PHYSICAL FITNESS
SMART BOOK

CADET NAME:_____________________________________

INSTRUCTOR:_____________________________________
This is the format you will use when conducting a formal PT session. Any time you are directed to lead a PT session, use this format for all stretching and calisthenics. Using the format below, insert your own stretches and calisthenics that are pertinent to the days desired fitness activity.

After forming the platoon (Fall-In), give the following commands:

Extend to the left, *March*!

Arms Downward, *Move*!

Left, *Face*!

Extend to the left, *March*!

Arms Downward, *Move*!

Right, *Face*!

From front to rear, *Count Off*!

Even Numbers to the left, *Uncover*!

*At-Ease*

Now, give a quick brief on actions to be conducted....Then, do the following:

*Informal stretching portion

Jog in place for one minute

To end the jog: “1,2,3,4,1,2,3- “Halt”!

*Rotations (5-10 seconds each)

Sound off with: “The first rotation will be the Neck Rotation....” (they repeat, “The Neck Rotation”) “Follow ME!” (as you move to the start position, they say “Lead the Way” and move to the start position as well)

You then say, “3 times clockwise, 3 times counter clockwise.....ROTATE!”

After the number of rotation are complete, repeat the above process with the following rotations: Arms and Shoulders / Hips / Knees and Ankles.
After the rotations are complete, call the company/platoon to “Attention” and then give them “At Ease!”
Conduct any stretching exercises that are pertinent to the days calisthenics.....(this portion is in-formal)

“The first stretching exercise will be the “_______________ Stretch”…… (they repeat the stretch name)
“Follow me.....” (They say “Lead the way”)
*go to the start position for the stretch... they should do the same.
Say- “Stretch!” (Then sound off with “One-Thousand”..... they will say “ONE!”) (TWO!, THREE!, Etc..... )
On what is to be the last rep, inflect your voice higher when saying “One-Thousand” and they will say “HALT”. From here, go to the next stretching exercise and repeat the process above.

*Once all stretches are complete, move to the “formal” portion of the evaluation (Calisthenics)
FORMAL PORTION

“Company, Attention!”
“Start position, MOVE!”
“In Cadence, Exercise!”
“Position of Attention, MOVE!” (unless the “halt” position is the position of attention).

*Repeat as necessary until all calisthenics are complete.

Once all exercises are complete, call them to “Attention” and say:
“Assemble to the right, March!”
Now, put them “At Ease” and conduct an After Actions Review (AAR) using the following format:

*Conduct an After Actions Review (AAR) to determine the following:
What went right?
What went wrong?
How can we improve for the next time?
What do we want to sustain (do the same)?

Call the company back to attention, then give “Fall Out!”
NECK AND SHOUlDER STRETCH
This stretches the sternocleidomastoid, pectoralis major, and the deltoid muscles.

Position: Stand with the feet shoulder width apart and the arms behind the body.

Action: Grasp the left wrist with the right hand. Pull the left arm down and to the right. Tilt the head to the right. Hold this position for 10 to 15 seconds. Repeat the action with the right wrist, pulling the right arm down and to the left. Tilt the head to the left.
HIP AND BACK STRETCH (LYING DOWN)
This stretches the gluteal and erector spinae muscles.

Action 1
Position: Lie on the back with the arms straight beside the body. Keep the legs straight and the knees and feet together.
Action 1: Bring the left leg straight back toward the head, leaving the right leg in the starting position. Bring the head and arms up. Grab the bent left leg below the knee and pull it gradually to the chest. Hold this position for 10 to 15 seconds. Gradually return to the starting position. Repeat these motions with the opposite leg.

Action 2
Action 2: Put both knees to the chest. Pull the head up to the knees. Hold for 10 to 15 seconds. Return to the starting position.
HIP AND BACK STRETCH (SEATED)
This stretches the hip abductors, erector spinae, latissimus dorsi, and the oblique muscle groups.

Position: Sit on the ground with the right leg forward and straight. Cross the left leg over the right while sitting erect. Keep the heels of both feet in contact with the ground.

Action: Slowly rotate the upper body to the left and look over the left shoulder. Reach across the left leg with the right arm, and push the left leg to your right. Use the left hand for support by placing it on the ground. Hold this position for 10 to 15 seconds. Repeat this stretch for the other side by crossing and turning in the opposite direction.
CALF STRETCH (VARIATION: TOE PULL)
This stretches the calf and, to a lesser extent, the hamstrings, gluteus maximus, and erector spinae muscles.

