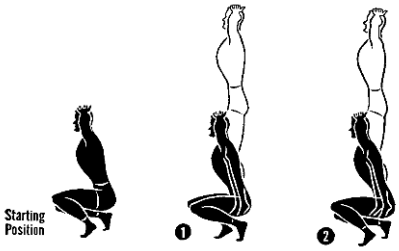
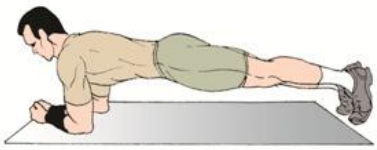
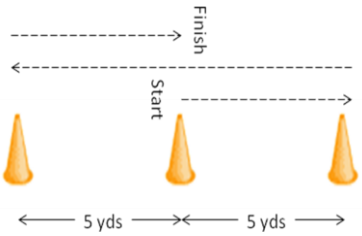
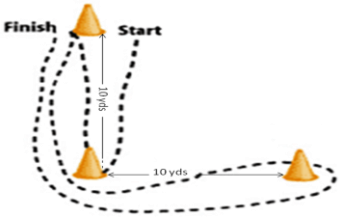
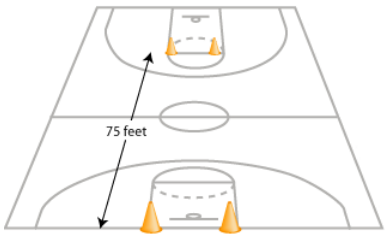
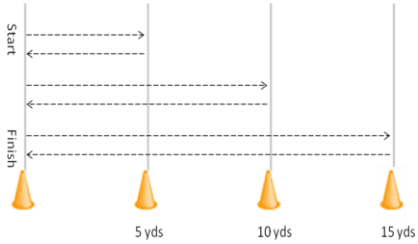
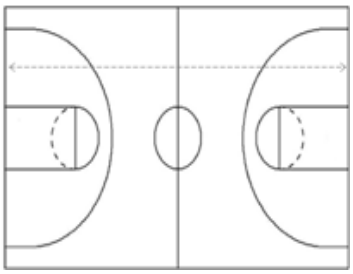
Day 1 Gym Session

Level 1	Level 2	Level 3
V-Sit (2-min) 	One-Leg Crab Stance (2-Min) 	Rower * (1-min)
Standing Long Jump (Best of 3) 	Squat Jumps* (1-min) 	Turkish Get-Up
Plank (2-min) 	Cadence Push-Up (2-min) 	Wall Squat (2-min)
Pro-Agility 	3-Cone Drill 	¾ Court Sprint 
60-yd Shuttle Run 	300-yd Shuttle 	3-min Celtic Run 

