

Army Combat Fitness Test (ACFT)



U.S. Army Center for Initial Military Training

Army Combat Fitness Test

Purpose: Assess a Soldier's physical performance capability within components of combat fitness

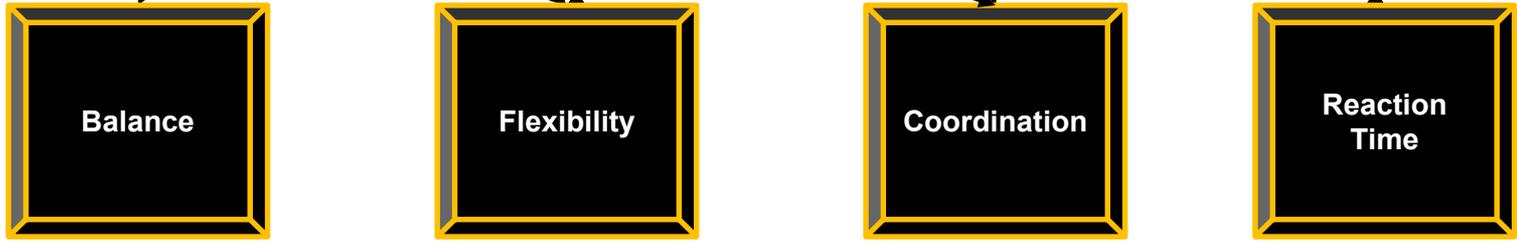
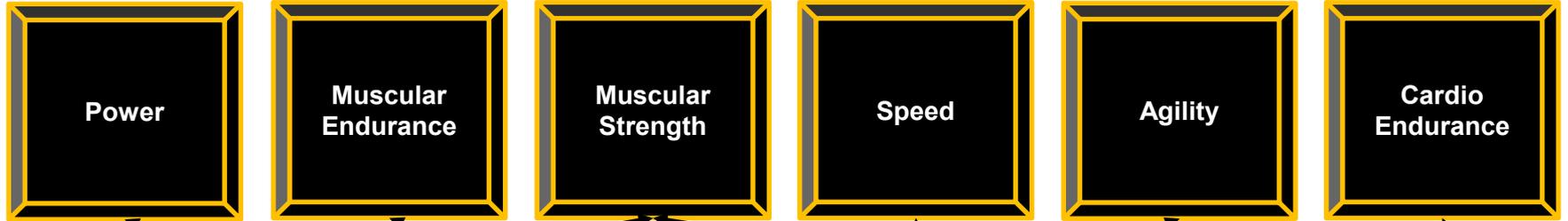
Objectives

1. Improve individual Soldier readiness
2. Transform the culture of Army fitness
3. Reduce preventable injuries and attrition
4. Enhance mental toughness and stamina
5. Contribute to increased unit readiness

