



U.S.ARMY

ARMY COMBAT FITNESS TEST

Initial Operational Capability (IOC) (Oct 2019 to Oct 2020)

EVENT 1 : 3 Repetition Maximum Deadlift



Deadlift the maximum weight possible three times

- Fitness Components: muscular strength, balance, and flexibility
- Application to Common Soldier Tasks: lifting heavy loads from the ground, extracting a casualty
- Top three PRT activities: Sumo Squat, Alternate Staggered Squat Jump, Forward Lunge
- 60 and 100 point scores: 140 and 340 lbs

EVENT 2 : Standing Power Throw

Throw a 10lb medicine ball backward and overhead for distance

- Fitness Component: explosive power, balance, and flexibility
- Application to Common Soldier Tasks: lifting Soldiers up, throwing a grenade, and jumping across and over obstacles
- Top three PRT activities: Power Jump, Overhead Push Press, Tuck Jump
- 60 and 100 point scores: 4.5 and 12.5 meters



EVENT 3 : Hand Release Push-Up (HRP) - Arm Extension



Complete as many Arm Extension HRP's as possible in two minutes

- Fitness Component: muscular endurance
- Application to Common Soldier Tasks: moving obstacles, hand-to-hand combat; pushing loads and vehicles, getting to and from the ground
- Top three PRT activities: Supine Chest Press, Incline Bench Press, 8-Count Push-up
- 60 and 100 point scores: 10 and 60 reps

EVENT 4 : Sprint-Drag-Carry

Conduct 5 x 50 meter shuttles for time - sprint, drag, lateral, carry and sprint

- Fitness Component: agility, anaerobic endurance, muscular endurance and muscular strength
- Application to Common Soldier Tasks: moving quickly under load, extracting a casualty, moving supplies
- Top three PRT activities: Straight-Leg Deadlift, Bent Over Row, 300M Shuttle Run
- 60 and 100 point scores: 3:00 and 1:33 minutes



EVENT 5 : Leg Tuck



Complete as many leg tucks as possible

- Fitness Component: muscular strength and endurance
- Application to Common Soldier Tasks: surmounting obstacles and walls, load carriage or move under load, rope traverse and rope climb
- Top three PRT activities: Bent Leg Raise, Leg Tuck and Twist, Alternating Grip Pull-up
- 60 and 100 point scores: 1 and 20 reps

EVENT 6 : 2 Mile Run

Run two miles for time on a measured, generally flat outdoor course

- Fitness Component: aerobic endurance
- Application to Common Soldier Tasks: dismounted movement, ruck march, infiltration / movement to contact
- Top three PRT activities: Sprint Intervals (30:60s, 60:120s), Release Run, Hill Repeats
- 60 and 100 point scores: 21:00 and 13:30 minutes



For Top Three PRT Activities see:

Field Manual 7-22, Army Physical Readiness Training, OCT 2012

Army Physical Readiness Training application available for iOS and Android devices

ACFT Implementation is directed by HQDA EXORD 219-18

<https://www.army.mil/acft/>