

CRM LESSON PLAN REPORT

ADMINISTER THE ARMY COMBAT FITNESS TEST (ACFT) (IOC) 805P-H2F0001R / 1.4 ©

Approved
10 Dec 2019

Effective Date: 10 Dec 2019

SCOPE:

In FY19, selected units conducted Field-Test of the Army Combat Fitness Test (ACFT) to inform the administrative procedures and Modified-ACFT with Alternate Events. The ACFT scoring standards and administrative procedures are approved for FY20. In FY20, all Army units will train for and conduct diagnostic ACFT testing; in FY21, all units will train for and conduct record ACFT testing. Data from FY20 will be used to inform the ACFT and Modified-ACFT scoring standards, alternate events, sanctions, and identify and potential concerns to be resolved before policy is finalized.

This lesson is designed to educate leaders on requirements to (1) conduct preparations to administer the Army Combat Fitness Test (ACFT); (2) administer all six of the ACFT events correctly so that each Soldier completes the entire test in 90 minutes or less; and conduct post ACFT Actions to ensure all paperwork is correctly completed and filed, all resources are accounted for and properly cleaned, stored and secured.

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD1 - This training product has been reviewed by the training developers in coordination with the U.S. Center for Initial Military Training, Ft Eustis, VA foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

SECTION I. ADMINISTRATIVE DATA

All Course Masters/POIs Including This Lesson

Courses				
<u>Course Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
None				

POIs				
<u>POI Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
None				

Task(s) Taught(*) or Supported

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
Individual		
805P-H2F-0026 (*)	Administer the Army Combat Fitness Test (ACFT) (IOC)	Approved

Reinforced Task(s)

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
805P-COM-1101	Perform the Preparation Drill (PD)	Approved

Knowledge

<u>Knowledge Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
805P-K-0111	Army Terminology and Acronyms	No	Yes
805P-K-0112	Army PRT Related Policies and Regulations	No	Yes
805P-K-0124	Preparation Drill (PD)	No	Yes

Skill

<u>Skill Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
805P-S-0119	Perform basic drill and ceremonies	No	Yes
805P-S-0103	Ability to form and ask questions	No	Yes
805P-S-0120	Perform Preparation Drill (PD)	No	Yes
615-S-0477	Conduct Army Fitness Assessments	Yes	No

Administrative/ Academic Hours

The administrative/academic (50 min) hours required to teach this lesson are as follows:

<u>Academic</u>	<u>Resident Hours / Methods</u>		
Yes	4 hrs	35 mins	Practical Exercise (Hands-On/Written)
Yes	1 hr	45 mins	Discussion (Small or Large Group)
<hr/>			
Total Hours(50 min):	6 hrs	30 mins	

Instructor Action Hours

The instructor action (60 min) hours required to teach this lesson are as follows:

<u>Hours/Actions</u>		
1 hrs	0 mins	Grade Test
1 hrs	0 mins	Training Event Clean-up/Breakdown (non-FTX)
1 hrs	0 mins	Training Event Prep/Setup (non-FTX)
1 hrs	0 mins	Training Rehearsal
<hr/>		
Total Hours (60 min):	4 hrs	0 mins

Test Lesson(s)

<u>Hours</u>	<u>Lesson Number</u>	<u>Version</u>	<u>Lesson Title</u>
None			

Prerequisite Lesson(s)

Hours

Lesson Number Version

Lesson Title

None

Training Material Classification

Security Level: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Foreign Disclosure Restrictions

FD1. This training product has been reviewed by the training developers in coordination with the U.S. Center for Initial Military Training, Ft Eustis, VA foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

