

CADET EXERCISE CHART

Refer to NSCC/NLCC Physical Readiness Manual (NSCC Advancement and Training Manual, Appendix 3) 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	+0.5	14.5	11:40	12
11	29	+0.5	13.5	11:25	14
12	32	+0.5	12.4	10:22	15
13	34	+0.25	12.2	9:45	20
14	36	+0.5	11.9	9:30	20
15	38	+1.0	11.7	9:15	25
16	40	+1.5	11.4	9:00	25
17/18	40	+1.5	11.4	8:45	30
3. MINIMUM PHYSICAL FITNESS STANDARDS FOR FEMALE CADETS					
10	26	+1.5	14.2	13:00	9
11	28	+1.5	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	+2.5	13.0	11:45	10
16	30	+2.75	12.9	12:15	10
17/18	29	+2.25	13.0	12:15	12
4. NATIONAL PHYSICAL FITNESS STANDARDS FOR MALE CADETS (RIBBON AWARD)					
10	35	+1.0	11.5	9:48	14
11	37	+1.0	11.1	9:20	15
12	40	+1.0	10.6	8:40	18
13	42	+0.5	10.2	8:08	24
14	45	+1.0	9.9	7:04	24
15	45	+2.0	9.7	7:30	30
16	45	+3.0	9.4	7:10	30
17/18	44	+3.0	9.4	7:04	37
5. NATIONAL PHYSICAL FITNESS STANDARDS FOR FEMALE CADETS (RIBBON AWARD)					
10	30	+3.0	12.1	11:22	13
11	32	+3.0	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	+5.0	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	+4.0	10.3	7:57	22
11	47	+4.0	10.0	7:32	27
12	50	+4.0	9.8	7:11	31
13	53	+3.50	9.5	6:50	39
14	58	+4.5	9.1	6:26	40
15	57	+5.0	9.0	6:20	42
16	58	+6.0	8.7	6:08	44
17/18	55	+7.0	8.7	6:06	53
7. PRESIDENTIAL PHYSICAL FITNESS STANDARDS FOR FEMALE CADETS (RIBBON AWARD WITH 'E' APPURTENANCE)					
10	40	+8.0	10.8	9:19	20
11	42	+8.5	10.5	9:02	19
12	45	+7.0	10.4	8:23	20
13	48	+7.0	10.2	8:13	21
14	47	+8.0	10.1	7:59	20
15	48	+8.0	10.0	8:08	20
16	45	+9.0	10.1	8:23	24
17, 18	44	+8.0	10.0	8:15	25