

CADET EXERCISE CHART

REFER TO NSCC/NLCC PHYSICAL READINESS MANUAL FOR DESCRIPTION AND CRITERIA FOR EACH EXERCISE.

2. MINIMUM PHYSICAL FITNESS STANDARDS FOR MALE CADETS

AGE	EXERCISE #1 SIT-UPS (1 MINUTE)	EXERCISE #2 SIT & REACH (INCHES)	EXERCISE #3 SHUTTLE RUN (SECONDS)	EXERCISE #4 ONE-MILE RUN (MINUTES/SECONDS)	EXERCISE #5 PUSH-UPS (NO TIME LIMIT)
10	28	0.50	14.5	11:40	12
11	29	0.50	13.5	11:25	14
12	32	0.50	12.4	10:22	15
13	34	0.25	12.2	09:45	20
14	36	0.50	11.9	09:30	20
15	38	1.00	11.7	09:15	25
16	40	1.50	11.4	09:00	25
17/18	40	1.50	11.4	08:45	30

3. MINIMUM PHYSICAL FITNESS STANDARDS FOR FEMALE CADETS

10	26	1.50	14.2	13:00	9
11	28	1.50	13.4	12:42	7
12	30	1.75	12.9	12:24	5
13	32	1.75	13.1	12:15	7
14	32	2.25	13.2	12:00	7
15	31	2.50	13.0	11:45	10
16	30	2.75	12.9	12:15	10
17/18	29	2.50	13.0	12:15	10

4. NATIONAL PHYSICAL FITNESS STANDARDS FOR MALE CADETS (RIBBON AWARD)

10	35	1.00	11.5	09:48	14
11	37	1.00	11.1	09:20	15
12	40	1.00	10.6	08:40	18
13	42	0.50	10.2	08:06	24
14	45	1.00	9.9	07:44	24
15	45	2.00	9.7	07:30	30
16	45	3.00	9.4	07:10	30
17/18	44	3.00	9.4	07:04	37

5. NATIONAL PHYSICAL FITNESS STANDARDS FOR FEMALE CADETS (RIBBON AWARD)

10	30	3.00	12.1	11:22	13
11	32	3.00	11.5	11:17	11
12	35	3.50	11.3	11:05	10
13	37	3.50	11.1	10:23	11
14	37	4.50	11.2	10:06	10
15	36	5.00	11.0	09:58	15
16	35	5.50	10.9	10:31	12
17/18	34	4.50	11.0	10:22	16

6. PRESIDENTIAL PHYSICAL FITNESS STANDARDS FOR MALE CADETS (RIBBON AWARD WITH "E" APPURTENANCE)

10	45	4.00	10.3	07:57	22
11	47	4.00	10.0	07:32	27
12	50	4.00	9.8	07:11	31
13	53	3.50	9.5	06:50	39
14	56	4.50	9.1	06:26	40
15	57	5.00	9.0	06:20	42
16	56	6.00	8.7	06:08	44
17/18	55	7.00	8.7	06:06	53

6. PRESIDENTIAL PHYSICAL FITNESS STANDARDS FOR MALE CADETS (RIBBON AWARD WITH "E" APPURTENANCE)

10	40	6.00	10.8	09:19	20
11	42	6.50	10.5	09:02	19
12	45	7.00	10.4	08:23	20
13	46	7.00	10.2	08:13	21
14	47	8.00	10.1	07:59	20
15	48	8.00	10.0	08:08	20
16	45	9.00	10.1	08:23	24
17/18	44	8.00	10.0	08:15	25