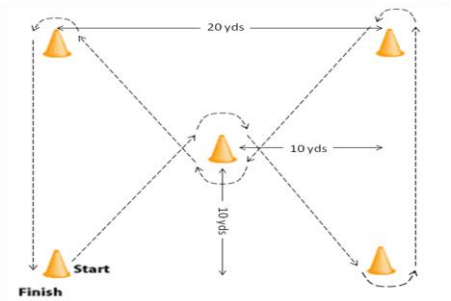
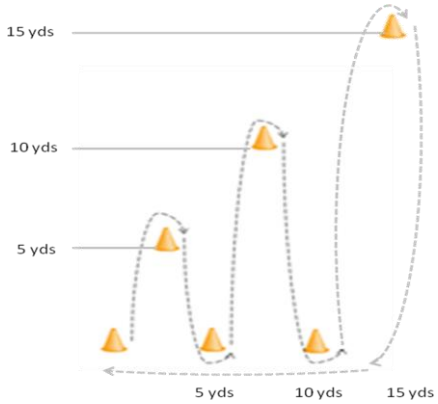
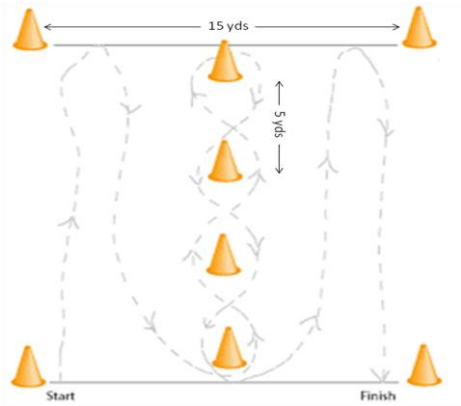
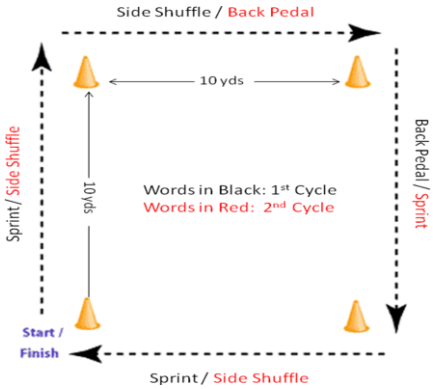
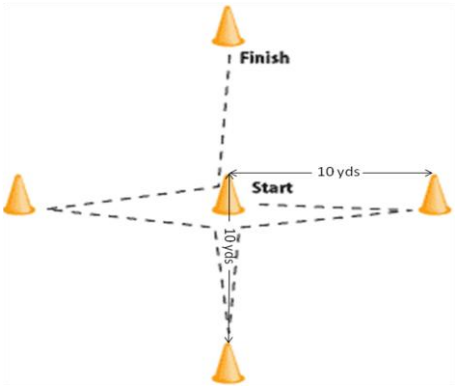
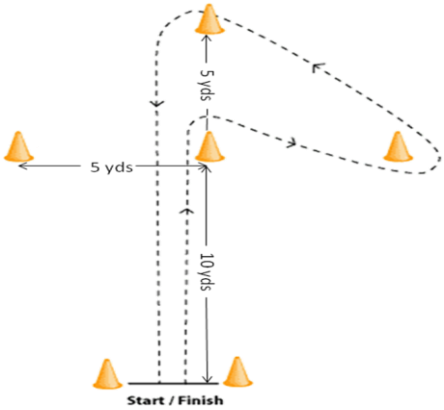
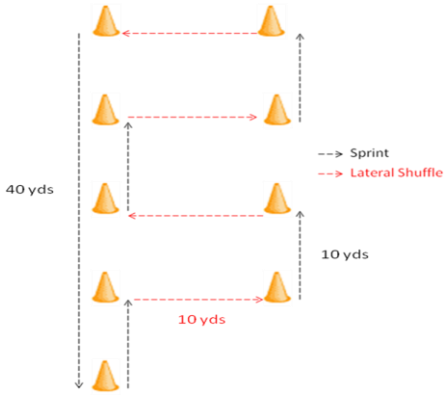
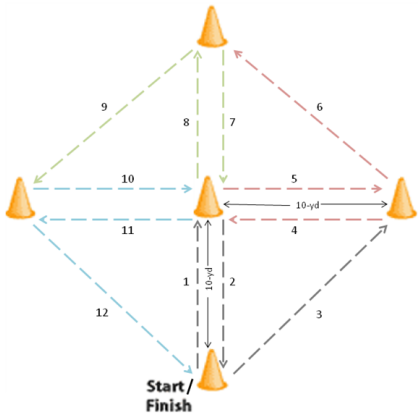
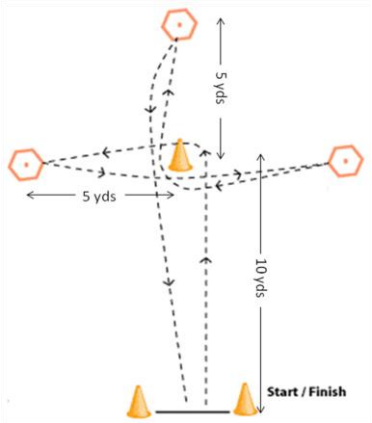
* Exercise may be contraindicative for some Sailors