Position: Stand with the feet should width apart and the left foot slightly forward.

Action: Bend forward at the waist. Slightly bend the right knee, and fully extend the left leg. Reach down and pull the toes of the left foot toward the left shin. Hold this position for 10-15 seconds. Return to the starting position. In a similar manner, pull the toes of the right foot toward the right shin, and hold for 10-15 seconds.
CALF STRETCH
This stretches the calf muscles

Position: Stand straight with the feet together, arms extended downward, elbows locked, palms facing backward, fingers extended and joined, and head and eyes facing to the front.

Action: Move the right foot to the rear about two feet, and place the ball of the foot on the ground. Slowly press the right heel to the ground. Slowly bend the left knee while pushing the hips forward and arching the back slightly. Hold this position for 10-15 seconds. Return to the starting position. Repeat with the left foot. Return to the starting position.
GROIN STRETCH (SEATED STRADDLE)
This stretches the hip adductor (on the inside of the upper leg), gluteals, erector spinae, and hamstring muscles.

Position: Sit on the ground with the legs straight and spread as far apart as possible.

Action: Bend forward at the hips, keep the head up, and reach toward the feet. Hold this position for 10-15 seconds. Variation: Stretch to one side while trying to touch the toes. Next, stretch to the other side.
GROID STRETCH (SEATED)
This stretches the hip adductor and erector spinae muscles

Position: Sit on the ground with the soles together. Place the hands on or near the feet.
Action: Bend forward from the hips, keeping the head up. Hold this position for 10-15 seconds.
GROIN STRETCH (STANDING)
This stretches the hip adductor muscles

Position: Lunge slowly to the left while keeping the right leg straight, the right foot facing straight ahead and entirely on the floor.

Action: Lean over the left leg while stretching the right groin muscles. Hold this position for 10-15 seconds. Repeat with the opposite leg.
HAMSTRING STRETCH (SEATED)
In addition to the muscles mentioned in the standing hamstring stretch, this stretches the calf muscles.

Position: Sit on the ground with both legs straight and extended forward with the feet upright about six inches apart. Put the hands on the ankles or toes.

Action: Bend from the hips, keeping the back and head in a comfortable, straight line. Hold this position for 10-15 seconds. (Variation for greater stretch: Stretch and pull back on the toes.)
HAMSTRING STRETCH (STANDING)
This stretches the hamstrings, erector spinae, and gluteal muscles.

Position: Stand with the knees slightly bent.

Action: Bend forward keeping the head up, and reach toward the toes. Straighten the legs, and hold this position for 10-15 seconds.
THIGHT STRETCH
This stretches the quadriceps and anterior tibialis

Position: Stand, (For variation, lie on the stomach.)

Action: Bend the left leg up toward the buttocks. Grasp the toes of the left foot with the right hand, and pull the heal to the left buttock. Extend the left arm to the side for balance. Hold this position for 10-15 seconds. Return to the starting position. Bend the right leg, grasp the toes of the right foot with the left hand, and pull the heal to the right buttock. Extend the right arm for balance. Hold this position for 10-15 second. Return to the standing position.
OVERHEAD ARM PULL
This stretches the external and internal obliques, latissimus dorsi, and triceps.

Position: Stand with the feet shoulder width apart. Raise the right arm, bending the right elbow and touching the right hand to the back of the neck.

Action: Grab the right elbow with the left hand, and pull to the left. Hold this position for 10-15 seconds. Return to the starting position. Do the same stretch, and pull the left elbow with the right hand for 10-15 seconds.
UPPER-BACK STRETCH
This stretches the lower trapezius and posterior deltoid muscles of the upper back.

Position: Stand with the arms extended to the front at shoulder height with the fingers interlaced and palms facing outward.

Action: Extend the arms and shoulders forward. Hold this position for 10-15 seconds. Return to the starting position.
CHEST STRETCH
This stretches the pectoralis major, deltoids, and biceps muscle groups.

Position: Stand and interlace the fingers behind the back.

Action: Lift the arms behind the back so that they move outward and away from the body. Lean forward from the waist. Hold this position for 10-15 seconds. Bend the knees before moving the upright position. Return to the starting position.
ABDOMINAL STRETCH
This stretches the abdominals, obliques, lastissimus dorsi, and biceps.

Position: Stand and extend the arms upward and over the head. Interlace the fingers with the palms turned upward.

Action: Stretch the arms up and slightly back. Hold this position for 10 to 15 seconds.

