



## CORRECTIONS

### Pre-Academy Physical Fitness Recommendations

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The physical demands of today's corrections deputies is higher now than ever before. With those demands can come stress, illness and emotional disconnect. In this booklet you will find some basic bodyweight exercises, sample nutrition supplementation and workouts which will aid in keeping mobile and healthy throughout your career in corrections. But, before we dive into the bulk of the content, let's first read about some basic guidelines and terminology.

Beginning a training regimen is a process. The regimen should begin with basic functional movements and gradually get more difficult over time. The training regimen should consist of three basic types of exercise: strength training, as well as both anaerobic and aerobic exercise. Along with a training regimen, it is also recommended that you evaluate your diet and nutrition consumption as you begin to train. Nutrition is a valuable part of physical training and should supplement your training as fuel for your body. Poor nutrition choices can have adverse effects on the physical training process.

Aerobic exercise is described as cardiovascular endurance training, such as jogging at a moderate pace. Anaerobic exercise is best described as high intensity or interval training using short max effort bursts with rest or lower intensity exercise between, such as sprints. Strength training is best described as weight lifting exercises. All three types of exercise will be performed during the Corrections training academy, so we recommend following a constant variation of these training methods prior to attendance of the academy.

Failure to prepare physically for the academy and your career may hinder your progress and improvement. The demands of instructors will grow as the academy progresses, just as your supervisor's demands will grow as you gain experience. This is why it is important to begin training as soon as possible. Throughout the academy, and your career, the demands of your mind and body will become more stringent to prepare you for today's demands in the real world.

You will find outlined on the following pages, an explanation of exercises, examples, a basic nutritional guideline and a four week regimen to physically preparing your body for rigorous types of exercise that you may encounter during your time in corrections.

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Examples of three types of physical exercise:

- Aerobic training: moderate jog, walking briskly or biking.
- Anaerobic training: high intensity and/or speed driven style exercise: burpees, sprints, etc.
- Strength training: weightlifting and resistance style training using tempos and/or negatives, etc.

**General guidelines when preparing for the Corrections Training Academy:**

- Drink enough **water** throughout the day; minimum of ½ your bodyweight in ounces per day (i.e. a 180 lb. person should drink a minimum of 90 oz. of water per day). As external temperatures increase, your body may require an additional intake of water. \*Hydrate today for tomorrow
- Less experienced personnel in the field of exercise may need to consult an instructor to evaluate their training
- Cadets should always perform a proper dynamic warm-up prior to beginning any exercise
- Cadets should stretch daily, pre-exercise and post exercise, even on “off-days”
- Cadets should read all explanations of exercises on the following pages and begin performing all movements and exercises as written, which will be standard throughout your time at the training academy.

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## Basic exercises:

- **Squats:** Squats are commonly performed incorrectly and can cause injury. When performed correctly, squats will improve upon any knee issues and will not cause any undue stress on the knees. When performing a squat, you will need to look down to your feet and insure your stance is correct, beginning with a hip-width stance, toes pointed forward or slightly outward, no more than 45 degrees. Begin by slightly pushing the hips back and lower your butt toward the ground while maintaining an upright torso. Keep your head up (do not look at the ground) and do not bend your torso forward. Your knees shall maintain an outward direction, tracking directly over your toes. Your knees shall not cave in, as this is a cause of potential injury. Your butt should pass lower than your knees and then you will stand tall, making sure you squeeze your butt at the top of the repetition to ensure full a range of motion. Follow this link for a video of the movement:

