U.S. NAVAL SEA CADET CORPS U.S. NAVY LEAGUE CADET CORPS

CADET EXERCISE CHART

INSTRUCTIONS

- Use this form to track Cadets physical fitness progress.
- 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.

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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 (NSCC Advancement and Training Manual, Appendix 3) for description and criteria for each exercise.

- 1					EXERCISE #5
AGE	EXERCISE #1 SIT-UPS (1 MINUTE)	EXERCISE #2 SIT & REACH (INCHES)	EXERCISE #3 SHUTTLE RUN (SECONDS)	EXERCISE #4 ONE-MILE RUN (MINUTES/SECONDS)	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. MININ	IUM PHYSICAL FITNESS STAND	ARDS 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. NATIC	DNAL PHYSICAL FITNESS STANI	DARDS FOR MALE CADETS (R	IBBON 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	8:06	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
	NAL PHYSICAL FITNESS STAND			7.04	O,
			,	T 44.00 T	
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
	DENTIAL PHYSICAL FITNESS ST				
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	56	+4.5	9.1	6:26	40
15	57	+5.0	9.0	6:20	42
16	56	+6.0	8.7	6:08	44
17/18	55	+7.0	8.7	6:06	53
. PRESI	DENTIAL PHYSICAL FITNESS ST	ANDARDS FOR FEMALE CAD	ETS (RIBBON AWARD WITH "I	E" APPURTENANCE)	
10	40	+6.0	10.8	9:19	20
11	42	+6.5	10.5	9:02	19
12	45	+7.0	10.4	8:23	20
13	46	+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