



**Command Fitness  
Training  
HANDBOOK**

**NLCC  
ORIENTATION  
NEW ENGLAND  
2021**

**I have read and understand all the material contained within this manual.**

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**Signature**

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**Printed Name**

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**Title**

**This sheet to be returned to the COTC via the chain of command NLT 0900 on  
Sunday, 27 June 2021.**

# BILLET DESCRIPTION

## COMMAND FITNESS LEADER (CFL)

Immediate Superior: Training Officer

The job of the CFL may seem simple; however, doing the job right involves more than just facilitating the physical training sessions.

It is your duty to motivate and to make sure the Recruit Division Commanders (RDCs) motivate their recruits in the performance of PT routines. The goal is to get everyone through the exercises, and by building on previous routines, strengthen the entire ship's company.

Stimulate teamwork and pride in the ship's company. You must temper the natural competition among divisions and transform that into team unity.

### **Duties/Expectations:**

1. You must set the example of leadership, grooming, conduct, punctuality, fitness, etc.
2. You must ensure the safety of all cadet recruits during PT routines.  
**Be mindful of hydration requirements.**
3. You must conduct the morning and evening PT routines **with enthusiasm.**
4. You report directly to the Training Officer for everything regarding the instruction of Physical Training. Report directly to the Command Chief/Division Officer for issues regarding the individual divisions.
5. You will be expected to stand watch as needed and to assist in the Operations Department when not performing your primary duty as CFL.

## **LEADERSHIP BY EXAMPLE!**

## STANDING ORDERS

- The CO and/or the XO will be notified at once in case of emergency or visiting VIP.
- The chain of command will be used at ALL TIMES.
- No off-base liberty is allowed; special situations shall be brought to the CO.
- No smoking at any time.
- **No foul language at any time.**
- All staff must read the Plan of the Day and Watchbill.

## BARRACKS STANDING ORDERS

- All Hands are responsible for the good order and cleanliness of the barracks. All Staff Cadets are responsible for their own spaces under the supervision of the Operations Officer.
- Noise will be kept to a minimum in the barracks.
- There will be no skylarking at any time.
- Except in case of emergency, the Quarterdeck entrance is the ONLY entrance to be used for entering or leaving the barracks.
- No loitering permitted in the Quarterdeck area.
- No recruit is permitted outside the barracks without an escort.
- No one will appear in front of barracks windows while improperly dressed. Nor are they to sit on the windowsills.
- No articles are to be hung from, tacked to or thrown from windows.



## UNITED STATES NAVAL SEA CADET CORPS

### THE SEA CADET PETTY OFFICER

***The Sea Cadet Petty Officer is a Leader.***

He is a teacher, a motivator, and a counselor.  
He is a person who has earned the trust of his superiors  
And the respect of his subordinates

***The Sea Cadet Petty Officer has Honor.***

She has discipline, integrity and courage.  
She takes pride in herself and everything she does.

***The Sea Cadet Petty Officer has Initiative.***

He gets the job done by effectively using the resources at his disposal;  
he delegates to his subordinates and seeks wisdom and guidance  
wherever it may be found.

***The Sea Cadet Petty Officer is Dedicated and Motivated.***

She performs each task with minimum effort, regardless of its significance or difficulty.  
She chooses the difficult right or the easy wrong.

***The Sea Cadet Petty Officer is Selfless.***

He puts his people before himself. He does not demand respect – he inspires it.

***The Sea Cadet Petty Officer is Firm but Fair.***

She is impartial.

***The Sea Cadet Petty Officer tells the Truth.***

***The Sea Cadet Petty Officer speaks with Authority.***

He pushes his people to excel; to go beyond their self-imposed limits.  
He pursues excellence, which is not the same as happiness.

