

JOB SHEET 2-1  
 PRINCIPLES OF PHYSICAL FITNESS AND DRY LAND CONDITIONING

TRAINEE NAME/RATE \_\_\_\_\_ SSN \_\_\_\_\_  
 INSTRUCTOR/EVALUATOR \_\_\_\_\_ DATE \_\_\_\_\_

Evaluation procedure: Instructors are to ensure that all students are doing all exercises in accordance with lesson topic 2-1. If a student is performing an exercise incorrectly the instructor shall immediately correct their form and instruct the student counting to not add the improperly performed exercise to the overall number for that particular exercise.

Exercises will consist of the following;

	Level 1	# Of Reps
Pull-ups	3	_____
Lunges	15	_____
Regular width push-ups	25	_____
Bent knee sit-ups	20	_____
Wide arm push-ups	25	_____
Crunches	25	_____
Flutter kicks	25	_____
Tricep push-ups	15	_____
2.0 Mile run	20:00	_____

Any student who does not achieve the minimum number of repetitions of the exercise for the level of test they are taking, will fail the entire test. Any student who fails will be retested on the next physical training day.