Lesson 1: Boeing 737 Checkout	**Fly This Lesson Now**

Boeing 737–400 Straight-in Visual Approach

Action	Key / Control

Intercepting the Final Approach Course Heading

Target altitude: 3,000 to 5,000 feet AGL

15 to 20 nm (nautical miles) from the airport

Action	Key / Control
Set flaps to 5. Set power between 53 and 55 percent N1.	Press **F7** until flap gauge points to **5**. Advance throttle (press **F3**). Reduce throttle (press **F2**).

Pitch 5 to 6 degrees for level flight.

Target speed: 170 knots

Lined up with the centerline

Approaching 10 nm from the Airport

Gear down	Press **G**.
Set flaps to 15.	Press **F7** until flap gauge points to **15**.
Set power between 62 and 64 percent N1 (if necessary for extended level flight).	Advance throttle (press **F3**). Reduce throttle (press **F2**).
Target speed: 160 knots	

Just before VASI or Glide Slope Intercept ("One dot low")

Set flaps to 30.	Press **F7** until flap gauge points to **30**.
Set power between 53 and 58 percent N1.	Advance throttle (press **F3**). Reduce throttle (press **F2**).

Pitch 0 to 2 degrees nose up.

Descend at 800 fpm (feet per minute) once established on the VASI or glide slope.	Move stick forward until VSI reads between about 800 fpm.

Target speed: 150 knots (or appropriate Vref speed for your weight)

On Final

Set flaps to 30	Press **F7** until flap gauge points to **30**.
Set power between 53 and 58 percent N1.Set pitch 0 degrees.	Advance throttle (press **F3**). Reduce throttle (press **F2**).

Target speed: 150 knots

Begin a 700-to-800-fpm descent once on the VASI or glide slope.	Adjust pitch until VSI reads between 700 to 800 fpm.

Crossing the Threshold

Smoothly reduce power to idle	Reduce throttle (press **F2**). Cut throttle (press **F1**).
Gradually pitch up to 3 degrees nose up.	Pull back on stick.
Touch down and remain on the centerline	
Apply reverse thrust.	Press and hold **F2**.
Apply brakes.	Press the **PERIOD "."** key.
Disengage thrust reversers	Press **F1**.

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