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| PHYSICAL TRAINING TEST |
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| **FLIGHT: ALPHA DATE:**  |
|  |
| Name | **Push Ups** | **Sit Ups** | **Mile** | **Sit and Reach** | **Shuttle Run** | **PT Shirt** | **TOTAL** | Legend |
|  |  |  |  |  |  |  |  | ***MALE MINIMUM REQUIREMENTS:****Push Ups: 25**Sit ups: 40**Mile: 9 Minute****FEMALE MINIMUM REQUIREMENTS:****Push Ups: 15**Sit ups: 25**Mile: 10 Minute* |
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 NC-948 Form 6, Jan 2016

#  Approved by SASI/ASI:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_