***The Sea Cadet Petty Officer Leads by Example.***

## **STAFF INTERRELATIONS THINGS TO DO**

- Stay focused on camp objectives
  - Maintain a team concept
  - Use the chain of command
    - Show mutual respect
- Use your authority judiciously
  - Be well intended
- Keep situations in perspective
  - Cut each other some slack
    - Get enough sleep

## **THINGS TO AVOID**

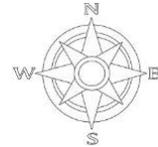
- Personal agendas - Focus on the camp mission
- Head games - Be sincere and straightforward
- Overreactions - Don't make a mountain out of a molehill
- Personality conflicts - Chemistries don't always match, compensate for it
  - Egos - Leave them at home
- Cliques – **DON'T JOIN ONE, DON'T START ONE, WE ARE A TEAM.**

## NLCC RTC – PT ROUTINES

Recruits are expected to be in proper position and ready to exercise at the appointed time – not just arriving.

When CFL calls “Attention,” all RDC’s and ARDC’s must cease talking to recruits. However, during exercise periods, and during the “Shake Out” periods, encouragement of the recruits helps their motivation.

- “SHIP’S COMPANY ATTENTION”
- “RDCs, PREPARE YOUR DIVISIONS FOR PHYSICAL TRAINING” (It is suggested that the divisions form a compass point (N-S-E-W) formation with the CFL in the center).



RDCs will position recruits using the “double arm interval, dress right dress. Left face, double arm interval dress right dress. Right face.”

- “SHIP’S COMPANY AT EASE”
- “THE FIRST EXERCISE WILL BE \_\_\_\_\_.”
  1. Show the starting position for the exercise
  2. Demonstrate the proper technique
  3. Explain how you will keep repetitions (reps) during the exercise, the recruits will call out the repetitions – ex: “I [the CFL] will count the cadence, you will count the repetitions. We will do 10 4-count Jumping Jacks.” Recruits should respond with “Petty Officer, 10 4-count Jumping Jacks, Petty Officer.”

CFL counts: “1-2-3;” Recruits sound off “1!”, PT PO counts: “1-2-3;” Recruits sound off “2!, etc.”
  4. Over running the count can add reps but stay aware of the time allotted for the session.
- “ASSUME POSITION...TOO”
- “READY...EXERCISE”
- “SHIP’S COMPANY, ATTENTION”
- “SHIP’S COMPANY, AT EASE, SHAKE IT OUT”

## PHYSICAL TRAINING SCHEDULE NLCC RECRUIT ORIENTATION

There are two Physical Training Sessions per day. 0600 to 0645 and the other from 1900 to 2000.

Keep an eye on the time – you have 45 minutes in the morning and the recruits must wash their hands and get to the morning meal (not to mention those that have to go for meds), normally by 0700. In the evening, you have an hour to accommodate the exercises and the run.

Always begin with warm-up stretches. Follow the same format listed above for the stretches, but instead you could just say for example, “You will stretch your arm across your chest (demonstrate or use a demonstrator) and hold for 20 [seconds]...” Recruits may count down to 1 with you which gets them involved. Alternate with the other arm. The countdown should be steady, even cadence to ensure maximum benefit of the stretch.

The battalion run is normally done at the evening session. Each company is lined up in a column with the guidon at the head and the run is done as a battalion. **The CFL will position him/herself  $\frac{3}{4}$  of the way back on the left side of the battalion so that all may hear the cadences. Sing or Encourage** cadences – they help the cadets to breathe **but keep strict control. Do not let the Ship’s Company get away from you.** An RDC or other staff cadet (possibly an Asst. CFL) can run at the head of the battalion to set the pace and to ensure that no one goes past the guidons. Always walk (in battalion formation) after the run at least the same distance to cool down. Forming into a battalion should not take more than 2 minutes. Have the Battalion sing the National Anthem during the cool down walk.

