitute using cones or any small object to designate where the line would be.

Starting position: Ready “athletic” position with your hands out in front of your body. Your feet are straddling the centerline.

Pace: fast

Count (N/A):

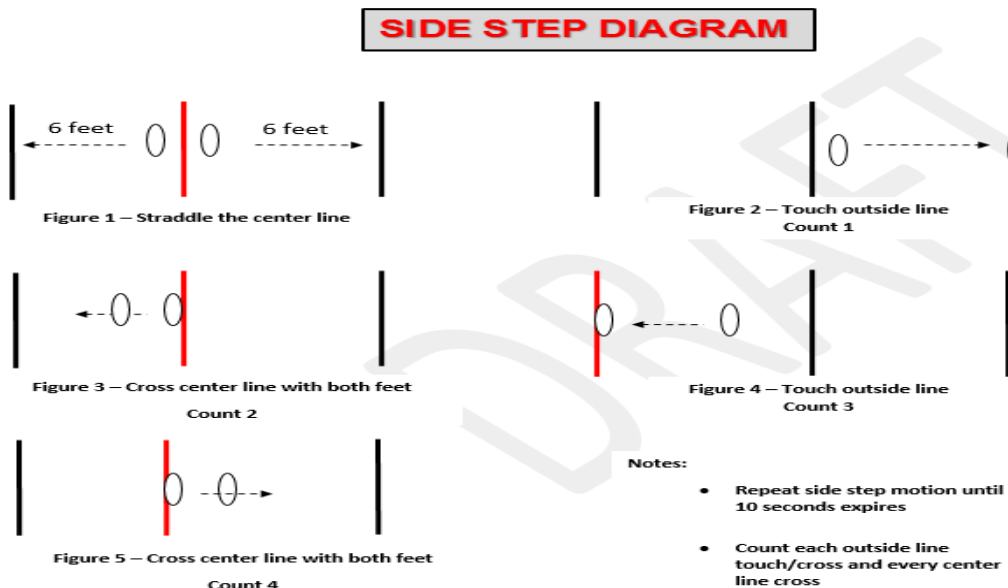
4. Slide to the right or left, making sure your foot touches or crosses the line marked by the cone. Plant your outside foot and change directions.
5. Slide back all the way past the middle line to the far left cone. Plant your outside foot by touching or crossing the line and change directions.
6. Continue this pattern of sliding your feet right and left. Try to attain 8 line touches/crosses as fast as possible for each set. (See diagram below.)

Check points:

- Do not cross your feet or turn your torso.
- Lower your body when changing directions.

Safety precautions:

- Make sure your area is free of trip and slip hazards (i.e., loose dirt, rocks, sand, and debris). If you use cones or objects instead of taped lines, be careful not to trip over them.
- Wear athletic footwear and practice the course before you train on it.



**Push-up (wide)**

Objective: This exercise strengthens the muscles of your chest, shoulders, arms, and trunk.

Starting Position: Front leaning rest position with your hand position just outside shoulder width.

Pace: moderate

Count:

1. Bend your elbows and lower your body until your chest touches the 4-inch or 5-inch foam block.
2. Return to the starting position.

Check points:

- Your hands are below and slightly outside the shoulders with fingers spread (middle fingers point straight ahead).
- On counts 1 and 2, your upper arms move away from the trunk with your elbows pointing lateral.
- On count 2, your elbows straighten but do not lock.
- The trunk should not sag. To prevent this, tighten your abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Safety precautions:

- Always perform this exercise with the body in straight alignment.
- Do not arch or sway your back. Stay flat by maintaining contractions of your abdominal and buttocks muscles throughout the exercise.
- Use a 4-inch or 5-inch foam block or soft object to touch your chest to during each repetition. This will prevent excessive range of motion at your shoulder/chest.

## Abdominal Crunch

Objective: This exercise develops the abdominal muscles.

Starting position: Lie supine (on your back), hands lightly behind your head without interlocking your fingers together, with your thumbs by your ears, feet flat on the floor with your knees bent at 90-degrees, and your head is straight in the neutral position.

Pace: moderate to fast

Count:

1. Raise your trunk off the floor.
2. Return to the starting position.

Check points:

- At the starting position, tighten your abdominal muscles to tilt the pelvis and the lower back toward the ground.
- On count one, use your abdominal muscles to pull your trunk through the movement.

Safety precautions:

- To protect your spine, do not jerk your head forward or overly flex your neck.
- Maintain a neutral position with your head and initiate the movement with your abdominals.

