



IT'S JUST ANOTHER DAY IN THE CLASSROOM

PREREQUISITES

- APFT: 52 push-ups, 62 sit-ups
- 14:54 2-mile run
- 7 deadhang pull-ups
- 500m swim in ACUs
- 5-mile run in 40:00 on day two



U.S. ARMY JOHN F. KENNEDY SPECIAL WARFARE CENTER AND SCHOOL



SPECIAL FORCES COMBAT DIVER QUALIFICATION COURSE