

Academy Week	Exercise	Minimum Repetitions Modified Health Standard	Maximum Repetitions by Phase	Target Number of Days per Week
One	Pushups	15 (Male) 6 (Female)	15 (Male) 6-7 (Female)	1-5
Two	Pushups	15 (Male) 6 (Female)	16 (Male) 7 (Female)	1-5
Three	Pushups	15 (Male) 6 (Female)	17 (Male) 7-8 (Female)	1-5
Four	Pushups	15 (Male) 6 (Female)	18 (Male) 8 (Female)	1-5
Five	Pushups	15 (Male) 6 (Female)	19 (Male) 8-9 (Female)	1-5
Six	Pushups	15 (Male) 6 (Female)	20 (Male) 9 (Female)	1-5
Seven	Pushups	15 (Male) 6 (Female)	21 (Male) 9-10 (Female)	1-5
Eight	Pushups	22 (Male) 10 (Female)	22 (Male) 10 (Female)	1-5
Nine	Pushups	22 (Male) 10 (Female)	23 (Male) 10-11 (Female)	1-5
Ten	Pushups	22 (Male) 10 (Female)	24 (Male) 11 (Female)	1-5
Eleven	Pushups	22 (Male) 10 (Female)	25 (Male) 11-12 (Female)	1-5
Twelve	Pushups	22 (Male) 10 (Female)	26 (Male) 12 (Female)	1-5
Thirteen	Pushups	22 (Male) 10 (Female)	27 (Male) 13 (Female)	1-5
Fourteen	Pushups	22 (Male) 10 (Female)	28 (Male) 14 (Female)	1-5
Fifteen	Pushups	28 (Male) 14 (Female)	29 (Male) 14-15 (Female)	1-5
Sixteen	Pushups	28 (Male) 14 (Female)	30 (Male) 15 (Female)	1-5
Seventeen	Pushups	28 (Male) 14 (Female)	31 (Male) 16 (Female)	1-5
Eighteen	Pushups	28 (Male) 14 (Female)	32 (Male) 17 (Female)	1-5
Nineteen	Pushups	28 (Male) 14 (Female)	33 (Male) 18 (Female)	1-5
Twenty	Pushups	28 (Male) 14 (Female)	34 (Male) 19 (Female)	1-5
Twenty +	Pushups	28 (Male) 14 (Female)	35 (Male) 20 (Female)	1-5