References

<u>Number</u>	<u>Title</u>	<u>Date</u>
AR 350-1	ARMY TRAINING AND LEADER DEVELOPMENT	10 Dec 2017
AR 600-9	The Army Body Composition Program	16 Jul 2019
AR 670-1 (Revision April 10, 2015)	WEAR AND APPEARANCE OF ARMY UNIFORMS AND INSIGNIA	10 Apr 2015
FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages	26 Oct 2012
PAM 670-1	GUIDE TO THE WEAR AND APPEARANCE OF ARMY UNIFORMS AND INSIGNIA http://www.apd.army.mil/pdf/p670_1.pdf	25 May 2017

Student Study Assignment

No earlier than 48 hours prior to taking a record ACFT, all Soldiers are required to read the test instructions. Soldiers are encouraged to ask their chain of command questions about the ACFT prior to the event. These instructions will not be read at the event. Test Event Instructions can be found in Appendix D, Student Handouts of this lesson.

Instructor Requirements

- Complete all required local training for certification to teach and/or execute the ACFT. See Appendix D, Student Handouts for a copy of the ACFT Grader Validation Plan.
- Be thoroughly familiar with this lesson plan and individual task. See Appendix D, Student Handouts for a copy of ACFT Individual Task.
- Conduct and complete an end-of-test AAR with graders, scorers, and organizational leadership.

Support Personnel Requirements

See Instructional Guidance.

Additional Support Personnel Requirements

Name

Student Ratio

Qty

Man Hours

None

**Equipment
Required
for Instruction**

<u>ID - Name</u>	<u>Student Ratio</u>	<u>Instructor Ratio</u>	<u>Spt</u>	<u>Qty</u>	<u>Exp</u>
4110-01-485-3626 - Chest, Ice Storage, White, 48 Quart Capacity 2S Remarks: Required for potential heat injury(ies).	1:30	0:0	No	0	No
5210-00-832-9368 - Tape, Measuring, General Purpose, Steel, 3/8 Inch Wide, 200 Feet Long Remarks:	0:0	0:0	No	3	No
5640-00-103-2254 - Tape, Duct, 2 Inches Wide, 60 Yard Roll Remarks: Used for marking as required. Color is non-specific.	0:0	0:0	Yes	4	No
6545-01-532-3674 - Medical Equipment Set, Combat Lifesaver, Version 2005, UA 245A Remarks: Required for potential injury(ies).	0:0	0:0	Yes	1	No
6665-01-103-8547 - Wet Globe Temperature Kit, Dial Thermometer Type, Mechanical Remarks:	0:0	0:0	Yes	1	No
7105-00-106-2468 - Table, Folding Legs, 29 Inches High, 60 X 30 Inch Plastic Top Remarks: Required for admin support.	0:0	0:0	Yes	2	No
7105-00-663-8475 - Chair, Folding, without Arms, Steel, Gray Enamel, Upholstered Seat Remarks: Required for admin support.	0:0	0:0	Yes	2	No
7210-00-081-1417 - Sheet, Bed Cotton White Remarks: Required for potential heat injury(ies).	4:30	0:0	No	0	No
7210-01-125-2594 - Towel, Bath, Brown, 20x40 Remarks: Required for equipment wipe down.	0:0	0:0	Yes	32	No
7240-01-502-4382 - Can, Water, Military Remarks:	2:30	0:0	No	0	No
7510-00-281-6180 - Binder, Loose-Leaf, 3 Ring, Letter Size, 1 Inch, Black Remarks: One for each grader to use to transport and secure test scorecards.	0:0	1:1	No	0	No
7520-00-053-9580 - Pen, Ball-Point, Medium, Black Remarks: One for each grader (grading) and Soldiers (for filling out the test scorecard).	1:1	1:1	Yes	4	No
7520-00-281-5918 - Clipboard File, 9 X 12-1/2 Inch, Composition Board Back Remarks: One for each grader to use to make annotations on test scorecards.	0:0	1:1	Yes	2	No
7520-01-351-9148 - Pointer, Instructional Remarks: One for each lane grader to mark location of the 10lb medicine ball for the SPT.	0:0	1:1	No	0	No
7520-01-519-4372 - Pen, Plastic Tip, Liquid Impression Marker, Black 12S Remarks: For marking test area points.	0:0	0:0	Yes	4	No
7830-01-675-1851 - Set, Army Combat Fitness Equipment Remarks: These sets are CONFIGURED for a 4-lane set up for the Master Fitness Trainer Course optimum class size of 30 students.	1:8	0:0	No	0	No
8010-00-401-0426 - Paint, Spray, Red Remarks: Required to mark lanes.	0:0	0:0	Yes	4	No