Day 1 Gym Session Official Score Sheet

Member Name: _____ Rank: _____ Age: _____ Gender: _____

Level 1		Level 2		Level 3	
V-Sit (min:sec)		One-Leg Crab Stance (min:sec)		Rower	
Time Held		Time Held		No. Completed	
Max. Score	M: 2:00	Max. Score	M: 2:00	Max. Score	M: 35
	F: 2:00		F: 2:00		F: 35
Min. Score	M: 1:15	Min. Score	M: 0:30	Min. Score	M: 20
	F: 1:15		F: 0:30		F: 20
Standing Long Jump (in.)		Squat Jumps		Turkish Get-Up	
Best Distance		No. Completed		No. Completed	
Max. Score	M: 109	Max. Score	M: 70	Max. Score	M: N/A
	F: 87		F: 60		F: N/A
Min. Score	M: 55	Min. Score	M: 25	Min. Score	M: N/A
	F: 46		F: 22		F: N/A
Plank (min:sec)		Cadence Push-Ups		Wall Squat (min:sec)	
Time Held		No. Completed		Time Held	
Max. Score	M: 2:00	Max. Score	M: 60	Max. Score	M: 2:00
	F: 2:00		F: 45		F: 2:00
Min. Score	M: 1:15	Min. Score	M: 20	Min. Score	M: 0:55
	F: 1:15		F: 15		F: 0:55
Pro-Agility (sec)		3-Cone Drill (sec)		¾ Court Sprint (sec)	
Best Time		Best Time		Best Time	
Max. Score	M: 4.7	Max. Score	M: 10	Max. Score	M: 3.5
	F: 5.2		F: 14		F: 4.0
Min. Score	M: 6.6	Min. Score	M: 14	Min. Score	M: 4.2
	F: 6.9		F: 20		F: 4.6
60-yd Shuttle Run (sec)		300-yd Shuttle (min:sec)		3-min Celtic Run	
Best Time		Average Time		No. Completed	
Max. Score	M: 12	Max. Score	M: 0:58	Max. Score	M: 26
	F: 15		F: 1:09		F: 22
Min. Score	M: 18	Min. Score	M: 1:39	Min. Score	M: 15
	F: 22		F: 1:41		F: 14

Day 2 Gym Session

Level 1	Level 2	Level 3
Zig Zag Drill  	Modified Balsom Agility Drill  	Illinois Agility Test 
Box Drill  	Compass Drill  	Arrowhead Agility Drill 
F Drill  	Around-the-World Drill  	Shuttle Cross Pick-Up 

Day 2 Gym Session Official Score Sheet

Member Name: _____ Rank: _____ Age: _____ Gender: _____

Level 1		Level 2		Level 3	
Zig Zag Drill (sec)		Modified Balsom Agility Drill (sec)		Illinois Agility Test (sec)	
Best Time		Best Time		Best Time	
Max. Score	M: 18	Max. Score	M: 15	Max. Score	M: 18
	F: 20		F: 18		F: 23
Min. Score	M: 25	Min. Score	M: 22	Min. Score	M: 25
	F: 28		F: 25		F: 31
Box Drill (sec)		Compass Drill (sec)		Arrowhead Agility Drill (sec)	
Best Time		Best Time		Best Time	
Max. Score	M: 20	Max. Score	M: 15	Max. Score	M: 7
	F: 28		F: 18		F: 9
Min. Score	M: 27	Min. Score	M: 22	Min. Score	M: 11
	F: 36		F: 25		F: 13
F Drill (sec)		Around-the-World Drill (sec)		Shuttle Cross Pick-Up (sec)	
Best Time		Best Time		Best Time	
Max. Score	M: 21	Max. Score	M: 28	Max. Score	M: 12
	F: 28		F: 32		F: 14
Min. Score	M: 29	Min. Score	M: 35	Min. Score	M: 18
	F: 37		F: 40		F: 20