



WEEKEND TEST

Stretches:

- Legs (Hamstrings, quads) | Arms (Shoulders, triceps) | Chest

PRT TEST:

- For best time/score:

1. 1.5 mile run

- 8:15 – 9:00 outstanding | 9:01– 9:30 excellent | 9:31 – 10:00 good
10:01 – 11:00 satisfactory | 11:01 – 12:30 or longer probationary

2. 2 minute push-ups

- 100 – 90 outstanding | 89 – 75 excellent | 74 – 60 good | 59 – 45 satisfactory
44 or below probationary

3. 2 minute sit ups

- 100 – 90 outstanding | 89 – 75 excellent | 74 – 60 good | 59 – 45 satisfactory
44 or below probationary

END

Post your results on social media tagging:

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