

**Hong Kong Auxiliary Police Force
Build-up Programme for
Auxiliary Police Constable Selection - Physical Fitness Test (Female)**

(Stage 1)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Stretching Exercises	Stretching Exercises 10 mins jogging	Stretching Exercises 5 Press up (kneel) x 2 sets 5 Squat Thrust x 2 sets 5 Sit up x 2 sets (No time restriction)	Stretching Exercises 10 mins jogging	Stretching Exercises 5 Press up (kneel) x 2 sets 5 Squat Thrust x 2 sets 5 Sit up x 2 sets (No time restriction)	Stretching Exercises 10 mins jogging	Stretching Exercises
Week 2	Stretching Exercises	Stretching Exercises 15 mins jogging	Stretching Exercises 5 Press up (kneel) x 2 sets 5 Squat Thrust x 2 sets 5 Sit up x 2 sets (No time restriction)	Stretching Exercises 15 mins jogging	Stretching Exercises 5 Press up (kneel) x 2 sets 5 Squat Thrust x 2 sets 5 Sit up x 2 sets (No time restriction)	Stretching Exercises 15 mins jogging	Stretching Exercises
Week 3	Stretching Exercises	Stretching Exercises 20 mins jogging 3 Modified Chin up x 2 sets	Stretching Exercises 6 Press up (kneel) x 2 sets 6 Squat Thrust x 2 sets 6 Sit up x 2 sets 6 Star jump x 2 sets (No time restriction)	Stretching Exercises 20 mins jogging 3 Modified Chin up x 2 sets	Stretching Exercises 6 Press up (kneel) x 2 sets 6 Squat Thrust x 2 sets 6 Sit up x 2 sets 6 Star jump x 2 sets (No time restriction)	Stretching Exercises 20 mins jogging 3 Modified Chin up x 2 sets	Stretching Exercises
Week 4	Stretching Exercises	Stretching Exercises 25 mins jogging 4 Modified Chin up x 3 sets	Stretching Exercises 6 Press up (kneel) x 3 sets 6 Squat Thrust x 3 sets 6 Sit up x 3 sets	Stretching Exercises 25 mins jogging 4 Modified Chin up x 3 sets	Stretching Exercises 6 Press up (kneel) x 3 sets 6 Squat Thrust x 3 sets 6 Sit up x 3 sets	Stretching Exercises 25 mins jogging 4 Modified Chin up x 3 sets	Stretching Exercises

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			6 Star jump x 3 sets (No time restriction)		6 Star jump x 3 sets (No time restriction)		
(Stage 2)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 5	Stretching Exercises	Stretching Exercises 10m shuttle run x 2 sets (within 40 mins) 5 Modified Chin up x 3 sets	Stretching Exercises 8 Press up (kneel) x 3 sets 8 Squat Thrust x 3 sets 8 Sit up x 3 sets 8 Star jump x 3 sets (No time restriction)	Stretching Exercises 30 mins jogging 5 Modified Chin up x 3 sets	Stretching Exercises 8 Press up (kneel) x 3 sets 8 Squat Thrust x 3 sets 8 Sit up x 3 sets 8 Star jump x 3 sets (No time restriction)	Stretching Exercises 10m shuttle run x 2 sets (within 40 mins) 5 Modified Chin up x 3 sets	Stretching Exercises
Week 6	Stretching Exercises	Stretching Exercises 10m shuttle run x 2 sets (within 40 mins) 6 Modified Chin up x 3 sets	Stretching Exercises 10 Press up (kneel) x 3 sets 10 Squat Thrust x 3 sets 10 Sit up x 3 sets 10 Star jump x 3 sets (No time restriction)	Stretching Exercises 30 mins jogging 6 Modified Chin up x 3 sets	Stretching Exercises 10 Press up (kneel) x 3 sets 10 Squat Thrust x 3 sets 10 Sit up x 3 sets 10 Star jump x 3 sets (No time restriction)	Stretching Exercises 10m shuttle run x 2 sets (within 40 mins) 6 Modified Chin up x 3 sets	Stretching Exercises
Week 7	Stretching Exercises	Stretching Exercises 10m shuttle run x 2 sets (within 35 mins) 8 Modified Chin up x 3 sets	Stretching Exercises 12 Press up (kneel) x 3 sets 12 Squat Thrust x 3 sets 12 Sit up x 3 sets 12 Star jump x 3 sets (within 45 mins)	Stretching Exercises 10m shuttle run x 2 sets (within 35 mins) 8 Modified Chin up x 3 sets	Stretching Exercises 12 Press up (kneel) x 3 sets 12 Squat Thrust x 3 sets 12 Sit up x 3 sets 12 Star jump x 3 sets (within 45 mins)	Stretching Exercises 10m shuttle run x 2 sets (within 35 mins) 8 Modified Chin up x 3 sets	Stretching Exercises
Week 8	Stretching Exercises	Stretching Exercises 10m shuttle run x 2 sets	Stretching Exercises 15 Press up (kneel) x 3 sets	Stretching Exercises 10m shuttle run x 2 sets	Stretching Exercises 15 Press up (kneel) x 3 sets	Stretching Exercises 10m shuttle run x 2 sets	Stretching Exercises

