**PHYSICAL CAPACITY RATING SCALE**

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<th>Level</th>
<th>EXERCISE 1</th>
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**CHART 2**

1. Feet astride, arms upward.
   - Touch floor and press (bounce) once then stretch upward and backward bend. Do not strain to keep knees straight.
2. Back lying, feet 6" apart, arms at sides.
   - "Sit up" to vertical position, keep feet on floor even if it is necessary to hook them under a chair. Allow knees to bend slightly.
3. Front lying, palms placed under thighs.
   - Raise head, shoulders, and both legs.
   - Keep legs straight, both thighs must clear the palms.
4. Front lying, hands under the shoulder, palms flat on floor.
   - Straighten arms to lift body with only palms and toes on the floor.
   - Back straight.
   - Chest must touch floor for each completed movement after arms have been fully extended.
5. Stationary run—count a step each time left foot touches floor—Lift feet approximately 4 inches off floor. After every 75 steps, do 10 "astride jumps". Repeat this sequence until required number of steps is completed.
   - Astride jumps—feet together, arms at side.
   - Jump and land with feet astride and arms raised sideways to slightly above shoulder height.
   - Return with a jump to the starting position for count of one.
   - Keep arms straight.

**AGE GROUPS**

- 8 yrs maintains D-
- 9 yrs maintains C-
- 10 yrs maintains B-
- 11 yrs maintains A-
- 45-49 yrs maintains A+
- 50-60 yrs maintains C+