8010-00-401-0427 - Paint, Spray, Yellow Remarks: Required to mark lanes.	0:0	0:0	Yes	4	No
8960-01-430-4378 - Ice, 8 Pounds Remarks: Required for potential heat injury(ies).	2:30	0:0	No	0	No

(Note: Asterisk before ID indicates a TADSS.)

**Materials
Required**

Instructor Materials:

- Complete all required training for certification to execute the ACFT. See Appendix D, Student Handouts for a copy of additional materials and/or information regarding the ACFT.
- See ELO A and B for specific event equipment requirements.

Student Materials:

Soldiers may have:

- Water and container

- In order to protect the hands, a Soldier may elect to use gloves that conform to AR 670-1 and DA PAM 670-1 at any time during the ACFT.

- The uniform for the ACFT is the Army Physical Fitness Uniform (APFU) per AR 670-1 and DA PAM 670-1. Any article of clothing not prescribed as a component of the APFU is not permitted for wear during the ACFT, although Soldiers may alter the uniform worn between events as long as the uniform continues to comply with AR 670-1 and DA PAM 670-1. Devices or equipment that offer any potential unfair advantage during testing are not authorized (weight lifting belts, weight lifting gloves or wraps). Unless specifically prescribed as part of the Soldier's medical profile, the wearing of the following items is also not authorized: nasal strips, back braces, elastic bandages, compression socks, or braces. Time or biometric measuring devices such as watches, heart rate monitors, step counters and fitness trackers are authorized in garrison. In operational and overseas locations, the use of geotracking devices may be limited by Army or local policy and not permitted during the ACFT. The wearing and carrying of other electronic devices is not authorized. These include music players, radios, and cell phones. In order to protect the hands, a Soldier may elect to use gloves that conform to AR 670-1 and DA PAM 670-1 at any time during the ACFT.

Soldiers MAY NOT have:

- Devices or equipment that offer any potential for unfair advantage during testing are not authorized (weight lifting belts, weight lifting gloves or wraps).

- Unless specifically prescribed as part of the Soldier's medical profile, the wearing of the following items is also not authorized: nasal strips, back braces, elastic bandages, compression socks, or braces.

- Time or biometric measuring devices such as watches, heart rate monitors, step counters and fitness trackers are authorized in garrison.

- In operational and overseas locations, the use of geotracking devices may be limited by Army or local policy and not permitted during the ACFT.

- The wearing and carrying of other electronic devices is not authorized. These include music players, radios, and cell phones.

**Classroom,
Training Area,
and Range
Requirements**

<u>ID - Name</u>	<u>Quantity</u>	<u>Student Ratio</u>	<u>Setup Mins</u>	<u>Cleanup Mins</u>
17992-1-1 Physical Education Training Fields, 1 Each, 1 Acre Remarks: The ACFT requires a testing site with a 2-mile run course and a flat field space approximately 40 x 40 meters. The field space should be grass (well maintained and cut) or artificial turf that is generally flat and free of debris. While maintaining testing standards and requirements, commanders will make adjustments for local conditions when necessary. The start and finish point for the 2-mile run course must be in close proximity to the Leg Tuck station. When test events are conducted indoors, the surface may be artificial turf or wood. When a wood surface (such as a basketball floor) is used the weight for the nylon sled used in the Sprint-Drag-Carry (SDC) is increased to 180lbs (4 x 45lb weight plates). When environmental conditions prohibit outdoor testing, an indoor track may be used for the 2 Mile Run.	1	0:0	50	50
75027-1 Running Track, 1 Each Remarks:	1	0:0	10	10

