

# **Dr. Drill Instructor PFT**

## **PHYSICAL FITNESS TEST**

**MONDAY:** ONE MILE RUN (PENNDALE)

- FORMATION RUN

TIME: \_\_\_\_\_

**WEDNESDAY:**

PLANK: time= \_\_\_\_\_

WALL SIT: time= \_\_\_\_\_

SHOULDERS to 90: time= \_\_\_\_\_

SKY DIVE: time = \_\_\_\_\_

**FRIDAY:**

CRUNCH \_\_\_\_\_

SQUAT \_\_\_\_\_

PUSH UP \_\_\_\_\_

SQUAT THRUST \_\_\_\_\_

MOUNTAIN CLIMBERS \_\_\_\_\_

### **COMMENTS**

STRENGTH \_\_\_\_\_

\_\_\_\_\_

FLEXIBILITY \_\_\_\_\_

\_\_\_\_\_

STAMINA \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_