<https://www.youtube.com/watch?v=HeW1v0164VE>



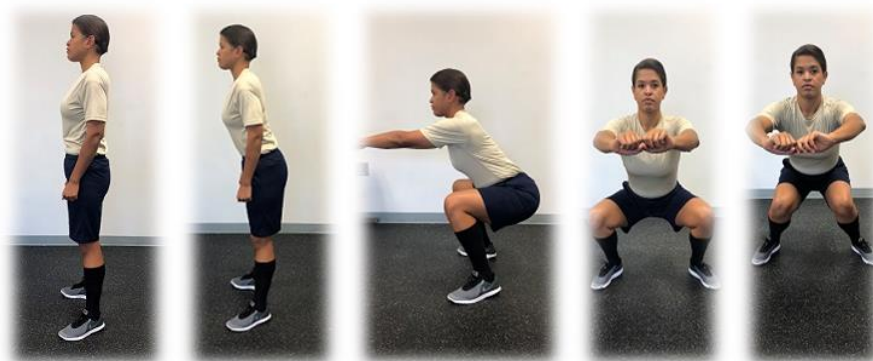
Starting Position

Hips Back

Bottom of the squat

Correct: Knees out

Incorrect: Knees in



Starting Position

Hips back

Bottom of the squat

Correct: Knees Out

Incorrect: Knees In

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- **Planks**: Begin in a push-up position on the ground. Place your hands underneath your shoulders fingers pointed forward and push yourself into the top of the push-up position, making sure your arms are locked. Elbows should be directly underneath your shoulders and your body should be flat from head to foot. Hips need to be no higher than the shoulder (pike position) and should not sag towards the ground. Planks may also be performed on the forearms, at the instructor's discretion. When performing a plank hold on the forearm, your elbows must be directly under your shoulders, forming a 90 degree angle with the upper and lower portions of the arms.



Hands placed under shoulders



Elbows locked out, maintain straight body



Elbows under the shoulders, keep the back flat



Incorrect: Backside too high, not a flat back



Incorrect: Elbows are not under the shoulder



Hands under the shoulders



Elbows locked out, maintain a straight body



Elbows under the shoulders, maintain a flat back



Incorrect: Backside too high, not a flat back



Incorrect: Elbows are not under shoulders

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- **Push-ups:** Begin lying on the ground, face down and place your hands underneath your shoulders, fingers pointed forward. Push yourself up into a plank position. Elbows should be directly underneath your shoulders and your body should be flat from head to foot. Hips need to be no higher than the shoulder (pike position) and should not sag towards the ground. This will be the start of the push-up and also where the movement will begin. Now lower yourself down, maintaining a flat body, to the point your elbows reach at minimum a 90 degree angle. (For training purposes; it is optimal to attempt to lower your chest as close to the ground as possible, then push yourself back into the top of the push-up position where you began the movement). In the bottom of the repetition, your elbows should be tucked inward close to the body, utilizing the chest muscles. If your elbows flare outward, this will place undue stress on the shoulder muscle and triceps, causing pre-mature muscle failure or injury. A flat body should be maintained throughout the repetition to be performed correctly.
- Follow this link for a video of the movement:  
<https://www.youtube.com/watch?v=hclGcWoeGy8>



Correct: Hands under shoulders



Correct: Elbows tucked



Incorrect: Elbows flaring outward



Correct: "Up" or starting position



Correct: Bottom position, elbows at 90 degrees

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Correct: Hands under shoulders    Correct: Elbows tucked    Incorrect: Elbows flaring outward



Correct: "Up" or Starting position



Correct: Bottom position, Elbow at 90 degrees

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- **Burpees:** From a standing position, feet should to hip width, place your hands and arms down and out in front of you while you drop down to a near squatting position. Now kick your feet back, lowering your body to the ground, ensuring your chest and thighs touch the ground. When lowering to the ground, you should make your best attempt to set-up into a position for a push-up. From the ground you will thrust your butt and hips upward, push up with your arms and bring your feet inward, in a hop type motion. When landing, your legs should be near the locked position, not in a squat position. Landing in a squatting position places extra stress on the quadriceps muscles, thus making the movement more difficult. From this position, you will stand tall, hop off the ground and clap overhead as you hop.
- Follow this link for a video of the movement:  
[https://www.youtube.com/watch?v=CFmez9\\_Icng](https://www.youtube.com/watch?v=CFmez9_Icng)



