	For use of this form, see		PROFILE	Office of The	Surgeon General	
MEDICAL CONDITION	For use of this form, see	An 40-501, the propor	Terit agency is tile	Office of Tile	2.	
Back	Pain-Th	oracic K	yphos	15	P U	L H E S
ASSIGNMENT LIMITATIONS BENDUP, NEI	s are as follows	Jumping	, car	region	}	CODES
THIS PROFILE IS	PERMANENT	TEMPORARY E	XPIRATION DATE		THE STREET OF STREET WAS ALLESS SECTION OF THE STREET	
	CAL CONDITION SHOULD N				OLLOWING ACTIVI	TIES
Groin Stretch	Thigh Stretch	Lower Back Str	etch [Neck & SI	Shoulder Stretch Neck Stretch	
Hip Raise	Quads Stretch & Bal.	Single Knee to	Chest		ck Stretch	Ankle Stretch
Knee Bender	Calf Stretch	Straight Leg Ra		Chest Stre		Hip Stretch
Side-Straddle Hop	Long Sit	Elongation Stre		One-Arm Side Stretch Upper Body Wt Tn		Upper Body Wt Tng
High Jumper	Hamstring Stretch	Turn and Bound		Side Bender		Lower body Wir ring
Jogging in Place	Hams. & Calf Stretch	7. FUNCTIONAL AC	THE STATE OF THE PROPERTY SHOWS IN STREET, THE STATE OF T			T RATE FORMULA
AEROBIC CONDITIONING					. Thaining HEAR	II HATE I OHWOLA
Walk at Own Pace and Distance		Wear Backpack (40 Lbs.)			MALES 000 FEMALES 005	
Run at Own Pace and Distance Bicycle at Own Pace and Distance		Wear Helmet Carry Rifle			MALES 220 FEMALES 225	
Swim at Own Pace and Distance		Fire Rifle			MINUS (-) AGE MINUS (-) RESTING HEART RATE	
Walk or Run in Pool at Own Pace		With Hearing Protection				
		KP/Mopping/Mowing Grass			TIMES (x) % INTENSITY	
Unlimited Walking		Marching Up to Miles			PLUS (+) RESTING HEART RATE	
Unlimited Running		Lift Up to Pounds				
Unlimited Bicycling		All			50% EXTREMELY POOR CONDITION	
Unlimited Swimming		PHYSICAL FITNESS TEST		Description of the Publishment of the party of	60% HEALTHY, SEDENTARY INDIVIDUAL	
De de Tradados Handa Bata for Min		Two Mile Run Walk			70% MODERATELY ACTIVE, MAINTENANCE 80% WELL TRAINED INDIVIDUAL	
Run at Training Heart Rate for Min. Bicycle at Training Heart Rate for Min.		Push-Ups Swim				
Swim at Training Heart Rate for Min.		Sit-Ups Bicycle				
OTHER			CHICANTA SOLO MONTERO MANDET EL DESMIC DIRECTURA MESTRA PERSONA			CONTRACTOR OF CO
				+		
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