Each recruit is required to pass the Physical Readiness Test (PRT) to graduate. This is just the Sit-ups, Push-ups and the 1 Mile Run following the exercise requirements in this manual (pages 17 & 18). You will lead but we’ll have spotters watching for those having trouble. You or an Assistant CFL may be called upon at other times to lead remedial PT. This can be a detail formed that does PT at the same time as the morning and evening sessions focusing on the same morning exercises as well as the main events of the PRT according to the schedule set out on page 16 of this manual.

The PT “Competition” is comprised of the ground exercises and the PRT (see page 20 of this manual). During the week, in your sessions, you need to drill on attention to detail and being alert as well as physical fitness. Points are taken off during the competition for over-running the count and non-participation. If time permits you may have all the recruits do “extra” repetitions to reinforce NOT over-running the count.

Pages 16-18 are comprised of the scoring charts by age and gender and a sample score sheet found in each individual recruit handbook (bible) and staff cadet manual. Scores for the diagnostic PRT and each test session should be entered on these score sheets and submitted as soon as possible after the diagnostic session. **KEPT IN ORDER BY NLCC DIVISION. THEY WILL BE RETURNED TO EACH DIVISION FOR EACH PRT SESSION AS NEEDED FOR ENTERING SCORES.**

Staff Cadets are encouraged to try to pass the complete Physical Readiness Test while at NLCC Orientation. If passing scores on staff cadets are submitted to ADMIN, and there is no time for processing, the scores will be sent home for the home division to process.

## **PHYSICAL TRAINING DAILY SCHEDULE (subject to change)**

### **SUNDAY (EVENING)**

- Warm up stretches (5 min.)
- Diagnostic PFT
  - Sit-ups
  - Push-ups
  - 1 Mile Run

### **DAY 1: MONDAY (MORNING)**

- Warm up stretches (5 min.)
- Windmills – 10 reps
- Cherry Pickers – 10 reps
- Jumping Jacks – 10 reps
- Push-ups – 10 reps
- Sit-ups – 15 reps
- Running in place (1 min.)

### **DAY 1: MONDAY (EVENING)**

- Warm up stretches (5 min.)
- Jumping Jacks – 15 reps
- Push-ups – 10 reps
- Sit-ups – 20 reps
- Body Builders – 5 reps
- Battalion Run - ½ mile.

### **DAY 2: TUESDAY (MORNING)**

- Warm up stretches (5 min.)
- Windmills – 15 reps
- Cherry Pickers – 15 reps
- Jumping Jacks – 15 reps
- Push-ups – 15 reps
- Sit-ups – 20 reps
- Running in place (2 min.)

### **DAY 2: TUESDAY (EVENING)**

- Warm up stretches (5 min.)
- Jumping Jacks – 20 reps
- Push-ups – 20 reps
- Sit-ups – 25 reps
- 8-count Body Builders – 8 reps
- Battalion Run - ¾ mile.

### **DAY 3: WEDNESDAY (MORNING)**

- Warm up stretches (5 min.)
- Windmills – 20 reps
- Cherry Pickers – 20 reps
- Jumping Jacks – 25 reps
- Push-ups – 25 reps
- Sit-ups – 30 reps
- Running in place (3 min.)

### **DAY 3: WEDNESDAY (EVENING)**

- Warm up stretches (5 min.)
- Jumping Jacks – 25 reps
- Push-ups – 25 reps
- Windmills – 25 reps
- Sit-ups – 35 reps
- 8-count Body Builders – 10 reps
- Battalion Run – ¾ mile.

### **DAY 4: THURSDAY (MORNING)**

#### **GROUND EXERCISES COMPETITION**

**Exercises after the warm up stretches are:**

- Cherry Pickers – 10 reps.
- Windmills – 10 reps.
- Running in Place – 3 minutes.
- Jumping Jacks – 25 reps
- Push-ups – 20 reps
- Sit-ups – 35 reps
- Body Builders – 10 reps

### **DAY 4: THURSDAY (EVENING)**

#### **PRT #1-CHECK PRT SCORE CHART FOR PASSING SCORES.**

- Warm up stretches (5 min.)
- Push-ups (Time Limit – 1 minute)
- Sit-ups (Time Limit - 1 minute)
- 1 Mile Run – TIMED.

