

EVENT #2: Standing Power Throw

PURPOSE: To measure total body muscular power

Test Requirements: The longest of 2 throws counts for record

RELEVANCE OF TEST:

- Measures upper and lower body explosive power.
- Measures physiologic capacity to cast equipment over an obstacle, lift and load equipment, climb up/over obstacles, and employ progressive levels of force.
- Linked to war fighter tasks requiring quick explosive movements to maneuver equipment and personnel.
- Requires well-conditioned lower and upper body/back muscles to support Soldier mobility under load.
- Contributes to injury prevention to the upper and lower back.



Army Combat Fitness Test

Alternate Aerobic Assessments for the Modified ACFT:

- 5,000m Stationary Row
- 12,000m Stationary Bike
- 1,000m Swim
- Must complete the event in a time equal to or less than 25 minutes



U.S. Army Center for Initial Military Training

Army Combat Fitness Test

Field-expedient measures of mission-essential fitness



The Army Combat Fitness Test is the Army test of record in October 2020

EVENT #1: 3RM Deadlift

PURPOSE: To measure lower body muscular strength

Test Requirements: 3 continuous repetitions at maximum weight

RELEVANCE OF TEST:

- Measures physiologic capacity to safely and effectively lift heavy loads.
- Linked to specific war fighter tasks; extract and evacuate a casualty, stretcher lift, carry and load equipment.
- Requires well-conditioned lower body/back muscles to assist Soldiers in load carriage.
- Contributes to injury prevention to the upper and lower back.



EVENT #3: Hand Release Push-up

EVENT #4: Sprint – Drag – Carry

EVENT #5: Leg Tuck

EVENT #6: 2-Mile Run

PURPOSE: To measure upper body muscular endurance

Test Requirements: Maximum repetitions in 2 minutes

PURPOSE: To measure anaerobic endurance, muscular endurance, speed and agility

Test Requirements: 250 meters, including a 90lb sled drag and an 80lb carry

PURPOSE: To measure abdominal/core strength and endurance

Test Requirements: Maximum repetitions

PURPOSE: To measure aerobic capacity and muscular endurance

Test Requirements: Run 2 miles as quickly as possible

RELEVANCE OF TEST:

- Measures upper body muscular endurance.
- Measures physiologic capacity to perform activity such as getting to and from ground during evasion and maneuver, reaching out from prone when shooting or taking cover, low crawling, or moving obstacles.
- Linked to war fighter tasks requiring repetitive and sustained pushing used in combat tasks.
- Requires well-conditioned upper body/back muscles to support Soldier mobility under load.
- Contributes to injury prevention to the upper and lower back.

RELEVANCE OF TEST:

- Measures physiologic capacity to execute high intensity movements under load with multiple changes of direction.
- Linked to war fighter tasks requiring quick explosive movements to maneuver over and around obstacles, react to direct/indirect fire, and move as a member of a team.
- Requires the ability to move rapidly under load.



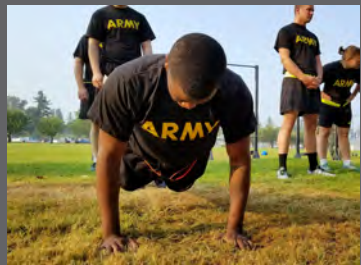
RELEVANCE OF TEST:

- Measures ability to support body weight using grip strength.
- Linked to war fighter tasks involving climbing and surmounting obstacles like windows and vertical walls.
- Requires well-conditioned abdominal muscle, hip flexors and grip strengths that also assist Soldiers in load carriage.
- Contributes to prevention of injury to the upper and lower back; prevents acute and traumatic injury.



RELEVANCE OF TEST:

- Moving on foot over long distances.
- Move over uneven terrain under load.
- Recover from high intensity movements.
- Move under fire.
- Move in and around obstacles.
- React to direct/indirect fire and move as a member of a team.
- Provides a foundation to move rapidly for shorter durations under load and at speed.



ALTERNATIVE LEG TUCK EVENT:

- Complete in a time equal to or greater than two minutes and 9 seconds.