Starting position, hips moves back



Hands drop to the ground, feet kick back



Continue down until the chest and thighs touch the floor



Push upward, thrusting your hips in an upward direction



Land with your legs near a locked position

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Starting position, hips moves back



Hands drop to the ground, feet kick back



Continue down until the chest and thighs touch the floor



Push upward, thrusting your hips in an upward direction



Land with your legs near a locked position

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- **Flutter Kicks / Scissor Kicks:** Lie down on the ground, back pressed against the floor. Your arms may be underneath your glutes or out to the side, palms down. Your body will remain stationary throughout the exercise, with only your legs moving. Without bending at the knee, lift both legs together, approximately six inches from the floor. This position is the starting position for the repetition. Now begin lifting one leg to a 45 degree angle, as you lower your opposite leg to approximately 2 inches from the floor. Continue switching legs in each position creating a fluid movement. (As one leg is being lowered, the opposite leg should be raised.)
- Follow this link for a video of the movement:  
<https://www.youtube.com/watch?v=95NobrZhbZk>



Correct: Starting position, feet 6" from the floor



Correct: Feet 6" from the floor



Correct: As one leg moves upward, the opposite leg moves downward, then reverse the process repeatedly

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- **Sit-ups:** Begin by sitting on the ground, legs extended out in front of you. Now bend your knees to approximately 45 degrees, placing your feet together, flat on the ground. Now take your right hand and place it on your left shoulder, and place your left hand on your right shoulder so that your arms are crossed in front and elbows are forward, touching the knees. This will be the starting position or “up” position of the repetition. Your hands must maintain contact with your opposite shoulder at all times. Now lower your torso toward the ground, ensuring your shoulder blades touch the ground (at minimum). From here, return to the starting position to complete the rep, ensuring your elbows touch your knees each time.



Correct: Starting position, elbows touching the knees



Correct: Back and shoulder blades touch the ground



Correct: Returning back to the “up” position ensuring elbows touch the knees

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- **Running:** While there are many different forms of running for various different reasons, proper form is extremely important so extra energy is not exerted. When jogging you should maintain an upright torso, or very slightly forward, relaxed shoulders, arms and hands (don't clench or shrug shoulders). When sprinting it is important to maintain a more forward torso, as you are going to move faster in the direction your torso is directing you. Elbows should be tucked in, close to the body and arms move in an up and down direction, rather than outward.

As you read on the following pages, you will find a basic nutrition supplementation guide as well as a four week general physical preparation (GPP) guide. This guide is recommended prior to your first day at the Corrections Training Academy and will best prepare you for the work to be performed in the facilities you will be working within. Some of these exercises will be performed at a high intensity with rest periods, others may be performed at a lower intensity or moderate pace with minimal or no rest periods. All expectations and recommendations will be outlined in the workout itself. As always, while maintaining any training regimen, safety and health are of the utmost importance. On the final pages of this packet, you will find examples of dynamic warm-ups and examples of a stretching regimen to be used in conjunction with all workout days. Have fun, work hard and be safe!

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## Explaining Macronutrients: Protein, Carbohydrate and Fat

**Protein:** Found in beef, pork, chicken, game and wild meats, fish and seafood, eggs, soybeans and other legumes included in traditional Central America cuisine, protein provides the body with amino acids. Amino acids are the building blocks of proteins which are needed for growth, development, and repair and maintenance of body tissues. Protein provides structure to muscle and bone, repairs tissues when damaged and helps immune cells fight inflammation and infection.