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		(within 35 mins) 10 Modified Chin up x 3 sets	15 Squat Thrust x 3 sets 15 Sit up x 3 sets 15 Star jump x 3 sets (within 45 mins)	(within 35 mins) 10 Modified Chin up x 3 sets	15 Squat Thrust x 3 sets 15 Sit up x 3 sets 15 Star jump x 3 sets (within 45 mins)	(within 35 mins) 10 Modified Chin up x 3 sets	
(Stage 3)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 9	Stretching Exercises	Stretching Exercises 10m shuttle run x 2 sets (within 35 mins) 12 Modified Chin up x 3 sets	Stretching Exercises 18 Press up (kneel) x 3 sets 18 Squat Thrust x 3 sets 18 Sit up x 3 sets 15 Star jump x 3 sets (within 45 mins)	Stretching Exercises 10m shuttle run x 2 sets (within 35 mins) 12 Modified Chin up x 3 sets	Stretching Exercises 18 Press up (kneel) x 3 sets 18 Squat Thrust x 3 sets 18 Sit up x 3 sets 15 Star jump x 3 sets (within 45 mins)	Stretching Exercises 10m shuttle run x 2 sets (within 35 mins) 12 Modified Chin up x 3 sets	Stretching Exercises
Week 10	Stretching Exercises	Stretching Exercises 10m shuttle run x 2 sets (within 35 mins) 12 Modified Chin up x 3 sets	Stretching Exercises 18 Press up (kneel) x 3 sets 18 Squat Thrust x 3 sets 18 Sit up x 3 sets 15 Star jump x 3 sets (within 40 mins)	Stretching Exercises 10m shuttle run x 2 sets (within 35 mins) 12 Modified Chin up x 3 sets	Stretching Exercises 18 Press up (kneel) x 3 sets 18 Squat Thrust x 3 sets 18 Sit up x 3 sets 15 Star jump x 3 sets (within 40 mins)	Stretching Exercises 10m shuttle run x 2 sets (within 35 mins) 12 Modified Chin up x 3 sets	Stretching Exercises
(Stage 4)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 11	Stretching Exercises	Stretching Exercises 10m shuttle run x 2 sets (within 35 mins)	Stretching Exercises 18 Press up (kneel) x 3 sets 18 Squat Thrust x 3 sets	Stretching Exercises 10m shuttle run x 2 sets (within 35 mins)	Stretching Exercises 18 Press up (kneel) x 3 sets 18 Squat Thrust x 3 sets	Stretching Exercises 10m shuttle run x 2 sets (within 35 mins)	Stretching Exercises

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		12 Modified Chin up x 3 sets	18 Sit up x 3 sets 15 Star jump x 3 sets (within 40 mins)	12 Modified Chin up x 3 sets	18 Sit up x 3 sets 15 Star jump x 3 sets (within 40 mins)	12 Modified Chin up x 3 sets	
Week 12	Stretching Exercises	Stretching Exercises Self test: Vertical Jump (15 inches) 9 Modified Chin up, 10m shuttle run (within 28.1 sec) (5 mins rest in between)	Stretching Exercises 20 Press up (kneel) x 3 sets 20 Squat Thrust x 3 sets 20 Sit up x 3 sets 15 Star jump x 3 sets (No time restriction)	Stretching Exercises 30 mins jogging 12 Modified Chin up x 3 sets	Stretching Exercises Self test: Vertical Jump (15 inches) 9 Modified Chin up, 10m shuttle run (within 28.1 sec) (5 mins rest in between)	Stretching Exercises	Stretching Exercises
Important notes :	<ul style="list-style-type: none"> - Proper Body Mass Index (BMI 18-23) helps you to achieve these requirements in an effective way. - The programme is designed for the candidate who has no physical training background. - Warm up and cool down are to be performed at the beginning and the end of each training session. - Candidates are to be mindful of their physical conditions during each training session. - Candidates should seek medical advice if there is any health related problem surfaced. - Frequent drinking water is recommended. 						