

COMMON TRAINING

ALL TRAINING LEVELS

INSTRUCTIONAL GUIDE
PERSONAL FITNESS
AND HEALTHY LIVING

SECTION 4

EO CX04.01 – PARTICIPATE IN THE CADET FITNESS ASSESSMENT AND IDENTIFY STRATEGIES FOR IMPROVING PERSONAL PHYSICAL FITNESS

Total Time:	One session (3 periods) = 90 min

THERE IS NO INSTRUCTIONAL GUIDE PROVIDED FOR THIS EO. REFER TO THE INSTRUCTIONAL GUIDE FOR EO MX04.03 (PARTICIPATE IN THE CADET FITNESS ASSESSMENT AND IDENTIFY STRATEGIES FOR IMPROVING PERSONAL PHYSICAL FITNESS).

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