**PRT #2 WILL BE HELD ON FRIDAY FOR THOSE THAT NEED IT AS TIME ALLOWS.**

**S – L – O – W – L – Y**

## **STRETCHES**

For the stretches, start from the top (neck) and work down (legs). Stretches are meant to be done slowly so as not to rip muscles to warm up the muscles for more strenuous exercise.

### Neck rolls – SLOWLY – Starting position: Attention

1. Tilt head down to the front and stop. Hold for 2 seconds.
2. From the down position, tilt head to the left and stop. Hold for 2 seconds.
3. From the left, tilt head back and stop. Hold for 2 seconds.
4. From the back, tilt head to the right and stop. Hold for 2 seconds.
5. From the right, tilt head down to the front and stop. Hold for 2 seconds.
6. Repeat the procedure in reverse.

### Shoulder stretches – Starting position: Attention

1. **Arm Circles** (also known as “sun gods”): Extend both arms out, palms up, parallel to the deck. Upon command, rotate each arm simultaneously forward using medium sized circles – small and large circles can be used for variety. After every 4 rotations count as 1 rep. (counted as “1, 2, 3, - 1; 1, 2, 3, - 2; etc.”). Work up to 20 reps.
2. Reverse direction.

### Arm stretches – Starting position: Attention

1. Hold up left arm and reach behind the head, down the back of the neck. SLOWLY reach for the space between the shoulder blades. Hold elbow with right hand. Hold for 20 seconds. You should feel the stretch in the front of the upper arm.
2. Repeat with right arm, holding elbow with right hand. Hold for 20 seconds.
3. Place the left arm across the chest holding it up in the crook of the right elbow. SLOWLY stretch by using your right arm to push the left arm in toward the body. Hold for 20 seconds. Stretch is felt in the back of the upper arm.
4. Repeat with right arm. Hold for 20 seconds.
5. Place both arms behind the back, extending the arms and clasp the hands. SLOWLY raise the arms up, keeping the back vertical. Hold for 20 seconds. Stretch is felt in the upper arms.

### Upper body stretches–

1. **Trunk twists**: Starting position – Attention, facing front with hands on hips or arms extended, keep the back straight and keeping the lower body still, turn from the waist to the left (count 1), back to the front (count 2), then to the right (count 3) then back to the front making 1 rep.
2. Repeat up to 20 reps using an even cadence.

### Back stretches -

1. **Windmills**: Starting position is Attention with arms extended to each side, feet extended to shoulder width.
2. SLOWLY bend forward and down touching the left finger tips to the right toes (count 1).
3. SLOWLY come back up to starting position (count 2).
4. SLOWLY bend forward and down touch the right finger tips to the left toes (count 3).
5. SLOWLY come back to the starting position (count 1 rep).
6. Repeat using an even cadence, work up to 25 reps.

**S – L – O – W – L – Y**

### Back stretches (cont.) -

**Cherry Pickers:** Starting position: Attention with hands on hips, feet extended to shoulder width. Using an even cadence, bend over, extending the arms down and reach with fingertips to the ground, in the center, just ahead of the toes (count 1). Move from there to the center between the feet (count 2). Move from there to center between the heels (count 3). Return to starting position (count 1 rep). Repeat using an even cadence, work up to 25 reps.

### Groin Stretch (also known as the **Butterfly Stretch**) -

Seated in place with knees bent and feet drawn in so bottoms of the soles are touching. Hold feet by the tops of each shoe and place elbows so they rest on the inside of the leg at the knee. Keeping the back straight, SLOWLY press the knees toward the deck to stretch the groin and inner thigh. Hold for 20 seconds.

