

**Hong Kong Police Force
Build-up Programme for
Inspector 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 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	Stretching Exercises 15 mins jogging	Stretching Exercises
Week 3	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 Chin up x 2 sets	Stretching Exercises	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 (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)
Week 4	Stretching Exercises 25 mins jogging 4 Chin up x 3 sets	Stretching Exercises	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 Chin up x 3 sets	Stretching Exercises	Stretching Exercises 25 mins jogging 4 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

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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 400m run (3 mins) x 3 sets (6 mins rest in between each run) 5 Chin up x 3 sets	Stretching Exercises	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 Chin up x 3 sets	Stretching Exercises	Stretching Exercises 400m run (3 mins) x 3 sets (6 mins rest in between each run) 5 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)
Week 6	Stretching Exercises 30 mins jogging 6 Chin up x 3 sets	Stretching Exercises 400m run (2 mins 45 sec) x 3 sets (6 mins rest in between each run) 6 Chin up x 3 sets	Stretching Exercises	Stretching Exercises	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 400m run (2 mins 45 sec) x 3 sets (6 mins rest in between each run) 6 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)
Week 7	Stretching Exercises 400m run (2 mins 30 sec) x 3 sets (5 mins rest in between each run) 8 Chin up x 3 sets	Stretching Exercises	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 400m run (2 mins 30 sec) x 3 sets (5 mins rest in between each run) 8 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 400m run (2 mins 30 sec) x 3 sets (5 mins rest in between each run) 8 Chin up x 3 sets	Stretching Exercises
Week 8	Stretching Exercises 15 Press up (kneel) x 3 sets	Stretching Exercises 400m run (2 mins 20 sec) x	Stretching Exercises	Stretching Exercises 400m run (2 mins 20 sec) x	Stretching Exercises 15 Press up (kneel) x 3 sets	Stretching Exercises	Stretching Exercises 400m run (2 mins 20 sec) x

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	15 Squat Thrust x 3 sets 15 Sit up x 3 sets 15 Star jump x 3 sets (within 45 mins)	3 sets (5 mins rest in between each run) 10 Chin up x 3 sets		3 sets (5 mins rest in between each run) 10 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)		3 sets (5 mins rest in between each run) 10 Chin up x 3 sets
(Stage 3)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 9	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 400m run (2 mins 10 sec) x 3 sets (5 mins rest in between each run) 12 Chin up x 3 sets	Stretching Exercises	Stretching Exercises 400m run (2 mins 10 sec) x 3 sets (5 mins rest in between each run) 12 Chin up x 3 sets	Stretching Exercises	Stretching Exercises 400m run (2 mins 10 sec) x 3 sets (5 mins rest in between each run) 12 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)
Week 10	Stretching Exercises 400m run (2 mins) x 2 sets (5 mins rest in between each run) 12 Chin up x 3 sets	Stretching Exercises	Stretching Exercises	Stretching Exercises 400m run (2 mins) x 2 sets (5 mins rest in between each run) 12 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 400m run (2 mins) x 2 sets (5 mins rest in between each run) 12 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)

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

(Stage 4)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 11	Stretching Exercises 400m run (2 mins) x 2 sets (5 mins rest in between each run) 12 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	Stretching Exercises 800m run (4 mins 12 sec) x 2 sets (15 mins rest in between each run) 12 Chin up x 3 sets	Stretching Exercises	Stretching Exercises 800m run (4 mins 12 sec) x 2 sets (15 mins rest in between each run) 12 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)
Week 12	Stretching Exercises	Stretching Exercises Self test: 7 Chin up, 12 Squat Thrust (within 30sec) 15 Sit up (within 30sec) 800m run within 4 mins 12 sec (3 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 Chin up x 3 sets	Stretching Exercises Self test: 7 Chin up, 12 Squat Thrust (within 30sec) 15 Sit up (within 30sec) 800m run within 4 mins 12 sec (3 mins rest in between)	Stretching Exercises	Stretching Exercises

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Important notes :

- 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 section.
- Candidates are to be mindful of their physical conditions during each training section.
- Candidates should seek medical advice if there is any health related problem surfaced.
- Frequent drinking water is recommended.