

77TH ST LOUIS CRUSADERS COMPOSITE SQ
CADET PHYSICAL FITNESS TEST (CPFT)

Date		
Cadet Tested Male Age 18+		
CAP ID #		
Name		
Rank		
Aerobic Fitness		
Mile Run	8:04	
Muscular Strength/Endurance		
Curl-Up	24	
Push-Up	18	
Flexibility		
Sit & Reach	8	
Proctor		
CAP ID #		
Name		
Rank		