




































# NewPTtestArmy.com

	4 Soldiers	3 Soldiers	2 Soldiers
<b>Minute 2</b>			
Station 1 - Rest / Safety			
Station 2 - Pull Exercise			
Station 1 - Rest / Safety			
Station 4 - Core Exercise			
	4 Soldiers	3 Soldiers	2 Soldiers
<b>Minute 3</b>			
Station 1 - Rest / Safety			
Station 2 - Pull Exercise			
Station 1 - Rest / Safety			
Station 4 - Core Exercise			
	4 Soldiers	3 Soldiers	2 Soldiers
<b>Minute 4</b>			
Station 1 - Rest / Safety			
Station 2 - Pull Exercise			
Station 1 - Rest / Safety			
Station 4 - Core Exercise			
	4 Soldiers	3 Soldiers	2 Soldiers
<b>Minute 5 (same as Min 1)</b>			
Station 1 - Rest / Safety			
Station 2 - Pull Exercise			
Station 1 - Rest / Safety			
Station 4 - Core Exercise	