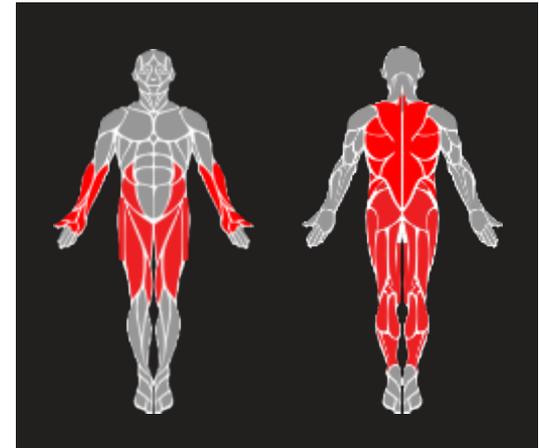


**ACFT is both gender
neutral and age neutral**

Army G-3/5/7



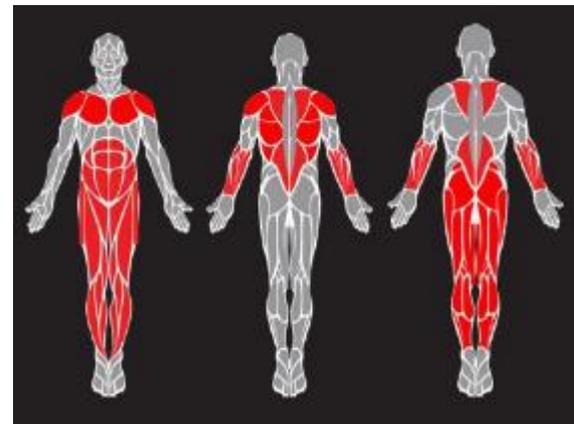
Army G-3/5/7



- **Task:** Execute the 3 repetition maximum (RM) deadlift event to assess lower-body strength
- **Condition:** Given a hexbar, weight plates, and barbell collars totaling up to 460lbs in an outdoor or indoor testing environment
- **Standard:** Within five (5) minutes, conduct three (3) repetitions of the MDL maintaining proper lifting form throughout the movement IAW FM 7-22, App A to meet the ACFT scoring standards
- **Component of Fitness: Muscular Strength**
 - Definition: the maximum amount of force that can be generated by a muscle or muscle group
 - Secondary Component of Fitness: flexibility
 - Anatomical Focus: knee extension, hip extension, grip, lower back
- **Application to Common Soldier Tasks (CST)**
 - Lifting heavy loads off the ground; casualty extraction/evacuation; carrying/transporting heavy loads (155mm artillery rounds, ammo boxes, etc.)

• Relevant Principles for Event Selection

1. Efficacy: Highly predictive test to assess for lower body / core muscular strength
2. Safety: Hexbar (vs Olympic bar) provides better anatomical position for proper lifting – controls for injury
3. Ease of Administration: Requires one (1) grader per lane; event time ~5:00 min per Soldier
4. Grading: Simple to grade, replicate over time/space

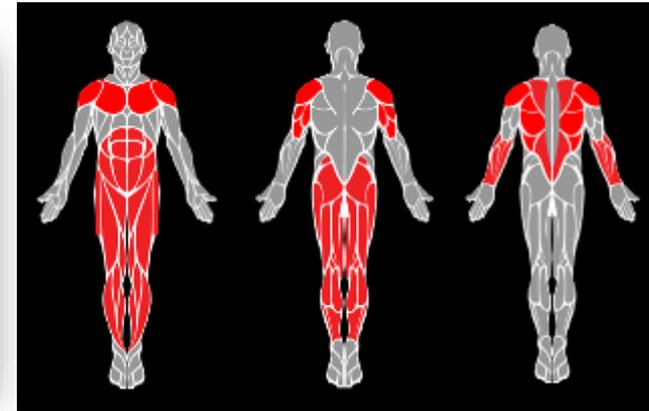


- **Task:** Execute the SPT event to assess upper and lower body explosive power
- **Condition:** Given a 10lb medicine ball and tape measure in an outdoor or indoor testing environment
- **Standard:** Within three (3) minutes, conduct one (1) practice and two (2) record SPTs using proper movement technique IAW FM 7-22, App A to meet the ACFT scoring standards
- **Component of Fitness: Explosive Power**
 - Definition: generating maximal force in the shortest time
 - Secondary Component of Fitness: balance, coordination, flexibility
 - Anatomical Focus: knee extension, hip extension, grip, lower back
- **Application to Common Soldier Tasks (CST)**
 - Mounting obstacles or vehicles; lifting Soldiers up/onto/over obstacles or vehicles; lifting loads off the ground and up/onto a vehicle or platform; jumping, leaping, climbing over obstacles; throwing a grenade

• Relevant Principles for Event Selection

1. Efficacy: Highly predictive test assessing upper and lower body power required for Common Soldier Tasks (CSTs); strong driver for upper and lower body power training
2. Safety: A “preparatory drill” and 50% effort practice throw prior to event mitigates risk of injury
3. Ease of Administration: Requires one (1) grader and one (1) marker per lane; event time ~3:00 min per Soldier
4. Grading: Simple to grade, replicate over time/space

Army G-3/5/7

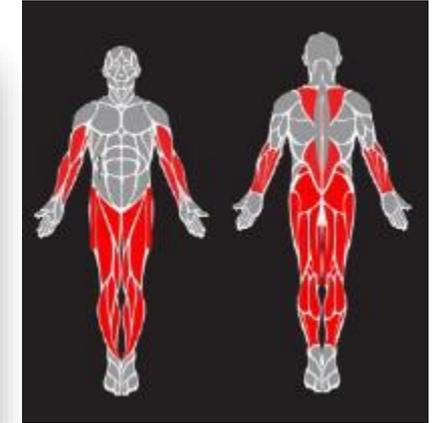


- **Task:** Execute the timed HRPU event to assess muscular endurance
- **Condition:** Given a stopwatch in an outdoor or indoor testing environment
- **Standard:** Conduct as many repetitions as possible in two (2) minutes utilizing proper movement technique IAW FM 7-22, App A to meet the ACFT scoring standards
- **Component of Fitness: Muscular Endurance**
 - Definition: the ability of a muscle or muscle group to repetitively perform work for an extended period of time to volitional fatigue
 - Secondary Component of Fitness: flexibility
 - Anatomical Focus: elbow extension, shoulder flexion and extension
- **Application to Common Soldier Tasks (CST)**
 - Pushing loads up/onto/over obstacles; employing progressive levels of force; load carriage; dynamic balance under load

