

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

(Stage 1)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	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
Week 2	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 15 mins jogging	Stretching Exercises
Week 3	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
Week 4	Stretching Exercises 8 Press up x 3 sets 8 Squat Thrust x 3 sets 8 Sit up x 3 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	Stretching Exercises	Stretching Exercises 20 mins jogging 3 Chin up x 2 sets

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	8 Star jump x 2 sets (No time restriction)				8 Star jump x 2 sets (No time restriction)		
(Stage 2)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 5	Stretching Exercises 400m run (2 mins 45 sec) x 3 sets (5 mins rest in between each run) 3 Chin up x 3 sets	Stretching Exercises	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 25 mins jogging 3 Chin up x 3 sets	Stretching Exercises	Stretching Exercises 400m run (2 mins 45 sec) x 3 sets (5 mins rest in between each run) 3 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)
Week 6	Stretching Exercises 30 mins jogging 3 Chin up x 3 sets	Stretching Exercises 400m run (2 mins 30 sec) x 3 sets (5 mins rest in between each run) 3 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 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 400m run (2 mins 30 sec) x 3 sets (5 mins rest in between each run) 3 Chin up x 3 sets
Week 7	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 400m run (2 mins 20 sec) x 3 sets (5 mins rest in between each run) 3 Chin up x 4 sets	Stretching Exercises	Stretching Exercises 400m run (2 mins 20 sec) x 3 sets (5 mins rest in between each run) 3 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 400m run (2 mins 20 sec) x 3 sets (5 mins rest in between each run) 3 Chin up x 4 sets
Week 8	Stretching Exercises 12 Press up x 4 sets	Stretching Exercises 400m run (2 mins) x 3 sets	Stretching Exercises	Stretching Exercises 400m run (2 mins) x 3 sets	Stretching Exercises	Stretching Exercises 400m run (2 mins) x 3 sets	Stretching Exercises 12 Press up x 4 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)	(4 mins rest in between each run) 4 Chin up x 4 sets		(4 mins rest in between each run) 4 Chin up x 4 sets		(4 mins rest in between each run) 4 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)
(Stage 3)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 9	Stretching Exercises 400m run (2 mins) x 4 sets (4 mins rest in between each run) 5 Chin up x 4 sets	Stretching Exercises 400m run (2 mins) x 4 sets (4 mins rest in between each run) 5 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	Stretching Exercises 400m run (2 mins) x 4 sets (4 mins rest in between each run) 5 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)
Week 10	Stretching Exercises 400m run (1 mins 45 sec) x 4 sets (4 mins rest in between each run) 6 Chin up x 4 sets	Stretching Exercises	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 400m run (1 mins 45 sec) x 4 sets (4 mins rest in between each run) 6 Chin up x 4 sets	Stretching Exercises	Stretching Exercises 400m run (1 mins 45 sec) x 4 sets (4 mins rest in between each run) 6 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)

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(Stage 4)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 11	Stretching Exercises	Stretching Exercises 400m run (1 mins 30 sec) x 3 sets (3 mins rest in between each run) 7 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 800m run (3 mins 35) sec x 2 sets (10 mins rest in between each run) 7 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 800m run (3 mins 35) sec x 2 sets (10 mins rest in between each run) 7 Chin up x 4 sets	Stretching Exercises
Week 12	Stretching Exercises	Stretching Exercises Self test: 5 Chin up, 14 Squat Thrust (within 30sec) 17 Sit up (within 30sec) 800m run within 3 mins 25 sec (3 mins rest in between)	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 30 mins jogging 8 Chin up x 4 sets	Stretching Exercises Self test: 5 Chin up, 14 Squat Thrust (within 30sec) 17 Sit up (within 30sec) 800m run within 3 mins 25 sec (3 mins rest in between)	Stretching Exercises	Stretching Exercises
Important notes :	- The programme is designed for the candidate who has no physical training background.						

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| | <ul style="list-style-type: none">- 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. |
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