

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Push Ups	3 sets of 15	Off	3 sets of 15	Off	3 sets of 15	30 min of	Off
Sit-ups	3 sets of 20	Off	3 sets of 20	Off	3 sets of 20	Cardiovascular	Off
Run	1 mile - jog	Off	1 mile – jog	Off	1 mile –jog	Activity	Off
<b>Week 2</b>							
Push Ups	3 sets of 20	Off	3 sets of 20	Off	3 sets of 20	30 min of	Off
Sit-ups	3 sets of 25	Off	3 sets of 25	Off	3 sets of 25	Cardiovascular	Off
Run	1 mile – run	Off	1 mile – run	Off	1 mile – run	Activity	Off
<b>Week 3</b>							
Push Ups	3 sets of 25	Off	3 sets of 25	Off	3 sets of 25	30 min of	Off
Sit-ups	3 sets of 30	Off	3 sets of 30	Off	3 sets of 30	Cardiovascular	Off
Run	1 mile run jog ½ mile	Off	1 mile run jog ½ mile	Off	1 mile run jog ½ mile	Activity	Off
<b>Week 4</b>						30 min of	
Push Ups	3 sets of 30	3 sets of 30	3 sets of 30	3 sets of 35	3 sets of 35	3 sets of 35	Off
Sit-ups	2 sets of 40 1 set of 30	2 sets of 40 1 set of 30	2 sets of 40 1 set of 30	2 sets of 40 1 set of 30	2 sets of 40 1 set of 30	2 sets of 40 1 set of 30	Off
Run	1.5 mile run/jog	Off	1.5 mile run/jog	Off	1.5 mile run/jog	1.5 mile jog	Off
<b>Week 5</b>							
Push Ups	1 set till failure 2 sets of 40	1 set till failure 2 sets of 40	1 set till failure 2 sets of 40	1 set till failure 2 sets of 45	Off	Practice PFT	Off
Sit-ups	2 sets of 50 1 set of 40	2 sets of 50 1 set of 40	2 sets of 50 1 set of 40	2 sets of 50 1 set of 40	Off	Practice PFT	Off
Run	1.5 mile run	2 mile jog	1.5 mile run	1 mile jog	Off	Practice PFT	Off
<b>Week 6</b>	Repeat						
Push Ups	1 set till failure 2 sets of 50	1 set till failure 2 sets of 50	1 set till failure 2 sets of 50	Off	Practice PFT	Enjoy your weekend	Off
Sit-ups	1 set till failure 2 sets of 50	1 set till failure 2 sets of 50	1 set till failure 2 sets of 50	Off	Practice PFT	See you Soon!	Off
Run	1.5 mile run	2 mile jog	1.5 mile run	Off	Practice PFT		Off

## **Proper Physical Fitness Test (PFT) Sequence**

- 1) 1 minute of push-ups
- 2) 3 minute rest
- 3) 1 minute of sit-ups
- 4) 3 minute rest
- 5) 1.5 mile run

## **Proper Form of Callisthenic Exercises**

### **Push Ups**



From the starting position (arms extended, fingers pointed forward), the cadets will lower the body to the ground until the upper arm is at least parallel to the floor and elbow bent at least 90 degrees before pushing back up to the starting position (the chest may touch the floor). If the cadet does not come down far enough, the push-up does not count. The cadet completes one full push-up after returning to the starting position. Ensure the body does not bow at the waist as the cadet tires. The body must remain rigid during the assessment—the back must remain straight unless resting. Cadets must keep hands and feet on the floor to rest (no shaking out hands or feet); any resting must be done in the up position.

## Sit Ups



The starting position is lying on the floor, face up, knees bent at a 90-degree angle, and feet/heels in contact with the floor at all times. The heels and buttocks must remain on the floor during the entire assessment. The cadet's arms will be crossed over the chest with the hands at the shoulders or resting on the upper chest. A complete sit-up is accomplished when the upper torso of the cadet is raised off the floor, the elbows touch the knees or thighs, and the upper torso is lowered back to the floor until both shoulder blades touch the floor. Elbows must touch the knees or any part of the thighs at the apex of the sit-up, and the shoulder blades must touch the floor at the bottom of the sit-up. The hands must stay in contact with the shoulders/upper chest at all times—no pulling/grabbing of the shirt. The cadet may only rest in the up position. If the cadet rests in the down position, the test will be terminated. Also, the cadet cannot rest by putting the elbows over the knees or by hugging the knees.