• Relevant Principles for Event Selection

1. Efficacy: Better predictive test assessing upper body endurance than the current APFT push-up; strong driver for upper body/core strength training
2. Safety: Minimal risk for injury with proper training program
3. Ease of Administration: Requires one (1) grader per lane; event time = 2:00 min per Soldier
4. Grading: Simple to grade, replicate over time/space

Army G-3/5/7

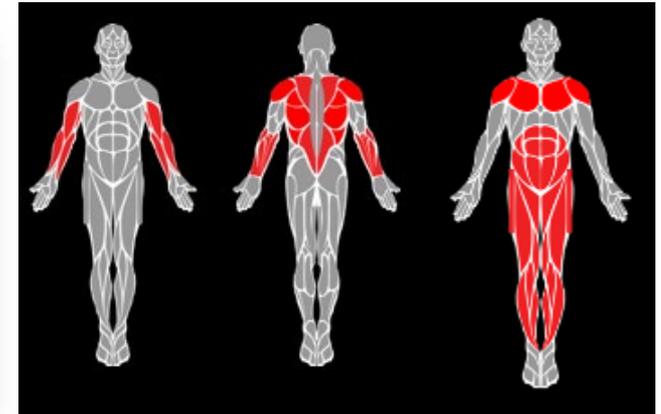


- **Task:** Execute the timed SDC event to assess muscular strength and endurance, and anaerobic power and endurance
- **Condition:** Given a 25m lane, one (1) drag sled, two (2) 45lb weight plates, two (2) 40lb kettlebells, and a stopwatch in an outdoor or indoor testing environment
- **Standard:** Within four (4) minutes, conduct five (5) x 50m shuttles for time in the following order – 50m sprint, 50m sled drag, 50m lateral shuttle, 50m kettlebell carry, 50m sprint IAW FM 7-22, App A
- **Component of Fitness: Muscular Endurance and Strength, Anaerobic Power, Anaerobic Endurance**
 - Definition: sustained moderate to high intensity muscular work over short duration
 - Secondary Component of Fitness: reaction time, coordination, agility, balance, flexibility
 - Anatomical Focus: knee extension, hip extension, grip, lower back, shoulders
- **Application to Common Soldier Tasks (CST)**
 - Moving quickly over uneven terrain under load; moving over/around/through obstacles; casualty extraction/evacuation; moving supplies or ammunition; 3-5 second rushes

• Relevant Principles for Event Selection

1. Efficacy: Highly predictive test assessing anaerobic power and endurance; strong driver for high intensity anaerobic training
2. Safety: Minimal risk for injury with proper training program; lateral shuttle in lap three (3) reduces the fall risk linked with lower leg muscle fatigue
3. Ease of Administration: Requires one (1) grader and one (1) lane safety per two (2) lanes; event time ~4:00 min per Soldier
4. Grading: Simple to grade, replicate over time/space

Army G-3/5/7



- **Task:** Execute the LTK event to assess muscular endurance
- **Condition:** Given a 7.5ft high x 5ft wide pull-up bar or climbing pod in an outdoor or indoor testing environment
- **Standard:** Within two (2) minute, conduct as many LTKs as possible utilizing proper movement technique IAW FM 7-22, App A to meet the ACFT scoring standards
- **Component of Fitness: Muscular Endurance**
 - **Definition:** the ability of a muscle or muscle group to repetitively perform work for an extended period of time to volitional fatigue
 - **Secondary Component of Fitness:** flexibility
 - **Anatomical Focus:** knee flexion, hip flexion, grip, abdominals
- **Application to Common Soldier Tasks (CST)**
 - Climbing up/onto/over vehicles or obstacles; traversing rope/ladder bridges; load carriage; dynamic balance under load

