

NAME:

NLCC EXERCISE CHART

3. MINIMUM PHYSICAL FITNESS STANDARDS FOR MALE CADETS

(PRESIDENTIAL FITNESS AWARD)

Your Score

AGE	EXERCISE #1 SIT-UPS/CURL-UPS (1 MINUTE)	EXERCISE #2 V-SIT REACH (INCHES)	EXERCISE #3 SHUTTLE RUN (SECONDS)	EXERCISE #4 ONE-MILE RUN (MINUTES:SECONDS)	EXERCISE #5 PUSH-UPS/PULL-UPS/ FLEX HANG
10	34 (45) ____	+0.5 (+4.0) ____	12.2 (10.3) ____	9:45 (7:57) ____	20(22) - 2(6) - 11 ____
11	34 (47) ____	+0.5 (+4.0) ____	12.2 (10.0) ____	9:45 (7:32) ____	20(27) - 2(6) - 11 ____
12	34 (50) ____	+0.5 (+4.0) ____	12.2 (9.8) ____	9:45 (7:11) ____	20(31) - 2(7) - 11 ____
13	34 (53) ____	+0.5 (+3.5) ____	12.2 (9.5) ____	9:45 (6:50) ____	20(39) - 2(7) - 11 ____
14	36 (56) ____	+1.0 (+4.5) ____	11.9 (9.1) ____	9:30 (6:26) ____	20(40) - 4(10) - 17 ____

4. MINIMUM PHYSICAL FITNESS STANDARDS FOR FEMALE CADETS

AGE	EXERCISE #1 SIT-UPS/CURL-UPS (1 MINUTE)	EXERCISE #2 V-SIT REACH (INCHES)	EXERCISE #3 SHUTTLE RUN (SECONDS)	EXERCISE #4 ONE-MILE RUN (MINUTES:SECONDS)	EXERCISE #5 PUSH-UPS/PULL-UPS/ FLEX HANG
10	32 (40) ____	+3.5 (+6.0) ____	13.1 (10.8) ____	12:15 (9:19) ____	7(20) - 1(3) - 6 ____
11	32 (42) ____	+3.5 (+6.5) ____	13.1 (10.5) ____	12:15 (9:02) ____	7(19) - 1(3) - 6 ____
12	32 (45) ____	+3.5 (+7.0) ____	13.1 (10.4) ____	12:15 (8:23) ____	7(20) - 1(2) - 6 ____
13	32 (46) ____	+3.5 (+7.0) ____	13.1 (10.2) ____	12:15 (8:13) ____	7(21) - 1(2) - 6 ____
14	32 (47) ____	+4.5 (+8.0) ____	13.2 (10.1) ____	12:00 (7:59) ____	7(20) - 1(2) - 7 ____

5. DESCRIPTION OF EXERCISES (SEE ACTION LETTER 4-98 FOR ADDITIONAL GUIDANCE)

5a. SIT-UP: Objective: To measure abdominal strength/endurance by maximum number of sit-ups performed in one minute. **Testing:** Have Cadet lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, Cadet 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 sit-up. To start, a timer calls out the signal "Ready? Go!" and begins timing Cadet for one minute. The Cadet stops on the word "stop." **Rules:** "Bouncing" off the floor is not permitted. The sit-up should be counted only if performed correctly.

5b. V-SIT: Objective: To measure flexibility of lower back and hamstrings by reaching forward in the V position. **Testing:** A straight line two feet long is marked on the floor as the baseline. A measuring line is drawn perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point. Cadet removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8-12 inches apart. Cadet clasps thumbs so that hands are together, palms down and places them on measuring line. With the legs held flat by a partner, Cadet slowly reaches forward as far as possible, keeping fingers on baseline and feet flexed. After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded. **Rules:** Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline.

5c. SHUTTLE RUN: Objective: To perform shuttle run as fast as possible. **Testing:** Mark two parallel lines 30 feet apart and place two blocks of wood or similar object behind one of the lines. Cadets start behind opposite line. On the signal "Ready? Go!" the Cadet runs to the blocks, picks one up, runs back to the starting line, places block behind the line, runs back and picks up the second block and runs back across starting line. **Rules:** Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second.

5d. ONE-MILE RUN: Objective: To measure heart/lung endurance by fastest time to cover a one-mile distance. **Testing:** On a safe one-mile distance, Cadets begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the Cadets should be encouraged to cover the distance in as short a time as possible. **Rules:** Before administering this test, Cadets' health status should be reviewed. Also, Cadets should be given ample instruction on how to pace themselves and should be allowed to practice running this distance against time. Sufficient time should be allowed for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.

5e. PUSH-UP: Objective: To measure upper body strength/endurance by maximum number of push-ups completed. **Testing:** 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 until the Cadet can do no more time expires or has reached the target number. **Rules:** Record only those push-ups done with proper form.