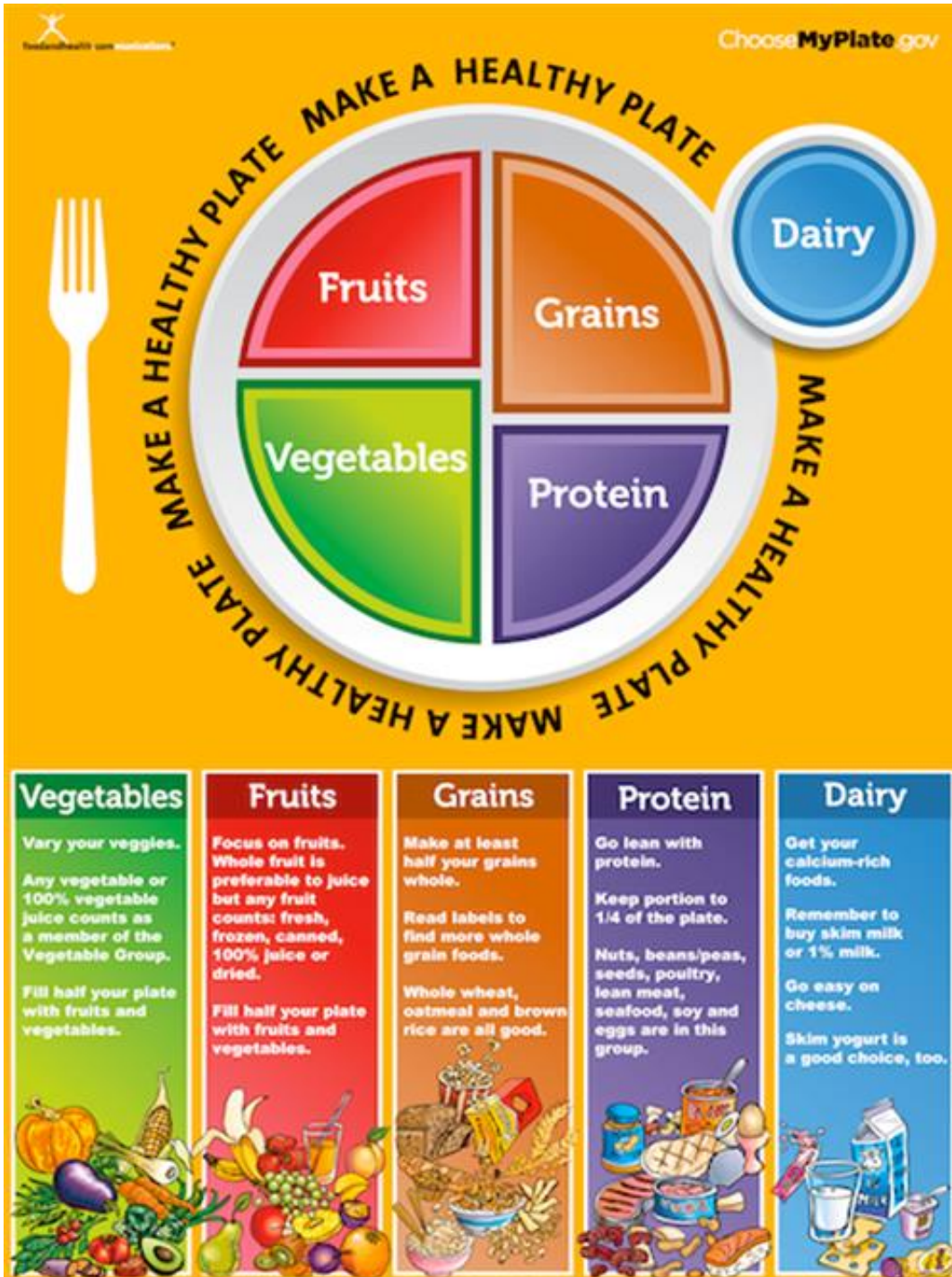
**Carbohydrates:** The main role of a carbohydrate is to provide energy and fuel the body the same way gasoline fuels a car. Foods such as corn, chayote, beans, plantains, rice, tortilla, potatoes and other root vegetables such as yucca, bread and fruit deliver sugars or starches that provide carbohydrates for energy.

Energy allows the body to do daily activities as simple as walking and talking and as complex as running and moving heavy objects. Fuel is needed for growth, which makes sufficient fuel especially important for growing children and pregnant women. Even at rest, the body needs calories to perform vital functions such as maintaining body temperature, keeping the heart beating and digesting food.