**Lunge (forward)**

Objective: This exercise promotes balance and develops leg endurance and strength.

Starting position: Position of attention with your arms extended to the sides.

Pace: slow

Count:

1. Take a step forward with your left leg, allowing your left knee to bend until your thigh is parallel to the ground. Lean slightly forward, keeping your back slight arched.
2. Return to the starting position.
3. Repeat count 1 with the right leg.
4. Return to the starting position.

Check points:

- Keep your abdominal muscles tight throughout the motion.
- On counts 1 and 3, step straight and keep your feet facing forward. When viewed from the front, your feet maintain their distance apart, both at the starting position and at the end of counts 1 and 3.
- On counts 1 and 3, your rear knee may bend naturally and touch the ground (soft and with control). The heel of the rear foot should be off the ground.

Safety precautions:

- Always perform this exercise at a slow pace.
- On counts 1 and 3, move into position in a controlled manner.
- Spring off of your forward leg to return to the starting position. Keep your back slightly arched.
- Avoid jerking your trunk to create momentum.
- When stepping forward, ensure your knee is not forward past your toes.

**Sky Diver (back hyperextension)**

Objective: This exercise develops strength of your back and shoulders.

Starting position: Prone position with your arms overhead and bent 90 degrees at the elbows, palms flat and on the ground, and your toes pointed to the rear.

Pace: slow

Count:

1. Raise your head and chest slightly while lifting both arms upward.
2. Return to the starting position.

Check points:

- At the starting position, your abdominal muscles are tight and your head is in line with the spine.
- On count 1, your arms are off the ground and slightly higher than the trunk.
- On count 1, raise your head to look forward but not skyward.
- Throughout the exercise, your legs and toes remain in contact with the ground.

Safety precautions:

- Always perform this exercise at a slow pace.
- Prevent overarching of the back by maintaining contractions of your abdominal and buttocks muscles throughout the exercise.
- When raising your head and chest away from the ground, your legs and toes remain in contact with the ground to prevent excessive stress to the spine.

## Cardiorespiratory (Cardio) Training

### 5-minute step test

Objective: This exercise develops cardiorespiratory (cardio) fitness. This training exercise exactly mimics the PFT-1 5-minute step test.

Set Up:

- [One 14-inch step bench, or one platform and enough risers \(five on each side\)](#), to bring the bench to a height of exactly 14 inches.
- Audio file ([www.cbp.gov/careers](http://www.cbp.gov/careers)), or metronome, or phone app that can play 120 beats per minute tempo.

Starting Position: Ready “athletic” position standing directly in front of the step.

Pace: Fast. 120 beats per minute equates to 30 step cycles per minute

Guidance:

- Start the timer and step onto the bench using either the right or left foot as the lead foot, followed by stepping up with the other foot. Then step down with the lead foot, followed by stepping down with the other foot in an up-up-down-down sequence.
- The audio file (<http://www.cbp.gov/careers>) is narrated along with the cadence sound (metronome) throughout the entire five minutes. You may switch your lead foot at any time if you wish to, but you must not break cadence or stop moving while doing so.
- The audio file will instruct you when to start and stop the test.
- If you get off beat with the cadence try to quickly get back in step.
- If you are unable to continue “on cadence” the entire 5 minutes and need to stop, take small 15- to 30-second breaks until you develop the fitness needed to complete the entire test without stopping.
- Remember when you actually take the PFT-1, you will fail if:
  - You are off cadence for 3 consecutive sequences,
  - You miss a total of 6 sequences throughout the five minutes,
  - You use your hands on your thighs/legs to assist in the stepping motion during the exercise or test. or
  - You stop at all during the test

Check Points:

- Place your foot all the way on to the box on each step. Your heels should not hang off the back.
- If you get off cadence, quickly get back on the step cadence and the “up, up, down, down” narration.

Safety precautions:

- Make sure your area is free of trip and slip hazards and that the step is solid and stable.

## **Timed Runs**

The objective of the Timed Run is to develop aerobic capacity and to develop mental and physical tolerance to running long distances and experiencing environmental stress. Steady state (non-stop) distance running improves aerobic endurance, assists in caloric expenditure, and can help in recovery from more intensive training days. The overall minimal goal is for you to be able to run non-stop for at least 20 minutes at a pace at or above 6.0 mile per hour (mph) which is equal to a 15 minute 1.5 mile pace. This will get you ready for the PFT-2 running requirement. See video examples using the [treadmill](#) and [track & road](#) options.