**Ammunition
Requirements**

<u>DODIC - Name</u>	<u>Exp</u>	<u>Student Ratio</u>	<u>Instruct Ratio</u>	<u>Spt Qty</u>
None				

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

a. The ACFT is a six-event physical fitness test; the test events are administered in the following order:

- (1) 3 Repetition Maximum Deadlift (MDL)
- (2) Standing Power Throw (SPT)
- (3) Hand-Release Push-up (HRP)
- (4) Sprint- Drag-Carry (SDC)
- (5) Leg Tuck (LTK)
- (6) 2 Mile Run (2MR)

b. The ACFT is intended to be completed in 90 minutes or less for two (2) platoons of Soldiers (up to 64 Soldiers) with 16 lanes.

c. Soldiers must take all six test events (or approved ACFT Modified Assessment) in order for the ACFT to qualify as a valid test.

d. The ACFT OIC/NCOIC will have an appropriate number of printed copies of the testing instructions available at the ACFT test site.

e. Prior to the start of the first test event, Soldiers will warm-up using the FM 7-22 Preparation Drill (approximately 10 minutes) and 3 Repetition Maximum Deadlift warm-up (approximately 10 minutes). Following the 10-minute Preparation Drill and 10-minute 3 Repetition Maximum Deadlift warm-up, Soldiers will execute the MDL test event. Once this event is complete (all Soldiers have been tested) the OIC/NCOIC will start the master continuous clock. The purpose of the continuous clock during the Field Test is to ensure Soldiers complete each ACFT test event with the minimum amount of rest and complete the entire test in 90 minutes. (The continuous clock measures from the time it takes the first Soldier to start the SPT until the last Soldier Completes the 2MR).

f. Due to the work-rest cycles for the 2-Soldier and 4-Soldier groups, it is not necessary to time the rest interval between each event. The minimum rest intervals are critical for a 90-day ACFT failure retest when a Soldier might be tested on his or her own and will need timed, programmed rest between events.

g. It is recommended that one (1) Certified Combat Lifesaver (CLS) be on-site during the ACFT. CLS shall report to NCOIC at least 24 prior to ACFT for details regarding the ACFT.

h. **ACFT Modified Assessments will be addressed in a completely different lesson.**

(1) ACFT Modified Assessments are only for Soldiers on Permanent Profile with a deployment limiting code. Soldiers on temporary profiles are expected to rehabilitate,

recondition and take a 6-event ACFT. There are no alternate test event or assessments for Soldiers on temporary profile.

(2) Soldiers on permanent profile fall into two categories: deployable on permanent profile and non-deployable on permanent profile. Soldiers who are deployable on permanent profile (D-PP) must meet retention standards. Soldiers who are non-deployable on permanent profile must have an approved retention waiver (Continuation on Active Duty (COAD) or Continuation of Active Reserve (COAR)).

(3) D-PP Soldiers must be capable of performing three critical common Soldier tasks to ensure they can fight, decrease risk to self and render aid to others. The physical ability to execute these three critical tasks will be assessed by the 3-Repetition Maximum Deadlift (MDL), Sprint-Drag-Carry (SDC), and 2-Mile Run (2MR) or one of three alternate aerobic test events. D-PP Soldier may also be required to complete other ACFT test event not prohibited by their profile.

(4) ND-PP Soldiers must complete the 2-Mile Run or one of three alternate aerobic test events.

(5) The 3-Repetition Maximum Deadlift and Sprint-Drag-Carry test events will be conducted to standard as described above. In consultation with their health-care provider and with Commander's approval, D-PP Soldiers have the option (depending on availability of equipment and facilities) of selecting from one of four aerobic test events: 2-mile run; 5,000m row; 15,000m bike or 1,000m swim. For each aerobic test event PP Soldiers will be required to run, row, bike, or swim the specified distance in 25:00 minutes.

i. Exercises to facilitate training for the ACFT can be located in Appendix E, paragraph 6 or in GTA 07-08-005 (ACFT Poster), CALL Handbook 18-37 (ACFT), and the ACFT Training Guide.