**Fat:** Dietary fat, which is found in oils, coconut, nuts, milk, cheese, meat, poultry and fish, provides structure to cells and cushions membranes to help prevent damage. Oils and fats are also essential for absorbing fat-soluble vitamins including vitamin A, a nutrient important for healthy eyes and lungs.

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Week 1:

Day 1:

1. Dynamic warmup and stretch major muscle groups
2. Run 400 meters (1/4 mile) then complete 15 Burpees, 15 push-ups and 15 sit-ups as fast as possible, making sure not to compromise form or safety for speed. Complete the cycle up to three times, resting at least two minutes between cycles.

Day 2:

1. Dynamic warmup and stretch major muscle groups
2. Strength training day. Focus today on lower body movements, such as weighted squats or lunges.

Day 3:

1. Dynamic warmup and stretch major muscles used the day prior
2. Run 1 mile. Try your best to complete the mile without stopping to walk, no time limit.

Day 4:

1. Dynamic warmup and stretch major muscle groups
2. Gym training day: Focus on circuit style training, utilizing a full body circuit, minimal rest between sets to keep the heartrate elevated

Day 5:

1. Complete the following for time: 20 Burpees, 20 squats and 20 4-count flutter kicks. Repeat cycle up to three times, resting one minute between cycles.

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Week 2:

Day 1:

1. Dynamic warmup and stretch major muscle groups
2. Strength training day. Focus today on lower body movements, such as weighted squats or lunges.

Day 2:

1. Dynamic warmup and stretch major muscle groups
2. Run 600 meters (3/8 mile) then complete 20 Burpees, 20 push-ups and 20 sit-ups as fast as possible, making sure not to compromise form or safety for speed. Complete the cycle up to three times, resting at least two minutes between cycles.

Day 3:

1. Dynamic warmup and stretch major muscles used the day prior
2. Gym training day: Focus on circuit style training, utilizing a full body circuit, minimal rest between sets to keep the heartrate elevated

Day 4:

1. Dynamic warmup and stretch major muscle groups
2. Run 1.5 miles. Try your best to complete the mile without stopping to walk, no time limit.

Day 5:

1. Complete the following for time: 30 Push-Ups, 50 squats and 40 Lunges on each leg. Repeat cycle up to two times, resting one minute between cycles.

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### Week 3:

#### Day 1:

1. Dynamic warmup and stretch major muscle groups
2. Run 2 miles at a moderate pace without stopping.

#### Day 2:

1. Dynamic warmup and stretch major muscle groups
2. Strength training day. Focus today on upper body exercises, such as weighted shoulder press, bench press, power cleans. Weight or resistance should be heavy and sets short. Duration: a total of 30 minutes, taking ample rest between sets
3. Complete 2 rounds of 40 flutter kicks and a 2 minute plank hold on the forearms

#### Day 3:

1. Dynamic warmup and stretch major muscles used the day prior
2. Complete 3 evolutions of the following: Sprint 300 meters as fast as possible then rest 2 minutes

#### Day 4:

1. Dynamic warmup and stretch major muscle groups
2. Strength training day. Focus today on lower body circuit. Squats, lunges, leg press and leg extensions. Focus today on lighter weight and higher reps. Rep count should be at least 15-20 reps per set taking minimal rest between sets.
3. Complete 3 evolutions of a 1 minute plank hold on the hands, rest 1 minute between evolutions

#### Day 5:

1. Perform 50 burpees for time
2. Spend at least 15 minutes stretching all major muscle groups

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#### Week 4:

##### Day 1:

1. Dynamic warmup and stretch major muscle groups
2. Perform the following workout for time: 100 yard sprint, 25 push-ups, 100 yard sprint, 25 sit-ups, 100 yard sprint, 25 burpees, 100 yard sprint

##### Day 2:

1. Dynamic warmup and stretch major muscle groups
2. Run 2 miles today at a moderate pace, if you must rest during the 2 miles, rest while walking. Do not stop moving.

