

Warm-Up and Stretching

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| 1. First Call | 0:13 | USAF Band |
| 2. Assembly | 0:14 | USAF Band |
| 3. American Patrol | 3:20 | USAF Airmen of Note |
| 4. Marching Medley | 3:06 | USAF Band |

Muscular Strength and Muscular Endurance

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| 5. The Rifle Regiment | 3:13 | US Marine Band |
| 6. Old Comrades | 4:45 | US Marine Band |
| 7. Our Flirtations | 2:39 | US Marine Band |
| 8. The Thunderer | 2:43 | US Marine Band |
| 9. The West Point March | 3:31 | US Marine Band |
| 10. Washington Grays | 4:20 | US Marine Band |
| 11. In The Mood | 3:20 | USAF Airmen of Note |

Cardiorespiratory Endurance & Agility

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| 12. US Public Health Service March | 2:17 | US Coast Guard Band |
| 13. National Emblem | 3:05 | US Marine Band |
| 14. Black Horse Troop | 3:42 | US Marine Band |
| 15. New Post Horn Gallop | 2:24 | US Navy Band |
| 16. Cherokee | 4:04 | USAF Airmen of Note |
| 17. Die Walkure | 1:32 | US Marine Band |
| 18. Marine Corp Institute | 2:48 | US Marine Band |
| 19. Blues in Hoss Flat | 5:05 | USAF Airmen of 20. Note |
| 20. Racing the Yankee Clipper | 2:26 | US Navy Band |
| 21. The Southerner | 2:40 | US Marine Band |

Cool-down / Stretching

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|------------------------|------|----------------------|
| 22. Shenandoah | 2:39 | US Navy Sea Chanters |
| 23. I'll Be Seeing You | 3:22 | USAF Airmen of Note |
| 24. Recall | 0:15 | USAF Band |
| 25. Tattoo | 1:04 | USAF Band |
| Total Time 66 Minutes | | |