Variation: This stretches the reclus abdominis muscles. Stretch to one side, then the other. Return to the starting position.
SIDE-STRADDLE HOP

Position: assume the position of attention.
Action: (1) Jump slightly into the air while moving the legs more than shoulder-width apart, swinging the arms overhead, and clapping the palms together. (2) Jump slightly into the air while swinging the arms sideward and downward and resuming the position of attention. (3) Repeat Action 1. (4) Repeat action 2. Use a moderate cadence.

Variation: (1) Jump slightly into the air while moving the left leg forward and the right leg backward, swinging the arms overhead and clapping the palms together. (2) Jump slightly into the air while swinging the arms sideward and downward and returning to the position of attention. (3) Repeat the jumping and arm movements of action 1 while moving the right leg forward and the left leg backward. (4) Repeat action 2. Use a moderate cadence.
Position: Assume a supine position with the hips and knees flexed. Place palms directly on top of the head with the fingers interlaced.

Action: (1) Bring the left knee upward while curling the trunk upward, and touch the right elbow to the left knee. (2) Repeat action 1 with the other leg and elbow. (3) Repeat action 1. (4) Repeat action 2. Use a slow cadence.
THE SWIMMER

Position: Lie prone with the feet together and with the arms together and extended forward in front of the body. Keep the arms and legs straight at all times during the exercise.

Action: (1) Move the right arm and left leg up. (2) Return to the start position. (3) Move the left arm and right leg up. (4) Return to the start position. Continue in an alternating manner. Use a moderate cadence.
KNEE BENDER

Position: Stand with the feet shoulder width apart, hand on the hips, the thumbs in the small of the back, and the elbows back.

Action: bend at the knees, lean slightly forward at the waist with the head up, and slide the hands along the outside of the legs until the extended finger reach the top of the boots or the middle of the lower leg. (2) Recover to the start position. (3) Repeat action 1. (4) Repeat action 2. Use a moderate cadence.
Position: Start from the position of attention.
Action: (1) Lunge Diagonally forward to the left by stepping in that direction with the left foot, placing the left knee over the left foot. At the same time, place the arms sideward at shoulder level, the palms up, and the head and shoulders squarely to the front.

(2) Bend slowly forward and downward over the left thigh, and wrap the arms around the thigh, hands grasping the opposite arms above the elbows. (3) Recover slowly to the second position by releasing the arms, straightening the trunk, and extending the arms sideward, palms up. (4) Resume the position of attention by dropping the arms and returning the left foot to the side of the right foot. Repeat the exercise to the right side. Use a moderate cadence.
Position: Stand with the feet shoulder-width apart, hands on hips, thumbs in the small of the back, and the elbows back.

Action: (1) Bending the knees, lower yourself to a half-squat position while maintaining balance on the balls of the feet. With the trunk inclined slightly forward, thrust the arms forward to shoulder level with the elbows locked and palms down. (2) Recover to the start position. (3) Keeping the knees slightly bent, bend forward at the waist, touching the ground in front of the toes. (4) Recover to the start position. Use a moderate cadence.
Position: Place the feet about shoulder-width apart with the knees flexed. Bend forward at the waist, aligning the arms with the trunk and hips. Keep the arms straight at all times during the exercise. Keep the palms facing each other with the head and eyes initially to the front.

Action: (1) Take a slight jump into the air while swinging the arms forward and up to shoulder level. (2) Take a slight jump while swinging the arms backward, returning to the start position. (3) Jump strongly upward while swinging the arms forward and up to the overhead position; at the same time, briefly look skyward. While descending, return the head and eyes to the front, and flex the knees. (4) Repeat action 2. Use a moderate cadence.
BEND AND REACH

Position: Stand in a wide, side-straddle position with the palms facing each other and the arms overhead and straight.

Action: (1) Bend at the knees and waist. Slowly bring the arms down, and reach between the legs as far as possible. Make sure the angle formed by the upper and lower leg is never less than 90 degrees. (2) Recover slowly to the start position. (3) Repeat action 1. (4) Repeat action 2. Use a slow cadence.
FLUTTER KICK

Position: Lie on your back with the hands beneath the buttocks, the head raised, and the knees slightly bent.

Action: Alternately raise and lower the legs, keeping the knees slightly bent and the feet elevated 6-18 inches above the floor. To do the flutter kick to cadence, do one repetition per count. Use a moderate cadence.
Position: Hang from a horizontal bar with the arms fully extended. Action: Bend your elbows and pull yourself upward until your chin is above the bar, do not swing or kick your legs. Return to the starting position in a controlled manner.