##### Day 3:

1. Dynamic warmup and stretch major muscles used the day prior
2. Perform the following workout for max repetitions per round:  
3 rounds of: 1 Minute of flutter kicks, 1 minute of squats, 1 minute of burpees

##### Day 4:

1. Dynamic warmup and stretch major muscle groups
2. Run 1 mile for time. Your goal is to beat your original 1 mile run time in week 1, by at least 30 seconds.

##### Day 5:

1. Use this day to rest from normal workout activities and go for a brisk walk for about 30 minutes to remain limber and loosen any tight muscles.

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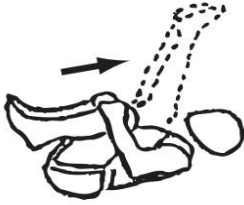
As a reminder, the above four week cycle of workouts is only an example of exercises you can do to help get into better shape. Feel free to add any additional movements or add additional repetitions into the workouts to further challenge yourself.

If you would like an even more in-depth workout regimen, you may find that located within the ALETA Pre-Academy Physical Fitness Recommendations. Within this booklet you will find more complicated workouts and those will differ in duration and distance.

On the following two pages you will find examples and diagrams of dynamic style warm-ups and example stretches that are to be performed daily, in accordance with the workouts prescribed on the previous pages.

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## FLEXIBILITY TRAINING PROGRAM



**1. Trunk Flexion**



**5. Hips (adductors)**



**9. Shoulders**



**2. Trunk (extension)**



**6. Hips (flexors)**



**10. Wrists**



**3. Trunk (rotation)**



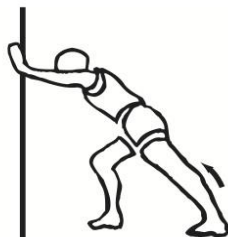
**7. Ankle (dorsiflexors)**



**11. Neck**



**4. Hips (hamstrings)**



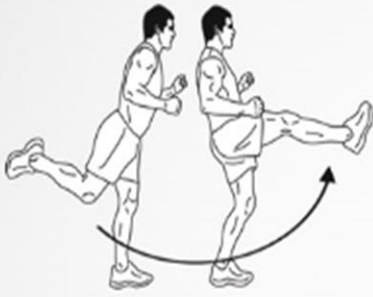
**8. Ankle (plantarflexors)**



**12. Hips**



20 reps each | 3 sets | up to 2 minutes rest between sets



front swings



side cross swings



plank walk-outs



lunge torso twists



hug into chest expansion



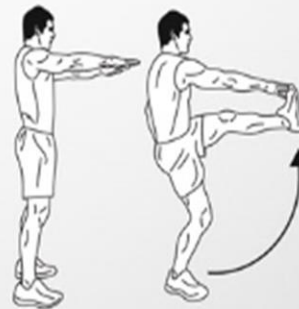
march & reach



arm push-back



backfist flings



front leg raise toe tap

Using the above four week program, focusing on form, safety and mobility functions will better prepare you as a corrections cadet for the types of workouts you may encounter throughout the Corrections training academy. Workouts during the training academy are not limited these particular workouts, and may vary greatly, but by preparing your body physically and focusing on a nutritional diet and drinking plenty of water, should better prepare you for your career as a corrections deputy.

If you have any questions about this booklet, please direct all inquiries to the Lafayette Parish Sheriff's Office:

Sgt. Shawn Warren

Email: [Shawn.Warren@LafayetteSheriff.com](mailto:Shawn.Warren@LafayetteSheriff.com)

Phone 337-236-5607 Ext. 7233

\*Diagram Page 14 courtesy of ChooseMyPlate.gov <https://www.choosemyplate.gov>

\*Diagram Page 21 courtesy of The Training Room  
<https://thetrainingroom.wordpress.com/flexibility-definition-outline/>

\*Diagram Page 22 courtesy of Darabee Unbound <https://darebee.com/workouts/unbound-workout.html>

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