• Relevant Principles for Event Selection

1. **Efficacy:** Highly predictive test assessing upper body/grip/core strength and endurance; greater functionality compared to alternative events; improves dynamic balance and mobility; contributes significantly to the prevention of over-use load carriage injuries
2. **Safety:** Minimal risk for injury since the Soldiers feet/legs remain under the base of support
3. **Ease of Administration:** Requires one (1) grader per lane; event time ~2:00 min per Soldier
4. **Grading:** Simple to grade, replicate over time/space

Army G-3/5/7



- **Task:** Execute a timed 2MR to assess aerobic endurance
- **Condition:** Given a measured and generally flat, outdoor 2.0-mile course and stopwatch or outdoor race clock
- **Standard:** Execute the timed 2MR utilizing proper running skill IAW FM 7-22, App A to meet the ACFT scoring standards
- **Component of Fitness: Aerobic Endurance**
 - Definition: the ability to exercise large muscle groups at a level somewhere between moderate and high intensity for more than a few minutes
 - Secondary Component of Fitness: None
 - Anatomical Focus: knee flexion-extension, hip flexion-extension
- **Application to Common Soldier Tasks (CST)**
 - Moving long distances over uneven terrain under load; recovery from high intensity movements such as 3-5 second rushes; movement under fire

• Relevant Principles for Event Selection

1. Efficacy: Highly predictive test assessing for measuring aerobic endurance
2. Safety: Minimal risk for injury
3. Ease of Administration: Requires one (1) grader per course; separate 2MR graders are authorized; event time ≤ 21:07 min per Soldier
4. Grading: Simple to grade, replicate over time/space