Variations: Use overhead (pull-up), underhand (chin-up), or alternating grips, with the hands close together, far apart, or at shoulder-width. If unable to complete a chin-up using proper form, elevate yourself to the up position with help and hand there, or slowly lower yourself to the starting position. Repeat this several times, gradually adding more repetitions from workout to workout.
PARALLEL BAR DIP

Position: Keep the feet off the floor and support the body's weight on straight arms.

Action: Bend the arms and lower the body in a controlled manner until the upper arms are at least parallel to the floor. If necessary, bend the legs at the knees to keep the feet from touching the floor. Straighten the arms to return to the starting position.
Position: Assume the front-leaning rest position with the hands placed comfortably apart, the feet together or up to 12 inches apart, and the body forming a generally straight line from the shoulders to the ankles.
Action: Keeping the body straight throughout the exercise, lower the body until the upper arms are at least parallel to the ground. Then, push yourself up to the initial position by completely straightening the arms.

Push-Up Variation: To train the muscles more completely, place the hands at varying widths. They may be wider apart or closer together than shoulder widths. They may be wider apart or closer together than shoulder width. Elevating the feet to different heights makes push-ups more difficult. The higher the feet, the more difficult the exercise. Push-ups are also more difficult when the hands and feet are placed on boxes or chairs. This helps the Soldier exercise through a fuller range of motion. To do extra repetitions when fatigued, drop to the knees while keeping the knees, hips, and shoulders in a straight line.
SIT-UP

Position: Lie on the back with the feet together or up to 12 inches apart, the knees bent so that an angle of 90 degrees is formed by the upper and lower legs, and the fingers interlocked behind the head.

Action: Raise your upper body forward to the vertical position so that the base of the neck is above the base of the spine, then lower yourself in a controlled manner until the bottom of the shoulder blades touch the ground.

Sit-Up Variations: Variations include keeping the feet elevated and crossing the hands on the chest.
CROSS-COUNTRY SKIER

Position: Assume a position of attention.
Action: Jump slightly into the air, and move the left foot forward and the right foot backward, landing with both knees slightly bent. At the same time, move the right arm upward and forward to shoulder height and the left arm back as far as possible, always keeping the arms straight and the palms facing each other.

(2) Jump slightly into the air, and move the right foot forward and the left foot backward. At the same time, move the left arm upward and forward to should height and the right arm back as far as possible. (3) Repeat action 1. (4) Repeat action 2. Use a moderate cadence.
THE ENGINE

Position: Stand with the arms straight and in front of the body. The arms should be parallel to the ground with the palms facing downward.

Action: (1) Bring the left knee upward to the left elbow. (2) Return to the start position. (3) Touch the right knee to the right elbow. (4) Recover to the start position. Be sure to keep the arms parallel to the ground throughout the entire exercise. Use a moderate cadence.
Position: Stand with the feet together, the hands placed behind the head with the fingers interlaced.

Action: (1) Keeping the feet together, jump sideways to the left. (2) Keeping the feet together, jump sideways to the right. (3) Repeat action 1. (4) Repeat action 2. Use a moderate cadence.
MULE KICK

Position: Stand with the feet shoulder-width apart.

Action: Jump up repeatedly while kicking the heels to the buttocks. To do the Mule Kick to cadence, do one repetition per count. Use a moderate cadence.
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LET II Physical Training Score Sheet

