ALPHA, 1-61, GATOR VICTORY PT ROSTER

"But Drill Sergeant, I can't do that."		
Lower Body	**Upper Body**	**Back**
Light Fighters	**Paratroopers**	**Tankers**
Run	Push Up	Sit Up
March	Throw	Twist
Jump	Swing	Bend
Squat/Kneel	Dangle	Stoop
Crawl	Climb	
Climb	Lift/Carry	

Name	Profile EDate	Name	Profile EDate	Name	Profile EDate