

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

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

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

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|                  |                      |  |   |  |   |  |                      |
|------------------|----------------------|--|---|--|---|--|----------------------|
|                  |                      | (within 35 mins)<br>10 Modified Chin up x 3 sets   | 15 Squat Thrust x 3 sets<br>15 Sit up x 3 sets<br>15 Star jump x 3 sets<br>(within 45 mins)   | (within 35 mins)<br>10 Modified Chin up x 3 sets   | 15 Squat Thrust x 3 sets<br>15 Sit up x 3 sets<br>15 Star jump x 3 sets<br>(within 45 mins)   | (within 35 mins)<br>10 Modified Chin up x 3 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 | Stretching Exercises<br>10m shuttle run x 2 sets<br>(within 35 mins)<br>12 Modified Chin up x 3 sets | Stretching Exercises<br>18 Press up (kneel) x 3 sets<br>18 Squat Thrust x 3 sets<br>18 Sit up x 3 sets<br>15 Star jump x 3 sets<br>(within 45 mins) | Stretching Exercises<br>10m shuttle run x 2 sets<br>(within 35 mins)<br>12 Modified Chin up x 3 sets | Stretching Exercises<br>18 Press up (kneel) x 3 sets<br>18 Squat Thrust x 3 sets<br>18 Sit up x 3 sets<br>15 Star jump x 3 sets<br>(within 45 mins) | Stretching Exercises<br>10m shuttle run x 2 sets<br>(within 35 mins)<br>12 Modified Chin up x 3 sets | Stretching Exercises |
| <b>Week 10</b>   | Stretching Exercises | Stretching Exercises<br>10m shuttle run x 2 sets<br>(within 35 mins)<br>12 Modified Chin up x 3 sets | Stretching Exercises<br>18 Press up (kneel) x 3 sets<br>18 Squat Thrust x 3 sets<br>18 Sit up x 3 sets<br>15 Star jump x 3 sets<br>(within 40 mins) | Stretching Exercises<br>10m shuttle run x 2 sets<br>(within 35 mins)<br>12 Modified Chin up x 3 sets | Stretching Exercises<br>18 Press up (kneel) x 3 sets<br>18 Squat Thrust x 3 sets<br>18 Sit up x 3 sets<br>15 Star jump x 3 sets<br>(within 40 mins) | Stretching Exercises<br>10m shuttle run x 2 sets<br>(within 35 mins)<br>12 Modified Chin up x 3 sets | Stretching Exercises |

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|--------------------------|---|--|--|--|--|--|----------------------|
| <b>Week 11</b>           | Stretching Exercises  | Stretching Exercises<br>10m shuttle run x 2 sets<br>(within 35 mins)<br>12 Modified Chin up x 3 sets   | Stretching Exercises<br>18 Press up (kneel) x 3 sets<br>18 Squat Thrust x 3 sets<br>18 Sit up x 3 sets<br>15 Star jump x 3 sets<br>(within 40 mins)      | Stretching Exercises<br>10m shuttle run x 2 sets<br>(within 35 mins)<br>12 Modified Chin up x 3 sets | Stretching Exercises<br>18 Press up (kneel) x 3 sets<br>18 Squat Thrust x 3 sets<br>18 Sit up x 3 sets<br>15 Star jump x 3 sets<br>(within 40 mins)        | Stretching Exercises<br>10m shuttle run x 2 sets<br>(within 35 mins)<br>12 Modified Chin up x 3 sets | Stretching Exercises |
| <b>Week 12</b>           | Stretching Exercises  | Stretching Exercises<br>Self test:<br>Vertical Jump (15 inches)<br>9 Modified Chin up,<br>10m shuttle run<br>(within 28.1 sec)<br>(5 mins rest in between) | Stretching Exercises<br>20 Press up (kneel) x 3 sets<br>20 Squat Thrust x 3 sets<br>20 Sit up x 3 sets<br>15 Star jump x 3 sets<br>(No time restriction) | Stretching Exercises<br>30 mins jogging<br>12 Modified Chin up x 3 sets                              | Stretching Exercises<br>Self test:<br>Vertical Jump (15 inches)<br>9 Modified Chin up,<br>10m shuttle run<br>(within 28.1 sec)<br>(5 mins rest in between) | Stretching Exercises   | Stretching Exercises |
| <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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