### Leg stretches –

**Seated Toe-Touches:** Seated in place with left leg extended, toes facing up, bend the right knee so the bottom of the right foot is alongside the left leg. Extend arms together and SLOWLY bend forward to touch the toes of the left foot. Hold for 20 seconds. Switch legs and repeat. Hold for 20 seconds. Spread both legs out in a V-shape and extend both arms straight out, SLOWLY reaching for the center between both feet. Hold for 20 seconds.

**Inner Thigh:** Starting position – Attention.

Extend feet about shoulder with an a half with toes straight forward.

Keep back vertical and straight.

SLOWLY bend the left knee forward, causing the upper to shift left. Continue to keep toes straight forward and back straight. Hold for 20 seconds.

SLOWLY straighten the left knee and bend the right knee forward.

Repeat.

**Upper Thigh:** Starting position – Attention.

While standing, keeping the back straight, lift the left foot up toward the back of the thigh and hold with the left hand, pulling back SLOWLY and GENTLY until you feel the stretch in the upper thigh (in front). Hold for 20 seconds. It may be necessary to put one hand on a partner's shoulder to keep your balance but keep the back straight.

Repeat with the right foot. Hold for 20 seconds.

**Calf stretch:** Starting position – Attention.

Extend left foot straight forward SLOWLY bending the knee to a 90° angle, keeping the back straight. Hold for 20 seconds.

Repeat with the right foot. Hold for 20 seconds.

**The instructions for the Endurance Run/Walk, Curl-ups (Sit-ups) and Push-ups are taken out of the NSCC/NLCC Physical Readiness Manual.**

**Endurance Run/Walk** This activity measures heart/lung endurance.

### Testing

Here's what you do:

On a safe, one-mile distance, students begin running on the count "Ready? Go!"

Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.



### Tips

Use a large enough running area so that no more than eight laps are necessary to complete a mile. Help participants learn proper pacing for the mile by having them run at the mile pace for short distances during warm-up time.

### Scoring

Always review students' health status before administering this test. Give students ample instruction on how to pace themselves. Allow them to practice running this distance against time, as well as sufficient time for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.

**Curl-ups (or Partial Curl-ups) – also known as Sit-ups** This activity measures abdominal strength and endurance.

### Curl-ups Testing

Here's what you do:

- Have the student lie on a cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. A partner holds the feet.
- Make sure the arms are crossed with hands placed on opposite shoulders and elbows held close to chest.
- Keeping this arm position, student raises the trunk, curling up to touch elbows to thighs, and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up.



To start, a timer calls out the signal "Ready? Begin!" and begins timing student for one minute. The student stops on the word "Stop."

### Curl-ups Tip

Instruct helpers to count aloud the number of repetitions.

### Curl-ups Scoring

"Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly.





## Right Angle Push-ups Testing

Here's what you do:

- The student starts in push-up position with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel, and slightly apart

(approximately 2-4 inches) with the toes supporting the feet.

- Keeping the back and knees straight, the student then lowers the body until there is a 90-degree angle formed at the elbows with upper arms parallel to the floor. A partner holds her/his hands at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulders touch the partner's hand, then back up.
- The push-ups are done with one complete push-up every three seconds, and are continued until the student can do no more at the required pace. The student should remain in motion during the entire three second interval.



### Right Angle Push-ups Tip

Spend as little time in the starting position beforehand in order to increase the number of repetitions. Any extra movement may also decrease the number of repetitions.

### Right Angle Push-ups Scoring

Record only those push-ups done with proper form and in rhythm.

### Right Angle Push-ups Rationale

Right angle push-ups are a good indicator of the range of strength/endurance found in kids, whereas some kids are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.

