

Cadet Candidate Fitness Improvement Program

Movement Standards

PULL-UP

The pull-up begins from the dead hang position with your elbows fully extended. You will raise your body up without kicking or swinging until your chin is above the level of the bar while maintaining a neutral head position (chin parallel to the ground). The repetition ends with you returning to the start position or dead hang.



Start Position

Alternate Pull-Up

If you cannot successfully complete a pull-up, you will do an alternate exercise to improve muscular strength. Place emphasis on proper form! If you cannot locate or acquire a band, do the negative pull-up variation.

Band Pull-Up

You must use caution when getting into and out of a band. Please have a spotter or an elevated surface to facilitate entry and exit. Loop the band over the pull-up bar and pull one side through the other. Then, place one foot into the band, extend your leg, and cross your other foot over the band to secure it in place. Once you're done executing the pull-ups, carefully use your spotter or elevated surface to remove your foot from the band. Bands vary in thickness. Generally, the thinner band the harder the pull-up. Find the proper band thickness based on your capabilities.



Start Position



Start Position

Negative Pull-Up

When conducting negatives, use an elevated surface to mount the bar (jump) in the up position of a pull-up or a flexed-arm hang position. Once you establish the flexed-arm hang position, slowly lower your body downward into the dead hang position. Ensure you control the descent and make the negative as slow as possible; the descent should take 3-5 seconds.



PUSH-UP

The push-up begins and ends in the front leaning rest position. Your hands will be placed on the ground about shoulder width apart with your fingers pointed forward. It is imperative that your shoulders are directly above your hands. To initiate the push-up, bend your arms and lower your chest towards the floor while maintaining a generally straight body position from shoulders to ankles. After your upper-arms are at least parallel to the floor, you may push your body up as a single unit ensuring your body remains generally straight and rigid until you reach the start position. Ensure your body is straight when doing the push-up and maintain a neutral head position (don't bend your neck up or down).



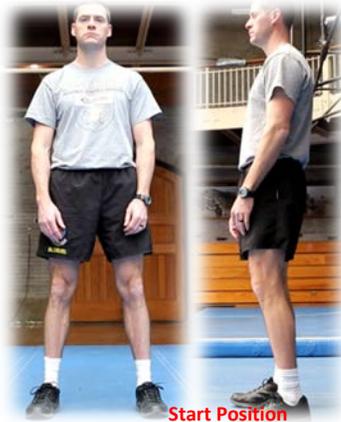
Alternate Push-Up

If you can't do a regular push-up as described above, you will execute a push-up on your knees. The movement is the same, except you'll place your knees on the ground during the start position with your feet in the air. You will move your body as one single unit until your upper arms are at least parallel with the ground, then push your body back to the start position.

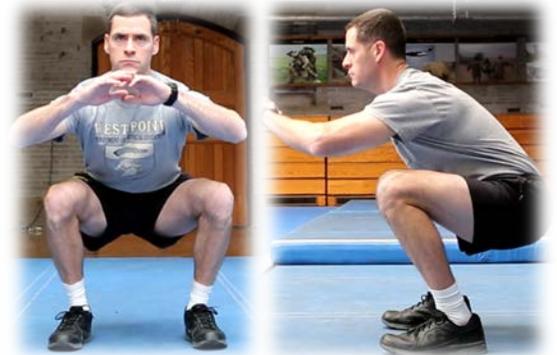


SQUAT

A body weight squat begins and ends in a standing position. Begin by turning your toes outward slightly, anywhere from 10 to 30 degrees. Bend your knees and sit backwards ensuring your knees track over your feet, but do not move forward of your toes, until the crease of your hip is below the level of the top of your knee, then return to standing upright. Form is vital in this movement to prevent injury and work the appropriate muscle groups. Ensure you maintain a flat back during the execution of the squat; do not round your shoulders.

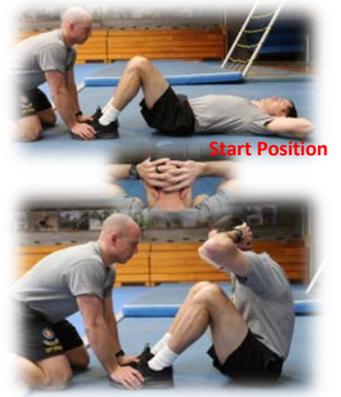


Keep your body weight on the heel of your foot, not your toes. If the heel of your foot comes off the ground during the squat, you must push your hips behind you more. Ensure your hips and knees are fully extended at the top of your repetition (athletic position) and you reach full range of motion. Additionally, you should keep a neutral head position by looking at the ground approximately 12 feet in front of you or at the horizon; never look up during the squat. There is no alternative exercise for the squat.



SIT-UP

A sit-up begins on the ground in a supine position with your knees bent 90 degrees and your hands interlaced behind your head. With use of a spotter, who may support your feet or ankles only, lift your trunk until the base of your neck is above the base of your spine ensuring your heels maintain contact with the ground and your hands remain interlaced behind your head. Once you achieve full range of motion, lower yourself back to the ground until your shoulder blades touch, then repeat. You may not use your arms or hands to facilitate the sit-up as they must remain interlaced behind your head. Additionally, you may not bend your knees more than 90 degrees. Do not allow your heels to come off the ground when doing the sit-up. If you do not have a spotter, use a fixed object to support your feet.



DIP

The dip starts and ends in a supported position with your arms fully extended. You will bend your arms lowering your body until your shoulders are below your elbows. Without kicking or swinging, you will then push yourself back to the supported position.



Alternate Dip (Negative)

The alternate dip (negative) will begin with you on the floor.

You will mount the dip bars by jumping to the supported position, then slowly lower your body through the full range of motion. Once full range of motion is achieved, you will safely dismount the bars and reset for your next repetition.



Slowly lowering your body from the supported position through the range of motion is imperative; it should take you 3-5 seconds to lower your body prior to dismounting the bar. Dip bars are simply two bars parallel to one another and can be found in most gyms and/or playgrounds.



ANKLES TO BAR

Ankles to bar begin in the dead hang position, similar to the pull-up, with your elbows completely extended. Without kicking or swinging, lift your ankles until they come in contact with the bar ensuring your hips rise above the level of your shoulders. A correctly performed repetition consists of your ankles or feet simultaneously contacting the bar between your hands with your hips higher than your shoulders. You will then lower yourself back down into the dead hang position, ensuring your elbows are completely extended.



Alternate: Knees to Elbows

Knees to elbows also begin in the dead hang position. Without kicking or swinging, you will lift your legs and hips until both knees simultaneously touch your elbows, attempting to raise your hips as high as possible. You will then return to the start position. Bending your arms slightly as you attempt to touch your elbows will make this exercise easier.

FRONT PLANK

The front plank is a static exercise designed to increase core strength. You will begin by placing your forearms on the ground, ensuring your shoulders are directly above your elbows. Your hands may be together or apart, depending on your comfort. Lift your body off the ground so that it generally forms a straight line from shoulders to ankles with only your forearms and toes touching the ground. Do not allow your body to sag in the middle (hips drop towards the ground). Additionally, do not lift your hips in the air.



SIDE PLANK

The side plank is also a static exercise designed to increase core strength. Begin by placing one forearm on the ground, ensuring your forearm is perpendicular to your body and your elbow is directly under your shoulder. Your other hand will be placed in your hip. Lift your body so that it generally forms a straight line from shoulder to ankle and only one forearm and one foot should be in contact with the ground. You will do the side plank on both sides. Do not allow your body to sag in the middle (hips drop towards the ground). Additionally, do not lift your hips in the air.