## **Interval Running**

The objective of interval training is to help develop speed and anaerobic endurance. Intervals appropriate for you to improve physical fitness are **30/60s** and **60/120s**. Anaerobic endurance is important to accomplish higher intensity bouts of work, such as foot pursuits, hands-on or intermediate use of force, and react in emergency response situations.

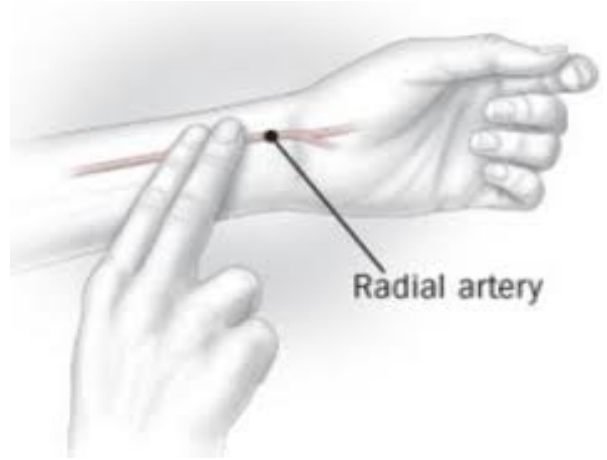
The work intervals are followed immediately by an active recovery interval. So, in a 30/60 interval, you will run hard for 30 seconds and briskly walk for 60 seconds. See linked [30/60 treadmill example](#) and [30/60 track example](#). In the 60/120 interval, you will run hard for 60 seconds and briskly walk for 120 seconds. See linked [60/120 treadmill example](#) and [60/120 track example](#). Multiple work intervals allow you to train at and above your maximum aerobic ability and cause the onset of fatigue many times during a single training session. Interval running improves the resistance to fatigue of your active muscles by repeatedly exposing them to high intensity effort. Keep in mind that your pace during these interval runs should be much faster (at least 25 percent) than what you would do during a timed continuous run. After each run you should be out of breath and “need” the walking time to recover before your next run. To properly execute this training, you need a stopwatch and running area of at least 100 yards.

## **Low Impact Cardio Options: Biking / Elliptical / Rowing / Stair Climbing**

Choose any low impact cardiorespiratory training. [See video for low impact cardio options.](#) Perform the exercise for the required amount of time and percent of heart rate max. Below is a heart rate chart to help you stay within your targeted zone to improve aerobic fitness. For example, let us say you are 26 years old and the fitness training session requires you to bike for 15 minutes at 70 to 80 percent heart rate max. You will operate the bike’s resistance and pedal speed in order to achieve a heart rate of 136 to 155 beats per minute for a goal of 15 minutes. See additional information on how to take your exercise heart rate and to make sure you are in your targeted zone for cardiorespiratory improvements on page 43.

**BORDER PATROL PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM**

<b>Goal heart rates using percent of heart rate max</b>				
<b>Age</b>	<b>70%</b>	<b>75%</b>	<b>80%</b>	<b>85%</b>
20	140	150	160	170
21	139	149	159	169
22	139	149	158	168
23	138	148	158	167
24	137	147	157	167
25	137	146	156	166
26	136	146	155	165
27	135	145	154	164
28	134	144	154	163
29	134	143	153	162
30	133	143	152	162
31	132	142	151	161
32	132	141	150	160
33	131	140	150	159
34	130	140	149	158
35	130	139	148	157
36	129	138	147	156
37	128	137	146	156
38	127	137	146	155
39	127	136	145	154
40	126	135	144	153



1. Assessing your heart rate during your training bouts will help to ensure that the training is safe and at an intensity level high enough to elicit improvements in cardiorespiratory fitness.
2. After at least 5 minutes of exercise assess your heart rate.
3. Using your index and middle finger find your radial artery (picture above).
4. Count the numbers of beats for 10 seconds and multiply the number by 6 to get beats per minute
5. Try to keep your heart rate in the target area identified in the daily train session, which will be either 70 to 80 percent or 75 to 85 percent of your age predicted maximum heart rate.
6. If your heart rate is lower than the target range you will need to speed up or add more resistance, if your heart rate is too high you will need to slow down or reduce the resistance.
7. Use the table to find your target heart rate zone based on your age.



