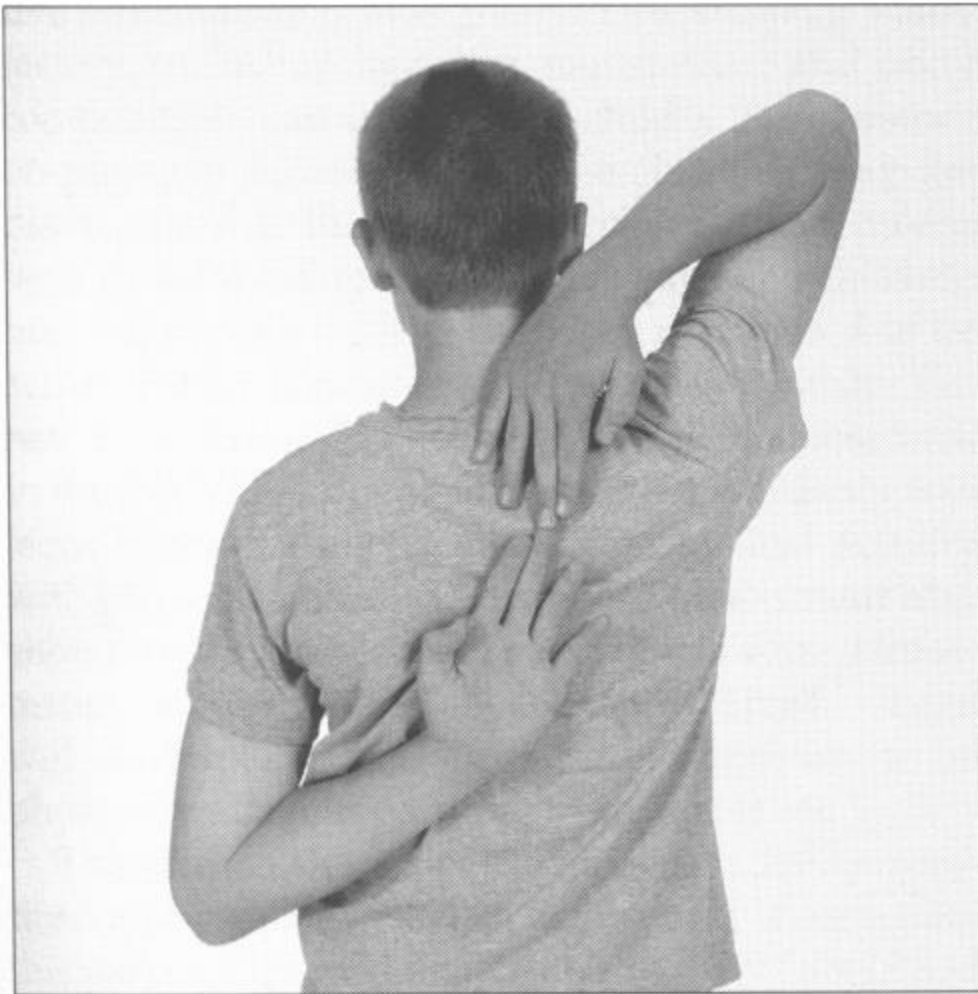


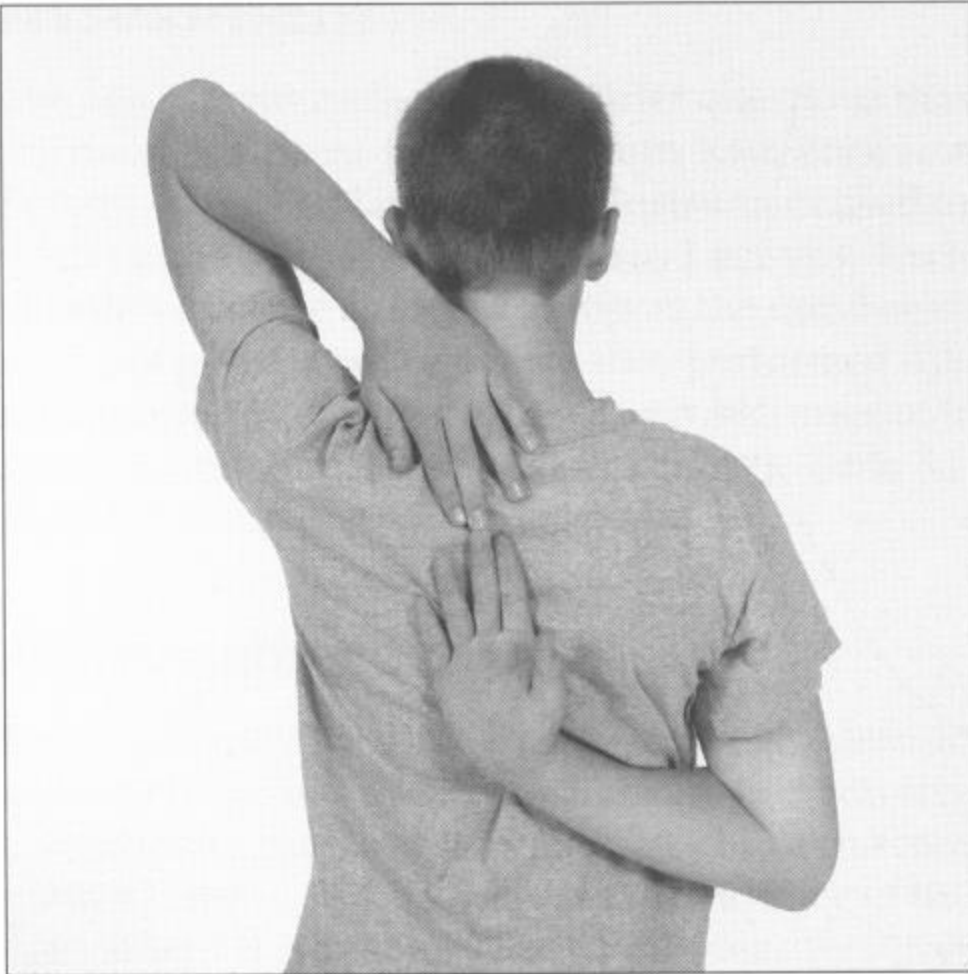
SHOULDER STRETCH

1. Objective of the shoulder stretch:
 - a. The shoulder stretch is an assessment of upper arm and shoulder flexibility.
 - b. This assessment is conducted by reaching one arm over the shoulder on the same side, and the other arm behind the back to touch the fingertips.
2. Conducting the shoulder stretch:
 - a. have the cadet test their right shoulder by:
 - (1) reaching with the right hand over the right shoulder and down the back;
and
 - (2) reaching with the left hand behind the back to touch the right hand



Right shoulder stretch

- b. have the cadet test their left shoulder by:
- (1) reaching with the left hand over the left shoulder and down the back; and
 - (2) reaching with the right hand behind the back to touch the left hand



Left shoulder stretch

- c. The scorekeeper will observe if the hands are touching to determine the left and right shoulder stretch score (yes or no).
3. Scoring the shoulder stretch
- a. Scoring for the shoulder stretch is based on the cadet's ability to touch their fingers on both their right and left sides. The score is indicated with a yes (Y) or no (N) on the score sheet.