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).

Unofficial convenience copy of A-CR-CCP-601/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-601-PF-001/A-CR-CCP-601-PF-001.pdf.
Verify against the official publication.

THIS PAGE INTENTIONALLY LEFT BLANK

Unofficial convenience copy of A-CR-CCP-601/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-601-PF-001/A-CR-CCP-601-PF-001.pdf.
Verify against the official publication.