

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

(Stage 1)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b>	Stretching Exercises	Stretching Exercises 10 mins jogging	Stretching Exercises 5 Press up 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 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
<b>Week 2</b>	Stretching Exercises 7 Press up x 2 sets 7 Squat Thrust x 2 sets 7 Sit up x 2 sets (No time restriction)	Stretching Exercises 15 mins jogging	Stretching Exercises	Stretching Exercises 15 mins jogging	Stretching Exercises 7 Press up x 2 sets 7 Squat Thrust x 2 sets 7 Sit up x 2 sets (No time restriction)	Stretching Exercises	Stretching Exercises 15 mins jogging
<b>Week 3</b>	Stretching Exercises 6 Press up x 3 sets 6 Squat Thrust x 3 sets 6 Sit up x 3 sets 6 Star jump x 2 sets (No time restriction)	Stretching Exercises 20 mins jogging 3 Chin up x 2 sets	Stretching Exercises	Stretching Exercises 20 mins jogging 3 Chin up x 2 sets	Stretching Exercises 6 Press up x 3 sets 6 Squat Thrust x 3 sets 6 Sit up x 3 sets 6 Star jump x 2 sets (No time restriction)	Stretching Exercises	Stretching Exercises 20 mins jogging 3 Chin up x 2 sets
<b>Week 4</b>	Stretching Exercises 8 Press up x 3 sets 8 Squat Thrust x 3 sets 8 Sit up x 3 sets 8 Star jump x 2 sets	Stretching Exercises 20 mins jogging 3 Chin up x 2 sets	Stretching Exercises	Stretching Exercises 20 mins jogging 3 Chin up x 2 sets	Stretching Exercises 8 Press up x 3 sets 8 Squat Thrust x 3 sets 8 Sit up x 3 sets 8 Star jump x 2 sets	Stretching Exercises	Stretching Exercises 20 mins jogging 3 Chin up x 2 sets

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	(No time restriction)				(No time restriction)		
(Stage 2)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 5</b>	Stretching Exercises 6 Press up x 4 sets 6 Squat Thrust x 4 sets 6 Sit up x 4 sets 6 Star jump x 3 sets (No time restriction)	Stretching Exercises 10m shuttle run x 2 sets (within 30 mins) 4 Chin up x 3 sets	Stretching Exercises	Stretching Exercises 25 mins jogging 4 Chin up x 3 sets	Stretching Exercises 6 Press up x 4 sets 6 Squat Thrust x 4 sets 6 Sit up x 4 sets 6 Star jump x 3 sets (No time restriction)	Stretching Exercises	Stretching Exercises 10m shuttle run x 2 sets (within 30 mins) 4 Chin up x 3 sets
<b>Week 6</b>	Stretching Exercises 7 Press up x 4 sets 7 Squat Thrust x 4 sets 7 Sit up x 4 sets 7 Star jump x 4 sets (No time restriction)	Stretching Exercises 10m shuttle run x 2 sets (within 30 mins) 5 Chin up x 3 sets	Stretching Exercises	Stretching Exercises 30 mins jogging 5 Chin up x 3 sets	Stretching Exercises 7 Press up x 4 sets 7 Squat Thrust x 4 sets 7 Sit up x 4 sets 7 Star jump x 4 sets (No time restriction)	Stretching Exercises	Stretching Exercises 10m shuttle run x 2 sets (within 30 mins) 5 Chin up x 3 sets
<b>Week 7</b>	Stretching Exercises 12 Press up 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 30 mins) 5 Chin up x 4 sets	Stretching Exercises	Stretching Exercises 10m shuttle run x 2 sets (within 30 mins) 5 Chin up x 4 sets	Stretching Exercises 12 Press up 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	Stretching Exercises 10m shuttle run x 2 sets (within 30 mins) 5 Chin up x 4 sets
<b>Week 8</b>	Stretching Exercises 12 Press up x 4 sets	Stretching Exercises 10m shuttle run x 2 sets	Stretching Exercises	Stretching Exercises 10m shuttle run x 2 sets	Stretching Exercises 12 Press up x 4 sets	Stretching Exercises	Stretching Exercises 10m shuttle run x 2 sets

