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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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_