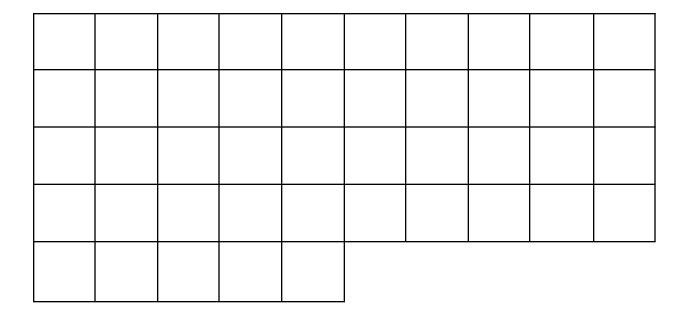
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			Ups: 45						
1 1		1	(Date B	OX AS C	omple:	ted)	Г		

Sit Ups: 45 sets of 50=2250 (Date Box as Completed)											

Burpies: 45 sets of 10=450 Hours



## Jumping Jacks: 45 sets of 150=6750

## (Date Box as Completed)

## REMEMBER

This is a testing requirement! The purpose is to make sure you are in black belt shape for your exam. Also its about your self discipline and attention to the details. Exercises can be supplemented with the chief instructors direct permission.

**GOOD LUCK!**