

**Taking the First Step:**

When applying for a Special Agent position at the Federal Bureau of Investigation (FBI), one of the most daunting challenges for some applicants is the FBI’s Physical Fitness Test (PFT). However, rest assured — with the proper training, you can and will pass the PFT with flying colors!

To assist you on your journey, we have developed this training guide to help you build skills and strengthen the muscle groups essential to passing the four mandatory sections of the PFT — sit-ups, the 300-meter sprint, push-ups and the 1.5-mile run. We’ve also included training tips for a fifth event, pullups, required only for candidates in the Tactical Recruitment Program (TRP).

This guide provides detailed instruction, drills and photos depicting the proper form and technique to build strength and capacity.

You may apply without a passing score on the self-PFT — for now. But keep up your training, because if you’re accepted, you will need to pass the PFT soon!

An FBI Special Agent career is the opportunity of a lifetime and we’re looking for applicants from a wide range of educational and career backgrounds. Come join the more than 37,000 men and women who have answered the call to serve their country, protect their communities and uphold the Constitution. Good luck!

A person looking at the camera

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**Objective:** Provide an overview of Core Stabilization Training (CST) techniques designed to enhance abdominal and trunk muscular endurance while, at the same time, better match trunk muscle function and neuromuscular control. Empirical research suggests there is no detrimental impact on performance of sit-ups when traditional training is replaced with Core Stabilization Training.

**Core Stabilization Training Skill Builder:**

Drill No. 1: Prone Plank or Bridge:

**Instructions:** You will begin by lying on the floor or mat in a prone position, with feet placed approximately at hip-width and arms placed at shoulder-width, with elbows under the shoulders. You will dorsiflex the ankles (draw toes toward your nose) to help distribute the workload more evenly as you straighten knees, tighten gluteal muscles and “brace” or stiffen abdominal muscles to form a “plank” or bridge. The key element is to maintain neutral spinal alignment while holding this hover position on the forearms and toes.

**Training Prescription:** Start with three to four sets of 10 to 15 seconds each, with equal amounts of rest between sets.

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| **Regressions** | **Progressions** |
| Elevate the arms using a chair, bo01x, desk, etc. | Slide elbows forward of the shoulder. |
| Rest on knees rather than toes. | Plantar-flex or point the toes. |
| Straight-arm planks. | Press up to straight arms; elbow or shoulder taps; knee-to-elbow. |

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**Instructions:** You will begin by lying on the floor or mat on your side, with feet stacked together and the elbow of the bottom arm placed directly under the shoulder. Then elevate the hips off the floor using the outside of the bottom foot and forearm. The key element is to maintain neutral spinal alignment while holding this hover position on the forearms and toes.

**Training Prescription:** Similarly, start with three to four sets of 10 to 15 seconds each, with equal amounts of rest between sets.

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| **Regressions** | **Progressions** |
| Start with knees bent, resting on the outside of the bottom knee and lower leg. | Slowly raise and lower the hips from the ground repeatedly. |
| Scissor the legs, bringing the top leg forward and resting on both feet. | Slowly rotate and reach the top arm under the support arm and return. |
| Straighten the bottom support arm and/or use the top arm to assist with support. | Slowly swing the top leg forward and back, maintaining alignment. |

Drill No. 3 : Bird Dog (Quadruped Alternating Arm-Leg Raises):

**Instructions:** Start in a quadruped position with knees directly below hips and hands directly under shoulders. Then slowly raise one arm forward with thumb up, while simultaneously extending the opposite leg to the rear. The key element is to maintain neutral spinal alignment while the extremities are moving in space with reduced points of contact with the ground — like a table missing two of its legs.

**Training Prescription:** Start with three sets of five to 10 repetitions on both sides with controlled and deliberate movement speeds and a pause at the top position.

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| **Regressions** | **Progressions** |
| Elevate one arm while both legs remain still. | Extend the pause at the top position. |
| Elevate one leg while both arms remain still. | Add an elbow-to-opposite-knee touch near the waist prior to the arm/leg raise. |

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**Instructions:** Start on your back with knees bent at approximately a 90-degree angle and arms on the floor at approximately a 45-degree angle at the shoulder. Brace abdominals while driving heels into the floor, raising hips off the floor until hips are fully extended. The key is to align the shoulders, hips and knees at the top of the movement and hold this position.

**Training Prescription:** Start with three to four sets of 10 to 15 seconds each, with even amounts of rest between sets.

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| **Regressions** | **Progressions** |
| Elevate the head and shoulders on a bench or chair. | Extend the pause at the top position. |
| Elevate the hips and slowly lower back down. | Raise the hips and hold with a single leg. |
|  | Add a single-leg march or “windshield wiper” movement. |

