



# ***FITNESS EDUCATION WORKSHOP***

**CTWG CAC DEVELOPED THE FITNESS EDUCATION WORKSHOP TO ASSIST CADETS IN TRAINING FOR THE CAP PHYSICAL FITNESS TESTS THAT CADETS NEED FOR PROMOTIONS. THE TRAINING WILL ADDRESS GENERAL CONDITIONING, WITH A FOCUS ON CORRECT FORM AND TECHNIQUES TO DEVELOP THE MUSCLE GROUPS NEEDED FOR SPECIFIC PT TESTS, AND STAYING INJURY-FREE. PROPER WARM-UP AND COOL-DOWN ROUTINES WILL BE EMPHASIZED.**



## ***WORKSHOP INFO***

DATE: Saturday, March 16, 2024  
TIME: 12:30 PM - 4:30 PM  
LOCATION: CT Veterans Center  
287 West Street  
Rocky Hill, CT 06067  
SIGN UP: Via Registration Zone in e-Services

### **Who Should Sign Up:**

Cadet First Sergeants  
Cadet Fitness Officers  
Any cadet who wants to learn and teach others

## ***WORKSHOP AGENDA***

Cadet Fitness Goals - how to achieve them

Muscle Groups - how to develop

Fitness Safety - how to stay injury-free and enjoy exercising

PT Tests - how to train properly to pass

