

# How to Get Fit for Law Enforcement Training and Succeed in Your First Interview

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## Guide to Law Enforcement Training



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You are about to embark and an excellent career that is rewarding personally and financially. Law Enforcement jobs are in high demand!

# Getting Physically Fit

So what do you need to know and what resources do you need to get physically fit as a Law Enforcement or Police Officer?

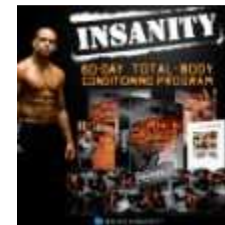
Law Enforcement Officers should be physically active, healthy, strong and agile. On the job, you may spend many hours on your feet patrolling, lifting, carrying, walking or even running depending on the emergency situation. It's a good start for you to start exercising aerobically and practice strength training. Starting a regimen in physical fitness will prepare you for law enforcement and police academy. Also, physical preparations will prepare you for passing your fitness tests.

Here are some recommended resources that not only get you on the right foot but also results! Before you get started, remember that most trainers recommend a training schedule of a M-W-F routine, switching off from aerobic to strength training, then resting on the other days in between and on weekends.

Warming up is a must, especially stretching out your arms. It releases tension and gets your muscles relaxed and ready to train. Plus, warming up motivates you to build up your training routine to an explosive and results oriented exercise.

The [Insanity Workout](#) is a 60 day program that sheds the pounds and gets you ripped. It was created by Beach Body, one of the most successful fitness companies in the world when it comes to home training and fitness. This program has an initial endurance test to see what you are made of, cardio training, and powerful nutritional

eating planning guide. You can also get support from others and coaches also using Insanity. You can get to the best shape of your life even at 30, 40, 50 or even 60 years old!



One of the best home workout training products out there for strength training are the [Bowflex adjustable weight bars](#). You can start at 5 lbs, adjust increments up to a maximum of 52.5 lbs. There are many exercises you can do from Squats, lunges, Dead lifts, Chest Exercises, Flys, Abdominal exercises, leg raises, arm exercises, curls, shrugs, tricep extensions and shoulder presses.



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If you are already aware of physical training workouts know the basic routines and have knowledge of fitness exercises, you can start training in the comfort of your own home. Resistance bands are excellent tools for building endurance and are a great start for strength training. You can begin at a low resistance weight and move on from there. If you've got an area that isn't the cleanest or want to keep your sweat off the carpet or flooring, get an exercise mat.



The [P-90-X](#) system is one of the most sought after training exercise programs in the world. Created by world the renown exercise fitness trainer Tony Horton at Beach Body. This training program are designed for those who are serious about getting in shape, shedding the fat, shaving

inches off your stomach and feeling the healthiest you have ever felt before, try the P-90X. Please note that this is for highly motivated individuals who want to get healthy and live longer lives. Although this is a longer system than the Insanity Workout, it's still just effective.



The next training program is recommended for prospective female law enforcement students. Although there are many men out there that also use this training program to get in shape as well. [Zumba](#) is one of the best and natural aerobic exercises that roots from South America. If you want to have fun while working out, start Zumba!



If you're a real couch potato and really need the extra boost or motivation to get in shape, why not play a game? The [Xbox Kinect](#) has many games for moving around, getting the blood flowing and juices pumping to get in shape. Some great [games](#) are Dance Central 1 & 2, Fruit Ninja, and Your Shape Fitness.

There are so many training programs out there but they don't really do much at all. Exercise is not the only thing that will get you in shape. Eating certain types of foods and your diet will get you a flat stomach and a healthier life. Check out the [Truth About Abs](#), the #1 abdominal workout routine on how to lose weight and shed the fat. It's not your fault; it's the food you're eating!

When people start taking their health seriously and looking at their physical shape, diet usually never comes to mind. The old saying goes, "You are what you eat" and it's very true when it

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comes to diet and exercise. If you're the kind of person who's knocking back burgers and slipping donuts week to week, those habits have got to stop. If you are really serious in turning your life around, start eating not just right, but healthy. Don't you want to get recognition for helping your hard work, be recognized as a standing leader in your community and succeed financially in a secure job position as a law enforcement officer? Follow the tips above and you'll be on your way!

### Emotional Stability and Mental Preparations

Keeping a clear and level headed mind is your key to success.

Law Enforcement Officers need to be mentally and emotionally stable. One of the dangerous and useful tools law enforcement officers are equipped with is a handgun. There are various other non-lethal devices but the sidearm is the most common one. The officer must be able to stay focused and clear headed, non judgmental and adjust to different environments fast. There may come a point in time where the situation may turn deadly or dangerous. In a stressful situation such as that, one must be steadfast and be able to think on their feet. These are some recommendations for stress-relief, unwinding from the long day and relaxation techniques.

- **Breathing exercises** are one of the most effective ways in slowing down your heart rate, calming you down and reducing your blood pressure. Practice by sitting in a comfortable position. Take slow long breathes in and out and count slowly to

five. Breathe in and count to 5. Breathe out and count to 5. See don't you feel much more relaxed already?

- **Meditation and yoga** are ancient practices that are still very popular today. Large companies and businesses encourage their employees and fellow workers implement this in their routine. Not only will you reduce your daily stress but you'll benefit from yoga and meditation mentally and physically.
- **Keep a Journal** may sound silly and childish. However, writing out your thoughts or things on your mind when you don't have a close friend or relative to vent to can lower your stress and temper.

### **Be a Winner After Your First Interview**

**Getting ready for your first interview and the process itself is a daunting experience. Those who are unprepared are less likely to get and stay hired.**

The two most important aspects to concentrate on when preparing for your first interview are self confidence, tactful, precise and honest responses. As a law enforcement officer, your duty is to protect and serve, have the courage to make decisive actions and stick to your choices. Being firm with unwavering decisions are

crucial for your fellow officers, your integrity and reputation.

Have clear, direct and honest tactful responses. Learning a little bit about the certain law enforcement career you are going in will not only show the employer or interviewer that you have knowledge about the job you are seeking. It's important to be firm and gentle in order on or off duty in order to be successful and effective.

Here are some sample questions that may be asked during your interview.

- What handgun is used by most law enforcement officers?
- How do law enforcement officers a person's check drivers license on their computer?
- How does a law enforcement officer respond to DWI?
- Is an assault considered a felony or misdemeanor?

Congratulations for choosing a great career!

Thank very much for reading this and stopping by!

I hope you found this e-book guide helpful, useful and e-book and enjoyed reading the content. Thank you again for your support. I appreciate the time you are taking out of your day to read this. It would be great to get some feedback and hear your thoughts! Please leave a comment at <http://www.sproutconfidence.com/> or <http://lawenforcement-hq.com/> , or if you want, you can contact me via email at [wolxx2@gmail.com](mailto:wolxx2@gmail.com) or tweet me on [Twitter](#). Please introduce yourself and say hi!

Nothing makes me happier than to see you achieve success, live a fruitful life, serve your community as a law enforcement officer and sprout with confidence!