



# RIVERSIDE COUNTY PROBATION DEPARTMENT

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**Course Title: (Class 16.1: Practice and Technique)**

**Hours of Instruction: 1.5**

**Course Objectives:**

**16.1.1 Dummy Lift:** With knees bent, wrap arms around a hanging bag or dummy weighing up to 150 pounds, get a firm hold on it, then straighten legs to lift the bag or dummy high enough to create slack in the rope/chain; aim to hold for 30 seconds. Start with a 120-130-pound bag or dummy. As able to support bag or dummy successfully, increase weight in 10-20-pound increments and/or time spent supporting the bag or dummy.

**16.1.2 Weighted Agility Run:** Walk briskly or jog through a 150-foot zigzag barrier course consisting of three sharp turns, pick up a 20-pound fire extinguisher or weighted tube bag at the 75-foot mark and carry it back through the course, walking briskly. Aim for completing the full course in 30 seconds.