Army G-3/5/7

#1 3RM Deadlift
5 minutes



Minimum 2 minute rest

#2 Standing Power Throw
3 minutes



Minimum 3 minute rest

#3 Hand Release Push-Up
2 minutes



Minimum 3 minute rest

#4 Sprint, Drag, Carry
4 minutes



Minimum 4 minute rest

#5 Leg Tuck
~2 minutes

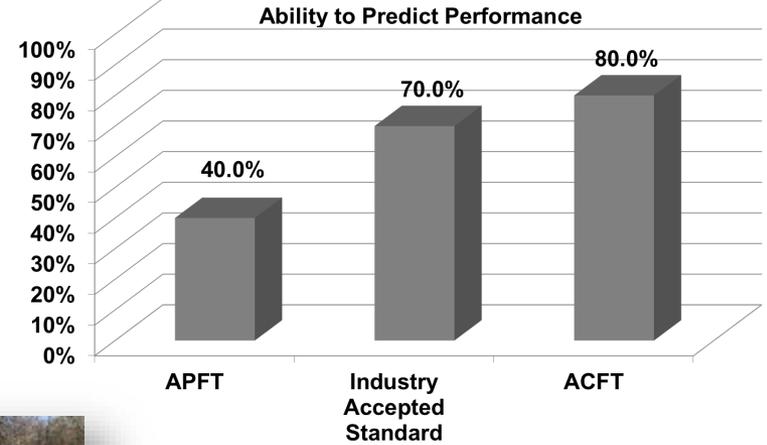


5 minute rest

#6 2.0-Mile Run
18-21 minutes



**Total Individual ACFT
Test Time:
51-54 minutes or less**
(~34-37 minutes work, ~17 minutes rest)

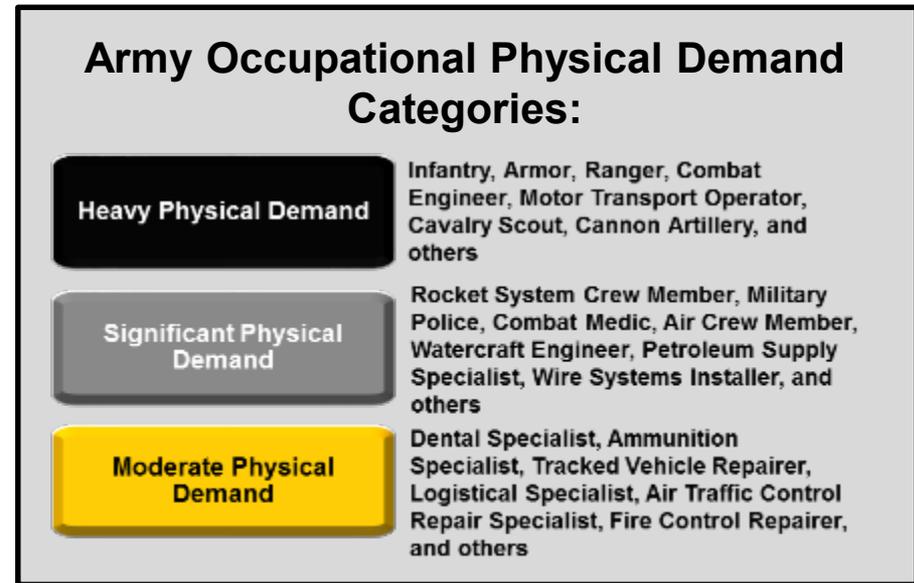
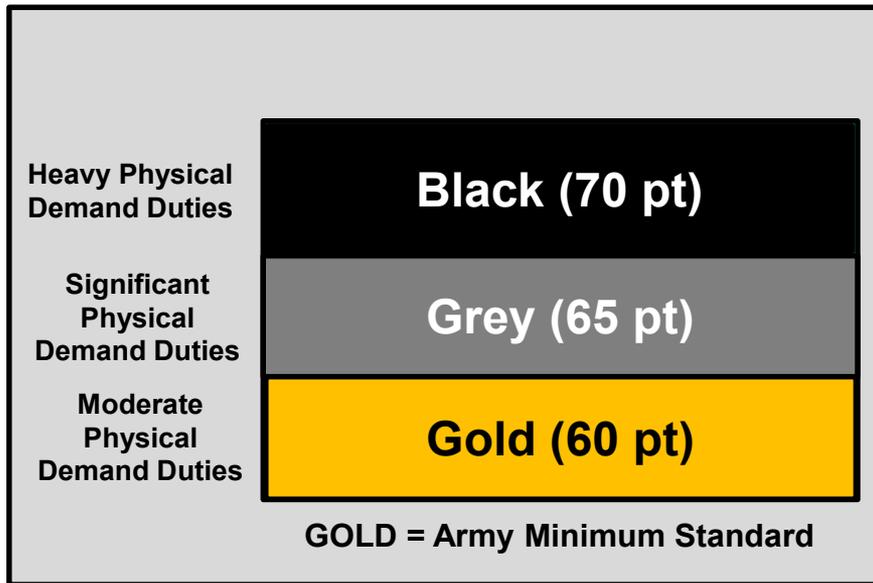


The minimum rest interval is only applicable when testing 1-2 Soldiers per lane. When testing 3 or more Soldiers per lane, you meet the minimum rest interval requirement with NO additional rest between events.

Army G-3/5/7

Scoring Category Principles

1. Based on requirements by unit and/or individual occupational physical demands
2. Maintains occupational fitness requirements for close combat battalion and below units regardless of age or gender (Black & Grey categories)



National Defense Authorization Act (NDAA) – 2015

GENDER-NEUTRAL OCCUPATIONAL PERFORMANCE STANDARDS: "...the Secretary of Defense – (1) shall ensure that qualification of members of the Armed Forces for, and continuance of members of the Armed Forces in, that occupational career field is evaluated on the basis of common, relevant performance standards, without differential standards or evaluation on the basis of gender."

Army G-3/5/7

Points	3RM Deadlift (lbs)	Power Throw (m)	Release PU (reps)	Sprint Drag Carry (min:sec)	Leg Tuck (reps)	2-Mile Run (min:sec)
100	340	13.5	70	1:40	20	12:45
99	330	13.2	68			13:00
98	320	13.0	66	1:41	19	13:15
97		12.8	64	1:42		13:30
96	310	12.5	62	1:43	18	13:40
95		12.3	60	1:44		13:50
94	300	12.1	58	1:45	17	14:00
93		11.9	56	1:46		14:10
92	290	11.8	54	1:47	16	14:20
91		11.6	52	1:48		14:30
90	280	11.5	50	1:49	15	14:40
89		11.3	49	1:50		14:50
88	270	11.2	48	1:51	14	15:00
87		11.0	47	1:52		15:10
86	260	10.9	46	1:53	13	15:20
85		10.7	45	1:54		15:30
84	250	10.6	44	1:55	12	15:40
83		10.4	43	1:56		15:50
82	240	10.3	42	1:57	11	16:00
81		10.1	41	1:58		16:10
80	230	10.0	40	1:59	10	16:20
79		9.8	39	2:00		16:30
78	220	9.7	38	2:01	9	16:40
77		9.5	37	2:02		16:50
76	210	9.4	36	2:03	8	17:00
75		9.2	35	2:04		17:10
74	200	9.1	34	2:05	7	17:20
73		8.9	33	2:06		17:30
72	190	8.8	32	2:07	6	17:40
71		8.6	31	2:08		17:50
70	180	8.5	30	2:09	5	18:00
69		8.3	28	2:16		18:10
68	170	8.0	26	2:23		18:20
67		7.5	24	2:30	4	18:35
66		7.0	22	2:37		18:50
65	160	6.5	20	2:45	3	19:00
64		6.2	18	2:55		20:10
63	150	5.9	16	3:05	2	20:20
62		5.6	14	3:15		20:30
61		5.3	12	3:25		20:45
60	140	4.6	10	3:35	1	21:07
Army Minimum						

