MEMO TO: Cadet ____________________________ Date: ____________

FROM: Flight Commander

SUBJECT: Make-Up Physical Training Worksheet

1. You did not dress out or absent on ____________________ for the weekly PT class.
   a. Please complete the Home Exercises as described in this letter.
   b. Have your parent/guardian or coach validate completion of the exercises.

2. All make-up PT forms must be submitted prior to next PT session for credit

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HOME EXERCISES:

**Warm Up Exercises.** Leg & arm stretches, trunk twists, and others that we do on Friday PT.

**Complete these aerobic exercises:**

1. Fifteen 4-count jumping jacks.
2. Fifteen two-legged squats.
3. Twenty heel lifts.
4. Fifteen lunges with each leg.
5. Twenty-five pushups. (may be split up if needed)
6. Twenty-five sit-ups. (may be split up if needed)
7. Walk one mile in 15 minutes or less; or jog one mile in less than 10 minutes.

*Alternate exercises may be completed if involved with athletics, martial arts, dance, etc.*

Time for the WALK or JOG: ______________

I certify that ______________________ completed these exercises___________________________

   (Cadet Last Name, First Name)   (Parent/Guardian/Coach signature and phone number)

Return the signed paper prior to next PT session.