**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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