COMMON TRAINING

ALL TRAINING LEVELS

INSTRUCTIONAL GUIDE
PHYSICAL ACTIVITIES

SECTION 2

EO CX05.01 – PARTICIPATE IN PHYSICAL ACTIVITIES

Total Time:	9 x 30 min

THERE IS NO INSTRUCTIONAL GUIDE PROVIDED FOR THIS EO. REFER TO THE INSTRUCTIONAL GUIDE FOR EO MX05.01 (PARTICIPATE IN PHYSICAL ACTIVITIES).

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