

CADET EXERCISE CHART

INSTRUCTIONS

1. Use this form to track Cadets physical fitness progress.
2. The criteria listed on the reverse consist of the minimum required standards for attendance at NSCC Recruit Training, The minimum requirements to receive the NSCC/NLCC Physical Fitness Ribbon, and the Physical Fitness Excellence Appurtenance.
3. Enter the appropriate time and/or quantity in the numbered column that corresponds with the exercises listed on the reverse side.
4. Refer to NSCC/NLCC Physical Readiness Manual (NSCC Advancement and Training Manual, Appendix 3) for description and criteria for each exercise.
5. Cadets interested in participating in SEAL training should use the NSCTNG 018 to document testing requirements.

1. UNIT INFORMATION

1a. Unit Name			1b. Drill Location		
1c. Full Name & Rank of Fitness Coordinator			1d. Date of Testing (DD MMM YY)		

2. RECORD OF EXERCISES

CADET NAME	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 (NO TIME LIMIT)

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	9:45	20
14	36	+0.50	11.9	9:30	20
15	38	+1.00	11.7	9:15	25
16	40	+1.50	11.4	9:00	25
17/18	40	+1.50	11.4	8:45	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	+2.25	13.0	12:15	10

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

10	35	+1.00	11.5	9:48	14
11	37	+1.00	11.1	9:20	15
12	40	+1.00	10.6	8:40	18
13	42	+0.50	10.2	8:06	24
14	45	+1.00	9.9	7:44	24
15	45	+2.00	9.7	7:30	30
16	45	+3.00	9.4	7:10	30
17/18	44	+3.00	9.4	7:04	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	9:58	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	7:57	22
11	47	+4.00	10.0	7:32	27
12	50	+4.00	9.8	7:11	31
13	53	+3.50	9.5	6:50	39
14	56	+4.50	9.1	6:26	40
15	57	+5.00	9.0	6:20	42
16	56	+6.00	8.7	6:08	44
17/18	55	+7.00	8.7	6:06	53

7. PRESIDENTIAL PHYSICAL FITNESS STANDARDS FOR FEMALE CADETS (RIBBON AWARD WITH "E" APPURTENANCE)

10	40	+6.00	10.8	9:19	20
11	42	+6.50	10.5	9:02	19
12	45	+7.00	10.4	8:23	20
13	46	+7.00	10.2	8:13	21
14	47	+8.00	10.1	7:59	20
15	48	+8.00	10.0	8:08	20
16	45	+9.00	10.1	8:23	24
17/18	44	+8.00	10.0	8:15	25