

PHYSICAL CAPACITY RATING SCALE

Level	EXERCISE					Min. Sec.
	1	2	3	4	5	
A+	28	48	58	64	500	8:00
A	28	38	48	53	400	8:00
A-	28	28	48	42	475	8:00
B+	28	28	47	48	400	8:15
B	28	26	48	38	400	8:15
B-	28	24	48	38	445	8:25
C+	28	22	44	28	420	8:27
C	28	21	43	28	428	8:30
C-	28	20	42	24	418	8:30
D+	24	28	41	22	400	8:45
D	24	27	40	21	385	8:50
D-	24	28	38	20	375	7:00
Minimum for each exercise	2	1	1	1	1	

AGE GROUPS

18-25 yrs maintains C

FLYING CREW

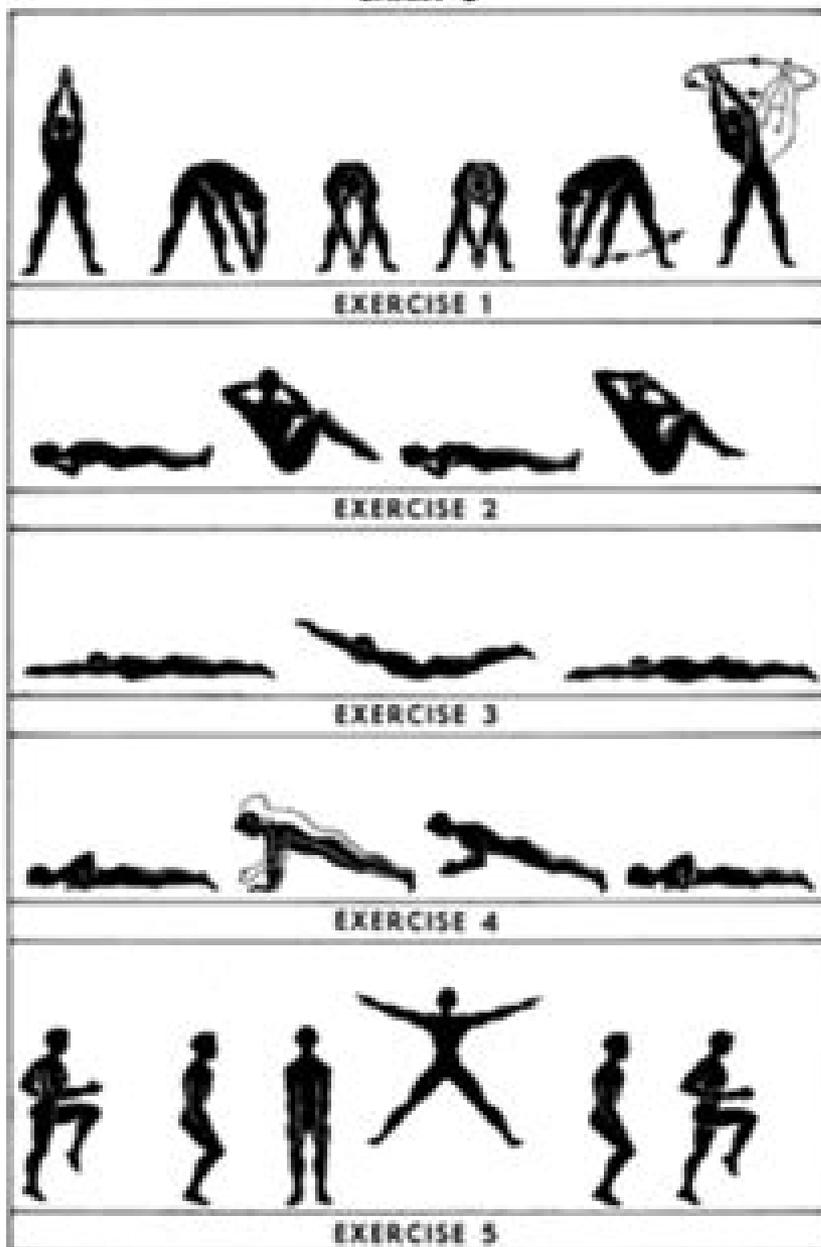
Under 25 yrs maintains B+

25-29 yrs maintains D+

CHART 3 —

- 1 Feet astride, arms upward, hands clasped, arms straight.
 —Touch floor outside left foot, between feet, press once then outside right foot, circle hand back-wards as far as possible.
 Reverse direction after half the number of counts. Do not strain to keep knees straight.
- 2 Back lying, legs straight, feet together, hands clasped behind head.
 —Sit up and raise legs in bent position at same time twist to touch right elbow to left knee. This completes one movement.
 Alternate the direction of twist each time.
 —Keep feet off floor when elbow touches knee.
- 3 Front lying, arms extended overhead.
 —Raise arms, head, chest and both legs as high as possible.
 —Keep legs and arms straight, chest and both thighs completely off floor.
- 4 Front lying, hands under shoulder, palms flat on floor.
 —Push off floor and clap hands before returning to starting position.
 —Keep body straight during the entire movement. Hand clap must be heard.
- 5 Stationary run—count a step each time left foot touches floor—knees waist high.
 Every 75 steps do 10 "semi-spread eagle jumps".
 Repeat this sequence until required number of steps is completed.
 Semi-spread eagle jumps—Feet together, drop to a half crouch position hands on knees with arms straight.
 —Jump up to feet astride swing arms overhead in motion, return directly to starting position on landing.
 —Raise hands above head level, spread feet at least shoulder width apart in astride position before landing with feet together.

CHART 3



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