

### Exercises to improve your time on the P.A.T.

1. **Zig Zag sprints.** There are multiple 90 degree and 180 degree turns in the course. Practicing changing direction while running will be beneficial.
2. **Broad jumps.** There is a 6 foot section in the course that has to be cleared to avoid a penalty. Practicing Broad Jumps will insure the candidate can easily clear the obstacle.
3. **Box Jumps or Tuck Jumps.** There are several low hurdles, a fence and a window that requires jumping to clear. Practicing jumping will improve success clearing those obstacles.
4. **Bear Crawls.** Bear crawls will help with the low crawl portion of the course.
5. **Stair Climber.** There is a set of stairs that candidates must climb up and down repeatedly.
6. **Pushups / Dips.** Pushups and Dips increase tricep strength to assist in clearing the window and the fence obstacle.
7. **Pull ups** depending on technique used pull ups can also assist with clearing the window.
8. **Knee raises.** Knee raises increase core strength and flexibility to get up and over the fence and window.
9. **Sled Drags.** Any form of sled drag to increase leg strength for the dead weight drag.