## Appendix D

### Pre-employment and Academy Fitness Testing

<b>Border Patrol Agent (BPA)</b>								
Pre-employment Fitness Test-1 Multiple Hurdle			Pre-employment Fitness Test-2 Multiple Hurdle			Fitness Graduation Standard Multiple Hurdle		
Test	Repetitions	Time Frame	Test	Repetitions	Time Frame	Test	Repetitions	Time Frame
Sit-ups	25	1 minute	Sit-ups	25	1 minute	1.5 Mile Run	---	13 minutes
Push-ups	20	1 minute	Push-ups	20	1 minute	Confidence Course	---	2 minutes and 30 seconds
14-inch Step Test	120 steps/min	5 minutes	1.5 Mile Run	---	15 minutes	220 Yard Run	---	46 seconds

Multiple Hurdle – a scoring method that is pass/fail for each test.

BORDER PATROL PRE-EMPLOYMENT FITNESS TEST-1 PHYSICAL READINESS PROGRAM

**Appendix E:** Video and Image Reference Index

1	Abdominal crunch	<a href="#">Video 1</a>	<a href="#">Video 2</a>
2	Cross arm in front of chest	<a href="#">Video 1</a>	<a href="#">Video 2</a>
3	Cross-country skier	<a href="#">Video 1</a>	<a href="#">Video 2</a>
4	Exercise mat	<a href="#">Image 1</a>	X
5	5-minute step test,	<a href="#">Video 1</a>	<a href="#">Video 2</a>
6	Foam blocks (4-inch and 5-inch)	<a href="#">Video 1</a>	X
7	Forward & backward arm rotations	<a href="#">Video 1</a>	<a href="#">Video 2</a>
8	Heart rate assessment	<a href="#">Video 1</a>	<a href="#">Video 2</a>
9	In-place jogging	<a href="#">Video 1</a>	X
10	Interval running 30/60s on track	<a href="#">Video 1</a>	X
11	Interval running 30/60s on treadmill	<a href="#">Video 1</a>	X
12	Interval running 60/120s on track	<a href="#">Video 1</a>	X
13	Interval running 60/120s on treadmill	<a href="#">Video 1</a>	X
14	Jump rope	<a href="#">Video 1</a>	<a href="#">Video 2</a>
15	Jumping jacks	<a href="#">Video 1</a>	<a href="#">Video 2</a>
16	Low back & abdominal arch (cobra)	<a href="#">Video 1</a>	<a href="#">Video 2</a>
17	Low impact cardiorespiratory training	<a href="#">Video 1</a>	X
18	Lunge	<a href="#">Video 1</a>	<a href="#">Video 2</a>
19	Mountain climber	<a href="#">Video 1</a>	<a href="#">Video 2</a>
20	Neck rotations	<a href="#">Video 1</a>	<a href="#">Video 2</a>
21	Overhead arm pull with trunk lean	<a href="#">Video 1</a>	<a href="#">Video 2</a>
22	Pull-up bar	<a href="#">Image</a>	X
23	Pull-up / chin-up / flex arm hang	<a href="#">Video 1</a>	<a href="#">Video 2</a>
24	Push-up (4-inch and 5-inch foam block options)	<a href="#">Video 1</a>	<a href="#">Video 2</a>
25	Push-up (use multiple sets if needed)	<a href="#">Video 1</a>	X
26	Rear lunge	<a href="#">Video 1</a>	<a href="#">Video 2</a>
27	Rower	<a href="#">Video 1</a>	<a href="#">Video 2</a>
28	Seated groin (butterfly)	<a href="#">Video 1</a>	<a href="#">Video 2</a>
29	Side quadriceps stretch (lie on side)	<a href="#">Video 1</a>	<a href="#">Video 2</a>
30	Side step	<a href="#">Video 1</a>	<a href="#">Video 2</a>
31	Sit and reach	<a href="#">Video 1</a>	<a href="#">Video 2</a>
32	Sit-ups	<a href="#">Video 1</a>	<a href="#">Video 2</a>
33	Skydivers	<a href="#">Video 1</a>	<a href="#">Video 2</a>
34	Spinal twist (pretzel)	<a href="#">Video 1</a>	<a href="#">Video 2</a>
35	Squat (parallel)	<a href="#">Video 1</a>	<a href="#">Video 2</a>
36	Straight arms behind back	<a href="#">Video 1</a>	<a href="#">Video 2</a>
37	Supine knee flex (knees to chest)	<a href="#">Video 1</a>	<a href="#">Video 2</a>
38	Timed runs (track and road options)	<a href="#">Video 1</a>	X
39	Timed runs (treadmill option)	<a href="#">Video 1</a>	<a href="#">Video 2</a>
40	Wide push-ups	<a href="#">Video 1</a>	<a href="#">Video 2</a>
41	Workout # 1 example	<a href="#">Video 1</a>	X
42	Workout # 2 example	<a href="#">Video 1</a>	X