

Police Academy Training

STARTING
SATURDAY
APRIL 10TH

When:

Tuesday Nights 8:00pm-9:00pm
Saturday Mornings 9:30am-10:30am

Location:

East Coast Conditioning SportsPlex
216 Tingley Lane, Edison, NJ 08820
Phone: (908) 756-6868

Pricing:

5 training package for \$100
Single Drop in rate \$30



Prepare for any **military service / law enforcement program** and ensure you are in top physical shape with this advanced training program.

"Why show up at the academy physically unprepared for 20 weeks of demanding physical training...You would be surprised, but many recruits are physically unprepared for life at the academy when they arrive..."

- Officer Patrick Grady, 11 year Union County Police Academy PT Instructor / Drill Instructor

This training program is designed and led by Instructor Grady and the experienced certified trainers at East Coast Conditioning. This program will help achieve above average PT scores – NOT minimum standards. But more importantly give you that physical edge to survive life in an academy allowing you to move into one of the most noble professions today.

This program is also open to anyone who wishes to challenge their bodies like the men and women in our military and law enforcement agencies are required to do.

Standard academy training protocol

- Pushups / situps (1000+ per week)
- Distance running (2-3 days a week, up to 5 miles)
- Stair running
- Run/walk with weighted backpacks
- Run/walk with bricks
- Pull ups
- Hill sprints
- Indian runs
- 1.5 mile timed runs
- Sprints
- Shuttle runs
- Obstacle Course

Most academies are 16-20 weeks long. Physical training is performed Monday through Friday in the early mornings. Pt sessions last on average 60-90 minutes.

Physical fitness entry standards are also now being implemented at academies. Most academies require mandatory physical fitness testing that occurs three times a class.

ARE YOU REALLY READY?!



East Coast Conditioning
Sports Performance Training

where athletes train

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Call to (908) 756-6868
reserve a spot for your
FREE Demo Class

Only one FREE Demo class per person