• Updated responsible office codes and contact information
• Deleted reference (c), it’s the same source as reference (b)
• Subpara 1a, clarified eligibility requirements
• Subpara 1a(7), removed 2-minute time limit for pull-up event
• Subpara 1b, reorganized in alphabetical order
• Subpara 1b(2), updated the new EOD PST requirements
• Subpara 2d(2), removed 2-minute time limit for pull-up event
• Subpara 2b(Figure 3), removed 10 inches, replaced with feet flat on the ground
• Subpara 2c(2a), removed 10 inches, replaced with feet flat on the ground
• Subpara 2d, deleted
• Subpara 2d(c), deleted sentence to remove crossed legs during pull-up event
• Subpara 2d(3g), deleted reference to time limit for pull-up event
• Subpara 2d(4), deleted reference to time limit for pull-up event
• Subpara 2d(4c), deleted reference to time limit for pull-up event

(COG: BUPERS-3)