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	12 Squat Thrust x 4 sets 12 Sit up x 4 sets 12 Star jump x 4 sets (within 45 mins)	(within 30 mins) 6 Chin up x 4 sets		(within 30 mins) 6 Chin up x 4 sets	12 Squat Thrust x 4 sets 12 Sit up x 4 sets 12 Star jump x 4 sets (within 45 mins)		(within 30 mins) 6 Chin up x 4 sets
<b>(Stage 3)</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Week 9</b>	Stretching Exercises 15 Press up x 4 sets 15 Squat Thrust x 4 sets 15 Sit up x 4 sets 15 Star jump x 4 sets (within 45 mins)	Stretching Exercises 10m shuttle run x 2 sets (within 30 mins) 7 Chin up x 4 sets	Stretching Exercises	Stretching Exercises 10m shuttle run x 2 sets (within 30 mins) 7 Chin up x 4 sets	Stretching Exercises 15 Press up x 4 sets 15 Squat Thrust x 4 sets 15 Sit up x 4 sets 15 Star jump x 4 sets (within 45 mins)	Stretching Exercises	Stretching Exercises 10m shuttle run x 2 sets (within 30 mins) 7 Chin up x 4 sets
<b>Week 10</b>	Stretching Exercises 20 Press up x 3 sets 20 Squat Thrust x 3 sets 20 Sit up x 3 sets 20 Star jump x 3 sets (within 35 mins)	Stretching Exercises 10m shuttle run x 3 sets (within 45 mins) 8 Chin up x 4 sets	Stretching Exercises	Stretching Exercises 10m shuttle run x 3 sets (within 45 mins) 8 Chin up x 4 sets	Stretching Exercises 20 Press up x 3 sets 20 Squat Thrust x 3 sets 20 Sit up x 3 sets 20 Star jump x 3 sets (within 35 mins)	Stretching Exercises	Stretching Exercises 10m shuttle run x 3 sets (within 45 mins) 8 Chin up x 4 sets

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(Stage 4)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 11</b>	Stretching Exercises 25 Press up x 3 sets 25 Squat Thrust x 3 sets 25 Sit up x 3 sets 25 Star jump x 3 sets (within 35 mins)	Stretching Exercises 10m shuttle run x 3 sets (within 45 mins) 9 Chin up x 4 sets	Stretching Exercises	Stretching Exercises 10m shuttle run x 3 sets (within 45 mins) 9 Chin up x 4 sets	Stretching Exercises 25 Press up x 3 sets 25 Squat Thrust x 3 sets 25 Sit up x 3 sets 25 Star jump x 3 sets (within 35 mins)	Stretching Exercises	Stretching Exercises 10m shuttle run x 3 sets (within 45 mins) 9 Chin up x 4 sets
<b>Week 12</b>	Stretching Exercises 30 Press up x 3 sets 30 Squat Thrust x 3 sets 30 Sit up x 3 sets 30 Star jump x 3 sets (No time restriction)	Stretching Exercises Self test: Vertical jump (21 inches) 7 Chin up, 10m Shuttle Run (within 24.8 sec) (5 mins rest in between)	Stretching Exercises	Stretching Exercises 30 mins jogging 9 Chin up x 4 sets	Stretching Exercises	Stretching Exercises	Stretching Exercises Self test: Vertical jump (21 inches) 7 Chin up, 10m Shuttle Run (within 24.8 sec) (5 mins rest in between)
<b>Important notes :</b>	<ul style="list-style-type: none"> <li>- <a href="#">Proper Body Mass Index (BMI 18-23) helps you to achieve these requirements in an effective way.</a></li> <li>- The programme is designed for the candidate who has no physical training background.</li> <li>- Warm up and cool down are to be performed at the beginning and the end of each training session.</li> </ul>						

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|  | <ul style="list-style-type: none"><li>- Candidates are to be mindful of their physical conditions during each training session.</li><li>- Candidates should seek medical advice if there is any health related problem surfaced.</li><li>- Frequent drinking water is recommended.</li></ul> |
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