Cadet Name:____________________________________________________________

(3 POINTS EACH) Date: ____________

1. *FALL IN!*  
   GO NO GO

2. EXTEND TO THE LEFT, *MARCH!*  
   GO NO GO

3. ARMS DOWNWARD, *MOVE!*  
   GO NO GO

4. LEFT, *FACE!*  
   GO NO GO

5. EXTEND TO THE LEFT, *MARCH!*  
   GO NO GO

6. ARMS DOWNWARD, *MOVE!*  
   GO NO GO

7. RIGHT, *FACE!*  
   GO NO GO

8. FROM FRONT TO REAR, *COUNT OFF!*  
   GO NO GO

9. EVEN NUMBERS TO THE LEFT, *UNCOVER!*  
   GO NO GO

10. *AT EASE!*  
    GO NO GO

11. CONDUCT 2-3 STRETCHING EXERCISES(informal)  
    GO NO GO

12. CONDUCT 2-3 CONDITIONING EXERCISES(formal)  
    GO NO GO

13. POSITION OF ATTENTION, *MOVE!*  
    GO NO GO

14. ASSEMBLE TO THE RIGHT, *MARCH!*  
    GO NO GO

15. *FALL OUT!*  
    GO NO GO

COMMAND VOICE AND ENTHUSIASM (1-20 POINTS)__________________________

PROPER INFLECTION ON EACH COMMAND(1-20 POINTS)______________________

PROFESSIONALISM(1-15 POINTS)________________________________________

TOTAL POINTS EARNED: ______________________

COMPANY COMMANDER/1SG NAME: _______________________________________

SIGNATURE: ___________________________________________________________

**Graded on a 100 point scale: 90-100= A; 80-89= B, etc...**
Cadet Challenge

1. **Curl-ups**: Conduct this event on a flat, clean surface, preferably with a mat. Start cadets in a lying position on their backs with their knees up so their feet are flat on the floor and about 12 inches from their buttocks. Cadets should have their arms crossed with their hands placed on opposite shoulders and their elbows held close to the chest throughout the exercise. The feet are to be held by a partner at the instep. At the command "ready, go," cadets raise the trunks of their bodies, curling up to touch the elbows to the thighs. They must then lower their backs so that their shoulder blades touch the floor/mat. This constitutes one repetition of a curl-up. During each repetition, bouncing off the floor/mat is not allowed and the fingers must touch the shoulders at all times. Cadets must try to complete as many curl-ups as possible in 60 seconds.

2. **Partial Curl-ups**: This event should be used as an alternative to curl-ups. Have cadet lie on a cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Do not hold or anchor the feet. Arms are extended forward with fingers resting on the legs and pointing toward the knees. The cadet's partner is behind the head with hands cupped under the cadet's head. The cadet being tested curls up slowly sliding the fingers up the legs until the fingertips touch the knees, then back down until the head touches the partner's hands. The curl-ups are done to a metronome (or audio tape, clapping, drums) with one complete curl-up every three seconds, and are continued until the cadet can do no more in rhythm (has not done the last three in rhythm) or has reached the target number for the test.

3. **Pull-ups**: Conduct this event using a horizontal bar approximately one and one-half inches in diameter. A doorway bar or a piece of pipe can serve the purpose. The bar should be high enough so that cadets can hang with their arms fully extended and their feet free of the floor/ground. Have cadets assume the hanging position on the bar using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). Cadets begin the exercise by first raising their body until the chin is over the bar without touching it. To complete one repetition, the body must be lowered to the full-hang starting position. During each repetition, the body must not swing; legs must not kick or bend, and the pull must not be jerky. Cadets are scored on the number of pull-ups they can correctly execute. There is no time limit on this event. For cadets who cannot accomplish one-pull-up, have them do the flexed-arm hang (below) as an alternative event.

4. **Flexed-arm Hang**: This event should be used when a cadet cannot execute one pull-up. (This event is only for the 50th Percentile Award). Using a horizontal bar as in the pull-ups, have cadets climb a ladder until their chin is above the bar. They begin the exercise by grasping the bar with their hands, shoulder width apart -- using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). At the command "ready, go," the cadets step off the ladder. Simultaneously, an assistant instructor will remove the ladder and prevent any forward swinging of the legs. The cadet's chin should be level above the bar. Kicking and other body movements are not permitted while the cadets are on the bar. Start the stopwatch on the command "go" and stop it when the cadet's chin rests on the bar, the chin tilts backward to keep it above the bar, or the chin falls below the level of the bar. Scoring is to the nearest second.

5. **Right Angle Push-ups**: The cadet lies face down on the mat in push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. The cadet straightens the arms, keeping the back and knees straight, then lowers the body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner holds her / his hand at the point of the 90-degree angle so that the cadet being tested goes down only until her / his shoulder touches the partner's hand, then back up. The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the cadet can do no more in rhythm (has not done the last three in rhythm) or has reached the target number.

6. **V-sit Reach**: Conduct this event on a flat, clean floor. Use a yardstick and adhesive tape to make a baseline that is two feet long. Make a measuring line perpendicular to the midpoint of the baseline extending two feet out from either side of the baseline. Place one-inch and half-inch marks along the measuring line with "0" where the baseline and measuring line intersect. Have cadets remove their shoes and sit on the floor with the soles of their feet placed immediately behind the baseline. The measuring line should be between their heels, which should be 8 to 12 inches apart. Cadets must clasp their thumbs so that their hands are together, palms down, and place them on the floor between their legs. While their legs are held flat on the floor by a partner (or partners), cadets performing the exercise keep the soles of their feet perpendicular to the floor (feet flexed) and slowly reach forward along the measuring line as far as possible keeping the fingers in contact with the floor. Cadets receive three practice tries for the v-sit reach. On the fourth extension, cadets must hold their farthest reach for three seconds. Scores are recorded where fingertips touch the floor to the nearest half inch. Scores beyond the baseline are recorded as plus scores, whereas those behind the baseline are recorded as minus scores.
7. **Sit and Reach:** A specially constructed box with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet. Cadet removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, cadet reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded. Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run. Legs must remain straight, soles of feet against box and fingertips of both hands should reach evenly along measuring line. Scores are recorded to the nearest centimeter.

