

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 #4 ONE-MILE RUN (MINUTES/SECONDS)	EXERCISE #5 PUSH-UPS (NO TIME LIMIT)
10	28	11:40	12
11	29	11:25	14
12	32	10:22	15
13	34	9:45	20
14	36	9:30	20
15	38	9:15	25
16	40	9:00	25
17/18	40	8:45	30
3. MINIMUM PHYSICAL FITNESS STANDARDS FOR FEMALE CADETS			
10	26	13:00	9
11	28	12:42	7
12	30	12:24	5
13	32	12:15	7
14	32	12:00	7
15	31	11:45	10
16	30	12:15	10
17/18	29	12:15	10
4. PHYSICAL FITNESS STANDARDS FOR MALE CADETS (RIBBON AWARD)			
10	35	9:48	14
11	37	9:20	15
12	40	8:40	18
13	42	8:06	24
14	45	7:44	24
15	45	7:30	30
16	45	7:10	30
17/18	44	7:04	37
5. PHYSICAL FITNESS STANDARDS FOR FEMALE CADETS (RIBBON AWARD)			
10	30	11:22	13
11	32	11:17	11
12	35	11:05	10
13	37	10:23	11
14	37	10:06	10
15	36	9:58	15
16	35	10:31	12
17/18	34	10:22	16
6. PHYSICAL FITNESS STANDARDS FOR MALE CADETS (RIBBON AWARD WITH "E" APPURTENANCE)			
10	45	7:57	22
11	47	7:32	27
12	50	7:11	31
13	53	6:50	39
14	56	6:26	40
15	57	6:20	42
16	56	6:08	44
17/18	55	6:06	53
7. PHYSICAL FITNESS STANDARDS FOR FEMALE CADETS (RIBBON AWARD WITH "E" APPURTENANCE)			
10	40	9:19	20
11	42	9:02	19
12	45	8:23	20
13	46	8:13	21
14	47	7:59	20
15	48	8:08	20
16	45	8:23	24
17/18	44	8:15	25