

Physical Training

PT, or Physical Training, takes place every Tuesday and Friday here at CMA. This activity is directed and supervised by our TAC Officers. PT is hosted by different companies each time the activity is performed.



Cadets are divided into companies before starting the physical training.



Stretching is very important before any type of physical activity.



This activity is always performed at early hours of the morning.



Members of the staff demonstrate the exercises to their respective companies.