



ARE YOU INTERESTED IN a CaREER IN LaW ENFORCEMENT ?

Are you currently on An Active list for A l Aw enforcement Agency ?

Are you interested in sending yourself to the academy via the alternate route program ?

If any of the above applies to you, are you physically prepared for the rigorous physical training programs you will be required to participate in once you attend a police academy?

Strength and stamina physical training will prepare you for the physical challenge that awaits you when you attend a police training academy. Our course will also prepare you for any pre-employment physical training assessments, as well as the alternate route physical training assessment.

We are Police Training Commission certified physical fitness instructors, and have over 20 years combined physical training experience. We have a working knowledge of the type of training, and physical assessments you will encounter in a police training academy, as well pre-employment physical assessments for law enforcement agencies.

Our 4 week program will provide you with the same type of exercises you will be required to perform in a police training academy. We will provide you with a training regimen that will increase your upper body strength, as well as your cardio-vascular endurance.

Let us give you a head start on the competition, and have you physically prepared before you enter the Academy or pre-employment assessments.

*This training program is also open to individuals who are not seeking a career in law enforcement, but would simply like to get themselves physically fit.*