**Proponent Lesson
Plan Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
John Cobb	Not available	Approver	10 Dec 2019

SECTION II. INTRODUCTION

Method of Instruction: Discussion (Small or Large Group)
 Mode of Delivery: Resident Instruction
 Instr Type (I:S Ratio): Military - ICH (1:30) (Must be certified to conduct the ACFT.)
 Time of Instruction: 5 mins

Motivator

"Combat is not for the faint of heart, it's not for the weak-kneed, it's not for those who are not psychologically resilient and tough and hardened to the brutality, to the viciousness of it. We've got to get this Army hard, and we've got to get it hard fast."

"If you can't get in shape in 24 months, then maybe you should hit the road,"

Gen. Mark Milley said, referring to the Army's commitment to the new six-event ACFT. (Military.com, 8 Oct 2018, By Matthew Cox)

Terminal Learning Objective

NOTE. Inform the students of the following Terminal Learning Objective requirements.

At the completion of this lesson, you [the student] will:

Action:	Administer the Army Combat Fitness Test (ACFT)
Conditions:	On a designated ACFT test site with designated ACFT test administration team and required equipment, wearing designated and authorized Army Physical Fitness Uniform (APFU), given TC 7-22, and an ACFT Scorecard.
Standards:	<ul style="list-style-type: none"> - Prepare to administer the ACFT, all resources are to the correct standard and are accounted for. - Administer all six of the ACFT events correctly so that each Soldier completes the entire test in 90 minutes or less. - Conduct post ACFT Actions, all paperwork is correctly completed and filed, all resources are accounted for and properly cleaned, stored and secured. - Perform all tasks without error.
Learning Domain - Level:	Psychomotor - Precision
No JPME Learning Areas Supported:	None

Safety Requirements

- Sudden cardiac event could occur during the execution of this test. Unit chain of command should be aware of Soldiers that have self-reported previous cardiac injury and/or Soldiers requiring over-40 screening.

- Injury may occur from improper execution of exercises in this test. It is important that each exercise in this test be executed IAW FM 7-22.

- To control the risk of injury on the test, Soldiers should know their goal weight for the 3 Repetition Maximum Deadlift (MDL). During the warm-up prior to starting the 3 Repetition Maximum Deadlift (MDL), Soldiers are encouraged to execute several repetitions at weights of increasing loads (representing about 25-50% of their MDL weight) to assist in determining their goal weight.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership, ACFT OIC/NCOIC, and scorers.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. Unit leadership and ACFT OIC/NCOIC, and scorers need to monitor as per their Deliberate Risk Assessment.
- Conduct visual reconnaissance of testing area before execution of the ACFT. For specific requirements, see "ACFT Site and Equipment Requirements" on page 1 of the ACFT Field Testing Manual, dated 27 Sep 2018.

Risk Assessment Level

Low - Administer the Army Combat Fitness Test (ACFT)

Assessment:

- Twist ankle or pulled muscles due to uneven terrain.
- Sudden cardiac event due to near maximal effort.
- Injuries from improper exercise.
- Dehydration.
- Shin splints, stress fractures and back injuries.
- Lightning.
- Soldier suffers from a COLD related injury.
- Soldier suffers from a HEAT related injury.
- Hyponatremia.
- Allergic reaction and related injury.
- Dislocated joint, smashed metatarsals and/or metacarpals, pulled/torn muscle.

