

CADET NUMBER

extension pres
heel bal. clas
hands 3 times

10 dips
12 swinging
dips

Grasshopper wa
length-5 dips
forward cut-of
either hand
shoulder
balance

length of bars
legs & lever
climb rope
in 10 sec.

hand hop lengt
of letter & ba
75 squat jumps

Inverted hand
pull up 3 time