8. **One-Mile Run/Walk:** Conduct this event on a flat area that has a known measured distance of one mile with a designated start and finish line. Give cadets a lightweight numbered device to carry or wear in any manner that will not slow them down while running. (Note: Use of the numbered device makes it possible to have many cadets run at one time by having them pair off before the start of the event, then having one cadet from each pair run while the other cadets keep track of the number of laps their partners complete as well as listening for their times as they cross the finish line.) Start cadets at the standing position. At the command "ready, go," start the cadets running the one-mile distance. Although walking is permitted, encourage cadets to cover the distance in the shortest time possible. Scoring should be to the nearest second.

9. **Shuttle Run:** Conduct this event on an area that has two parallel lines 30 feet apart. The width of a regulation volleyball court can serve as a suitable area. Start cadets at the standing position. At the command "ready, go," have the cadets run to the opposite line, pick up one block, run back to the starting line, and place the block behind the line. Cadets then run back and pick up the second block, which they carry across the line. Two runs are allowed for this event with the better of the runs recorded. Scoring should be to the nearest tenth of a second.

**Awards for Completing the Cadet Challenge**

- Cadets that successfully complete all events will receive a participation certificate signed by the Bde Cdr or a designated representative.
- The JROTC Physical Fitness Ribbon (N-2-2) will be presented to cadets who receive the 85th percentile rating or better in each of the five events of the Cadet Challenge program.
- The JROTC Athletics Ribbon (N-2-3) will be presented to cadets who receive the 50th percentile rating or better in each of the five events of the Cadet Challenge program.
- The top five male and five female cadets in each unit will receive individual medals.
85th Percentile
These standards are based on the 1985 National School Population Fitness Survey. They were validated in 1998 through comparison with a large nationwide sample collected in 1994.

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<th>Age</th>
<th>Curl-Ups (one minute)</th>
<th>Partial* Curl-Ups (#)</th>
<th>Shuttle Run (seconds)</th>
<th>V-Sit Reach (inches)</th>
<th>Sit and Reach (centimeters)</th>
<th>One-Mile Run (min/2sec)</th>
<th>Distance Options**</th>
<th>Pull-Ups (#)</th>
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50th Percentile
These standards are based on the 1985 National School Population Fitness Survey. They were validated in 1998 through comparison with a large nationwide sample collected in 1994.

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<tr>
<th>Age</th>
<th>Curl-Ups (one minute)</th>
<th>Partial* Curl-Ups (#)</th>
<th>Shuttle Run (seconds)</th>
<th>V-Sit Reach (inches)</th>
<th>Sit and Reach (centimeters)</th>
<th>One-Mile Run (min/2sec)</th>
<th>Distance Options**</th>
<th>Pull-Ups (#)</th>
<th>Rt. Angle Push-Ups (#)</th>
<th>Flexed-Arm Hang (sec)</th>
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*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission.
**Note: 1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.

Participant Physical Fitness Award
Those who attempt all five events, but one or more of their scores fall below the 50th percentile (see chart above) are eligible for the Participant Award.
# CADET CHALLENGE SCORE SHEET

CADET NAME: ____________________________________

DATE: _________________  AGE: _______________

WEIGHT: _________________  HEIGHT: _______________

COMPANY: ________  LET LEVEL: ________

INSTRUCTOR NAME: _______________________________________

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<tr>
<th>EVENT</th>
<th>PUSH-UPS</th>
<th>SIT-UPS</th>
<th>SHUTTLE RUN</th>
<th>V-SIT REACH</th>
<th>1 MILE RUN/WALK</th>
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Cadet Challenge Overall Percentage Score: ___________________

TOTAL SCORE WILL BE COMPUTED BY S-1 AND RECORDED IN EACH CADET’S OFFICIAL RECORD

Company Commander/1SG Name: ________________________________

Signature: ________________________________________________