Controls:

- Proper preparation and recovery exercises.
- ACFT Test Site and route selection with minimal hazards.
- Prerequisites to begin ACFT. Pre-screening for Soldiers over 40. Proper preparation drill.
- Adequate rest time is provided.
- Soldiers with previous cardiac events are identified.
- Trained personnel in life saving aid.
- Proper exercise.
- Proper hydration.
- Water source available.
- Adequate work-rest ratio.
- Pre-training on proper hydration techniques.
- Identify prior injuries.

- Communications will be maintained at all times with leadership.
- 50-mile warning, begin planning precautionary measures.
- 25-mile warning, execute precautionary measures.
- Have LPA available.
- Ensure that Soldiers with prior COLD weather injuries are identified.
- Ensure that Soldiers with prior HEAT weather injuries are identified.
- Proper uniform for climatic conditions.
- ACFT leaders continue to monitor temperature and assess impact on ACFT.
- Conduct proper training.
- Unit leadership instructed annually on cold weather injury prevention and treatment.
- Maintain communication and wet bulb on site with weather updates.
- ACFT leaders will receive HIP class annually.
- Proper heat injury safety equipment on hand to include: Water cooler, CLS Bag, ice sheets with 70% ice & 30% water.
- CASEVAC procedures are understood by all ACFT and Unit leaders.
- CASEVAC Plan.
- Soldiers briefed on the proper uniform.
- Facility available to remove Soldiers from direct heat.
- "Man Down" drills conducted with ACFT leaders.
- Brief ACFT leaders on hazards of Hyponatremia.
- Monitor Soldiers for signs of Hyponatremia.
- Identify Soldiers with prior allergies.
- Have area available to get Soldiers away from allergen source.
- Have First Aid available.
- Proper free weight training instruction.
- Proper spotter instruction.
- Proper preparation drill exercises.
- Clearly marked ACFT lanes and run routes.
- Road guards in place to direct traffic (if required).

Leader Actions:

- ACFT OIC/NCOIC will ensure all graders and scorers are knowledgeable on U.S. Army ACFT Field Testing Manual (dated 6 September 2018).
- ACFT OIC/NCOIC will supervise all ACFT activities.
- ACFT leaders observe and instruct how Soldiers conduct the ACFT.
- ACFT leaders will enforce proper hydration during rest periods and have a water source available for Soldiers.
- ACFT OIC/NCOIC will oversee safety brief proper hydration techniques.
- ACFT leaders will enforce CMP and work/rest ratio.
- ACFT leaders will look for signs of injury during ACFT events and instruct those Soldiers on how to prevent further injury.
- ACFT OIC/NCOIC will routinely check blackberry for Storm Warning Updates.
- ACFT OIC/NCOIC will maintain secondary means on communication.
- ACFT leaders ensure Soldiers are briefed on uniform and appropriate clothing.
- ACFT OIC/NCOIC has communications with Unit leadership for Emergency Notification procedures.

- ACFT OIC/NCOIC will ensure the wet bulb is operational and checked every hour along with a log to keep up with the correct heat category for the event.
- ACFT OIC/NCOIC will ensure all instructors are current on heat training.
- ACFT OIC/NCOIC will ensure all safety equipment is accounted for.
- ACFT OIC/NCOIC will record all prior heat casualties and inform remaining ACFT leaders.
- ACFT OIC/NCOIC in coordination with unit leadership is responsible for checking weather and notifying Soldiers of proper uniform.
- ACFT OIC/NCOIC will recon for sites with an indoor facility and make determination based on heat category.
- ACFT OIC/NCOIC will supervise "Man Down" drill to insure all ACFT leaders have understanding.
- ACFT leaders will encourage Soldiers to drink slow and controlled.
- ACFT OIC/NCOIC will have telephonic capability on-hand to call 911.
- ACFT OIC/NCOIC will have secondary means of communication.
- ACFT OIC/NCOIC will have Soldiers report allergies to ACFT leaders.
- ACFT OIC/NCOIC will ensure enclosed facility is located near training areas.
- ACFT OIC/NCOIC will ensure CLS bag is on site.

