



SAN JOSE POLICE DEPARTMENT

TRAINING BULLETIN

TO: ALL DEPARTMENT PERSONNEL

FROM: Paul Joseph
Chief of Police

SUBJECT: SJPD FITNESS PROGRAM

DATE: April 15, 2025

Bulletin #2025-008

Effective April 15, 2025, the Department is launching the SJPD Fitness Program. The purpose of the program is to provide all Department members, both sworn and professional staff, with resources to enhance their physical fitness. Our jobs, whether in Patrol, Investigations, Special Operations, or professional roles, are often demanding and stressful, sometimes requiring significant physical exertion. This program was created to help Department members meet these physical demands, promoting health and well-being. The core idea is to encourage everyone to participate in some form of fitness activity.

Program Overview & Funding

The Department has partnered with Train Hard, owned and operated by San Jose native Jason Khalipa, to develop this comprehensive fitness program designed to accommodate various shifts and roles within SJPD. Khalipa is a recognized fitness expert, former CrossFit Games champion, and has experience creating fitness programs for law enforcement agencies. His stated goal is to make SJPD the fittest law enforcement agency globally.

The program is supported by a fitness grant specifically intended for law enforcement personnel. Due to these grant requirements, eligibility for certain program components varies. Please see the "How It Works" section below for details.

Available Equipment

The new fitness equipment, purchased with grant funds, is available for use by **all Department members (sworn and professional staff)**. While not an exhaustive list, some of the new equipment includes:

- The Fontana Gym [REDACTED]
 - Air Runner
 - Peloton Bikes
 - Smith Machine
 - Cable Cross Over Machine
- CrossFit Gym [REDACTED]
 - Air Runner

- Reverse Hyper Machine
- Belt Squat Machine
- Barbells
- Dumbbells
- Sandbags
- Substation:
 - Road bicycles
 - Kettlebells
 - Box jump boxes

How It Works

1. Train Hard App (Sworn Personnel Only):

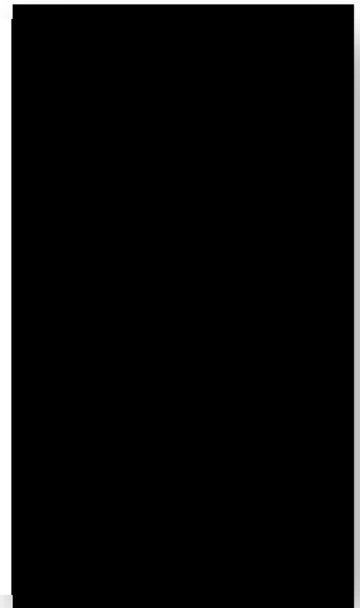
Due to grant funding requirements designating the program for sworn law enforcement, access to the Train Hard mobile application is limited to **sworn personnel only**. This app provides access to various workout programs you can follow independently. Access is free for eligible members. (Please note: some optional add-on programs or merchandise within the app may involve additional costs).

- How to Access the App (Sworn Personnel):

- [REDACTED]
- [REDACTED]
- [REDACTED]
- [REDACTED]
- [REDACTED]
- [REDACTED]

- App Features: The app includes guided daily workouts ("Train Hard Daily"), strength programs ("Flex"), performance workouts ("Hybrid"), sandbag routines ("Sand 1.0"), travel-friendly workouts ("Travel"), quick "Finishers," nutrition information ("Th5 Nutrition"), and a community forum.

Professional staff who would like to use the Train Hard app may do so at their own expense.



2. Coach-led Fitness Classes (All Department Members):

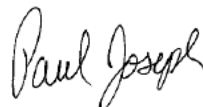
These group sessions are open to **all Department members (sworn and professional staff)**. They are led by trained Department members who have completed a comprehensive coaching course provided by Train Hard, including instruction from Jason Khalipa. All fitness levels are welcome, as coaches can adjust workouts to individual needs.

- [REDACTED]
 - | [REDACTED]
 - | [REDACTED]
 - | [REDACTED]
- [REDACTED]
 - | [REDACTED]
 - | [REDACTED]
 - | [REDACTED]

Please note for those in Patrol that attendance at these classes is limited by the Patrol PT Guidelines (no more than two times per work week). Professional staff may participate in the Fitness Program before or after their scheduled work hours.

Please note that Department members *not* participating in the SJPD Fitness Program may still work out in the gyms during classes. However, to encourage the program's success, preference will be given to program participants for fitness equipment.

[REDACTED]



Paul Joseph
Chief of Police