## **DIRECTIONS FOR HELPING THOSE WHO DO NOT PASS THE PRT (Remedial PT):**

**SIT-UPS:** AT LEAST TWICE PER DAY HAVE THEM DO AS MANY SIT-UPS AS THEY CAN AS FAST AS THEY CAN IN 30 SECONDS. **MAKE SURE THEY DO THEM CORRECTLY!**

AFTER DOING THEM, HAVE THEM STRETCH OUT THEIR ABS FOR 30 SECONDS BY LYING ON THEIR STOMACH AND PUSHING UP THEIR CHEST UNTIL ARMS ARE STRAIGHT.

**PUSH-UPS:** AT LEAST TWICE PER DAY HAVE THEM DO AS MANY PUSH-UPS AS THEY CAN AS FAST AS THEY CAN. (THIS IS NOT TIMED). IF HAVING TROUBLE HOLDING BODY STRAIGHT, DO AGAINST A WALL, THEN TRY ON A STAIR, AND FINALLY ON THE FLOOR.

**MAKE SURE THEY DO THEM CORRECTLY!** THEN HAVE THEM HOLD THE 90° ANGLE ARM POSITION OF THE PUSH-UP FOR 30 SECONDS. STRETCH OUT EACH ARM AFTER WORKOUT FOR 15 SECONDS.

### **1-MILE RUN:**

**DAY 1:** POWER-WALK THE STRAIGHTS OF THE TRACK, JOG THE CURVES. (4 LAPS)

**DAY 2:** JOG THE STRAIGHTS, POWER-WALK THE CURVES. (4 LAPS)

**DAY 3:** SPRINT THE STRAIGHTS; JOG THE CURVES (4 LAPS)

**DAY 4:** JOG 5 LAPS

**DAY 5:** REST

**DAY 6:** RUN THE MILE

## PHYSICAL FITNESS COMPETITION

Points are given for the following. As CFL these are all items you can encourage during your sessions.

- Doing the exercise properly
- Not continuing past the count
- Participating in each exercise to the end
- ***Esprit de Corps***

**The Competition is comprised of the following exercises and stretches:**

- Cherry Pickers - 10 reps.
- Windmills – 10 reps.
- Running in Place – Must keep knees up, stay in place and finish in the same place – 3 minutes.
- Jumping Jacks (also known as the “Side Straddle Hop” in the military) – 25 reps.
- Push-ups - 20
- Sit-ups – 35
- Body Builders - 10

# PRT SCORING

## FEMALES

### 10 YEAR OLDS

EVENT	Satisfactory STANDARD	GOOD STANDARD	EXCELLENT STANDARD
SIT-UPS	26	30	40
PUSH-UPS	9	13	20
1 MILE RUN	13:00	11:22	9:19

### 14 YEAR OLDS

EVENT	Satisfactory STANDARD	GOOD STANDARD	EXCELLENT STANDARD
SIT-UPS	32	37	47
PUSH-UPS	7	10	20
1 MILE RUN	12:00	10:06	7:59

### 11 YEAR OLDS

EVENT	Satisfactory STANDARD	GOOD STANDARD	EXCELLENT STANDARD
SIT-UPS	28	32	42
PUSH-UPS	9	11	19
1 MILE RUN	12:42	11:17	9:02

### 15 YEAR OLDS

EVENT	Satisfactory STANDARD	GOOD STANDARD	EXCELLENT STANDARD
SIT-UPS	31	36	48
PUSH-UPS	10	15	20
1 MILE RUN	11:45	9:58	8:08

### 12 YEAR OLDS

EVENT	Satisfactory STANDARD	GOOD STANDARD	EXCELLENT STANDARD
SIT-UPS	30	35	45
PUSH-UPS	5	10	20
1 MILE RUN	12:24	11:05	8:23

### 16 YEAR OLDS

EVENT	Satisfactory STANDARD	GOOD STANDARD	EXCELLENT STANDARD
SIT-UPS	30	35	45
PUSH-UPS	10	12	24
1 MILE RUN	12:15	10:31	8:23

