



California Highway Patrol

HPM 70.25

PHYSICAL FITNESS FOR THE HIGHWAY PATROL OFFICER

DEPARTMENT OF CALIFORNIA HIGHWAY PATROL

PHYSICAL FITNESS FOR THE HIGHWAY PATROL OFFICER

THIS PUBLICATION MAY BE PURCHASED FROM
THE CALIFORNIA HIGHWAY PATROL.

REVISED JANUARY 2019

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FOREWORD

The purpose of this manual is to provide a selection of exercises which will enable employees to maintain the level of fitness necessary to enjoy a healthy lifestyle and be successful in the Annual Fitness Challenge.

The objectives of this manual are to prepare uniformed employees to perform physically demanding activities which are required of California Highway Patrol officers, to promote their ability to perform such activities, to encourage them to maintain themselves in good physical condition, and to minimize on-the-job injuries and illnesses related to poor physical condition.

OFFICE OF THE COMMISSIONER

OPI: 091

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