

PHYSICAL CAPACITY RATING SCALE

Level	EXERCISE					1 mile run	2 mile walk
	1	2	3	4	5	In minutes	
A+	30	22	50	42	400	7	19
A	30	22	49	40	395	7	19
A-	30	22	49	37	390	7	19
B+	28	21	47	34	380	7½	20
B	28	21	46	32	375	7½	20
B-	28	21	46	30	365	7½	20
C+	26	19	44	28	355	7½	21
C	26	19	43	26	345	7½	21
C-	26	19	43	24	335	7½	21
D+	24	18	41	21	325	7½	23
D	24	18	40	19	315	7½	23
D-	24	18	40	17	300	7½	23
Minutes for each exercise	2	1	1	1	6		

AGE GROUPS

15 yrs maintains D-
 16-17 yrs maintains C+
 25-29 yrs maintains A+
 30-34 yrs maintains C-

FLYING CREW

30-34 yrs maintains B
 35-39 yrs maintains C-

CHART 4 —

1 Feet astride, arms upward.

Touch floor outside left foot, between feet, press once then outside right foot, circle bend backwards as far as possible, reverse direction after half the number of counts. Do not strain to keep knees straight.

—Keep arms above head and make full circle, bending backward past vertical each time.

2 Back lying, legs straight, feet together, arms straight overhead.

—Sit up and touch the toes keeping the arms and legs straight. Use chair to hook feet under only if necessary.

—Keep arms in contact with the sides of the head throughout the movement. Allow knees to bend slightly.

3 Front lying, hands and arms stretched sideways.

—Lift head, shoulders, arms, chest and both legs as high as possible. —Keep legs straight, raise chest and both thighs completely off floor.

4 Front lying, palms of hands flat on floor, approximately 1 foot from ears directly to side of head.

—Straighten arms to lift body. —Chest must touch floor for each completed movement.

5 Stationary run—(count a step each time left foot touches floor—lift knees waist high).

Every 75 steps do 10 “semi-squat jumps”.

Repeat this sequence until required number of steps is completed.

Semi-squat jumps—Drop to a half crouch position with hands on knees and arms straight, keep back as straight as possible, right foot slightly ahead of left.

—Jump to upright position with body straight and feet leaving floor. Reverse position of feet before landing. Return to half crouch position and repeat.

CHART 4