### 13 YEAR OLDS

EVENT	Satisfactory STANDARD	GOOD STANDARD	EXCELLENT STANDARD
SIT-UPS	32	37	46
PUSH-UPS	7	11	21
1 MILE RUN	12:15	10:23	8:13

### 17/18 YEAR OLDS

EVENT	Satisfactory STANDARD	GOOD STANDARD	EXCELLENT STANDARD
SIT-UPS	29	34	44
PUSH-UPS	12	16	25
1 MILE RUN	12:15	10:22	8:15

# PRT SCORING

## MALES

### 10 YEAR OLDS

EVENT	Satisfactory STANDARD	GOOD STANDARD	EXCELLENT STANDARD
SIT-UPS	28	35	45
PUSH-UPS	12	14	22
1 MILE RUN	11:40	9:48	7:57

### 14 YEAR OLDS

EVENT	Satisfactory STANDARD	GOOD STANDARD	EXCELLENT STANDARD
SIT-UPS	36	45	56
PUSH-UPS	20	24	40
1 MILE RUN	9:30	7:44	6:26

### 11 YEAR OLDS

EVENT	Satisfactory STANDARD	GOOD STANDARD	EXCELLENT STANDARD
SIT-UPS	29	37	47
PUSH-UPS	14	15	27
1 MILE RUN	11:25	9:20	7:32

### 15 YEAR OLDS

EVENT	Satisfactory STANDARD	GOOD STANDARD	EXCELLENT STANDARD
SIT-UPS	38	45	57
PUSH-UPS	25	30	42
1 MILE RUN	9:15	7:30	6:20

### 12 YEAR OLDS

EVENT	Satisfactory STANDARD	GOOD STANDARD	EXCELLENT STANDARD
SIT-UPS	32	40	50
PUSH-UPS	15	18	31
1 MILE RUN	10:22	8:40	7:11

### 16 YEAR OLDS

EVENT	Satisfactory STANDARD	GOOD STANDARD	EXCELLENT STANDARD
SIT-UPS	40	45	56
PUSH-UPS	25	30	44
1 MILE RUN	9:00	7:10	6:08

### 13 YEAR OLDS

EVENT	Satisfactory STANDARD	GOOD STANDARD	EXCELLENT STANDARD
SIT-UPS	34	42	53
PUSH-UPS	20	24	39
1 MILE RUN	9:45	8:06	6:50

### 17/18 YEAR OLDS

EVENT	Satisfactory STANDARD	GOOD STANDARD	EXCELLENT STANDARD
SIT-UPS	40	44	55
PUSH-UPS	30	37	53
1 MILE RUN	8:45	7:04	6:06

**NLCC ORIENTATION, BASIC  
PHYSICAL FITNESS RECORD**

DATE: \_\_\_\_\_

NAME: \_\_\_\_\_ GENDER: \_\_\_\_\_ AGE: \_\_\_\_\_

NLCC RECRUIT DIVISION: \_\_\_\_\_ HOME UNIT: \_\_\_\_\_

EVENT	SCORES			*SATISFACTORY STANDARD	*GOOD STANDARD	*EXCELLENT STANDARD
	DIAGNOSTIC	TEST #1	TEST #2			
1. SIT-UPS (1-minute)						
2. PUSH-UPS (no time limit)						
3. 1-MILE RUN						

**SATISFACTORY PRT PASSED FOR ORIENTATION** \_\_\_\_\_

**RIBBON EARNED (GOOD LEVEL)** \_\_\_\_\_

**“E” EARNED (EXCELLENT LEVEL)** \_\_\_\_\_

(CHECK IF YES)

\*FILL IN THE SATISFACTORY, GOOD AND EXCELLENT SCORES FOR YOUR GENDER AND AGE USING THE CHART ABOVE.

SUBMIT THIS SHEET AFTER THE FINAL PRT.

\_\_\_\_\_  
Command Fitness Leader

\_\_\_\_\_  
COTC