Proposed Scoring For IOC (Field Test) – Modified as data develops during IOC Phase

-  Minimum score for Soldiers in heavy physical demand unit/MOS
-  Minimum score for Soldiers in significant physical demand unit/MOS
-  Minimum Score for Soldiers in moderate physical demand unit/MOS (Army minimum)

Army G-3/5/7

Objective: Implement the ACFT to replace the current Army Physical Fitness Test (APFT) as the physical fitness test of record for the Army by 1st quarter, FY20, to improve individual Soldier combat readiness and transform the culture of Army fitness.

Implementation Plan: Gather feedback from the field, assess and change Army policy, procure and field ACFT equipment, and train the force to ensure the ACFT is successfully implemented throughout the Army.

- **ACFT for approximately 63 selected Field Test units (01 OCT 18 – 30 SEP 19)**
 - ❑ Familiarize all compos and major Army commands with the ACFT
 - ❑ Gather Soldier/Leader feedback on ACFT administration, events, and scoring standards
 - ❑ Validate test administration instructions, minimum time standard, and current scoring plan
 - ❑ Collect and analyze ACFT performance data to refine ACFT scoring standards (Black, Grey, Gold)
 - ❑ Study and analyze potential alternate events

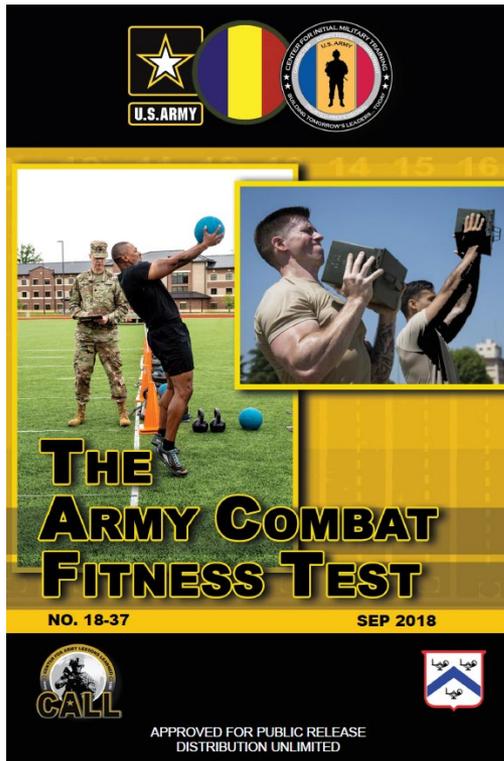
- **ACFT Total Army Initial Implementation (on or about 01 OCT 19)**

- **ACFT Total Army Full Implementation (no later than 01 OCT 20)**

Army G-3/5/7

Army Combat Fitness Test (ACFT) Training Products

The Army Physical Readiness Training (PRT) doctrine, FM 7-22 (October 2012), Army PRT application for smart devices (iOS and Android), and Combined Arms Lessons Learned (CALL) ACFT Guide can assist with the complete training program.



A digital version of this CALL publication is available to view or download from the CALL website:
<http://call.army.mil>

Example garrison and field exercises for the 3RM Deadlift



3 Repetition Maximum Deadlift

Top Exercises

1. Sumo Squat
2. Alternate Staggered Squat Jump
3. Forward Lunge

Top PRT Drill

Strength Training Circuit

Standard Equipment

60 lb trap bar and plates

Alternate Equipment

Ammo cans	Tow bars
Duffle bag	PVC pipe
Rucksack	Wooden handle
5 gallon water cans	MRE box