Environmental Considerations

NOTE: Instructor should conduct a risk assessment to include environmental considerations IAW the current environmental considerations publication, and ensure students are briefed on hazards and control measures.

Organizational leaders and individuals instructing this task must ensure they are familiar local policies and procedures regarding environmental considerations prior to conducting this training/testing event. For additional information, see FM 7-22, Appendix D, pages D-1 thru D-5, Environmental Considerations.

Instructional Lead-in

In FY19, selected units conducted Field-Test of the Army Combat Fitness Test (ACFT) to inform the administrative procedures and Modified-ACFT with Alternate Events. The ACFT scoring standards and administrative procedures are approved for FY20. In FY20, all Army units will train for and conduct diagnostic ACFT testing; in FY21, all units will train for and conduct record ACFT testing. Data from FY20 will be used to inform the ACFT and Modified-ACFT scoring standards, alternate events, sanctions, and identify and potential concerns to be resolved before policy is finalized.

SECTION III. PRESENTATION

NOTE: Inform the students of the Enabling Learning Objective requirements.

A. ENABLING LEARNING OBJECTIVE

ACTION:	Prepare to Administer the ACFT
CONDITIONS:	On a designated ACFT test site with designated ACFT test administration team and required equipment, wearing designated and authorized Army Physical Fitness Uniform (APFU), given TC 7-22, and an ACFT Scorecard.
STANDARDS:	Prepare to administer the ACFT by ensuring all resources accounted for are to the correct standard without error.
LEARNING DOMAIN - LEVEL:	Cognitive - Applying
No JPME LEARNING AREAS SUPPORTED:	None

ELO A - LSA 1. Learning Step / Activity ELO A - LSA 1. Select test site location.

Method of Instruction: Discussion (Small or Large Group)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)* (Must be certified to conduct the ACFT.)

Time of Instruction: 10 mins

Media Type: PowerPoint Presentation

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

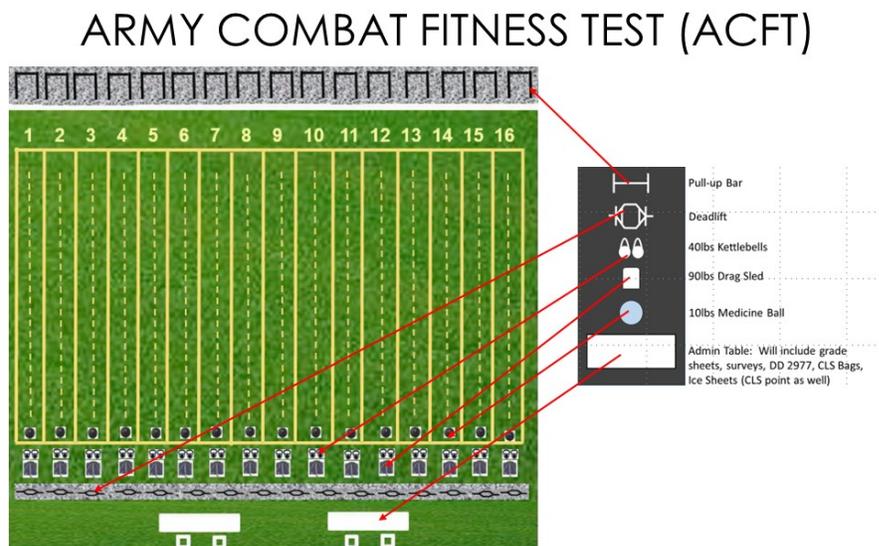
1. Each unit will have a designated ACFT test site and a designated ACFT grader team. A 16-lane site will provide the capacity to test 64 Soldiers every 90 minutes or less.

2. The OIC and the NCOIC will select an outdoor grass or artificial turf test site that is flat and free of debris. The test site will include the start and finish point for the 2-Mile Run. When test events are conducted indoors, the surface must be artificial turf only. Wood and rubberized surfaces are not permitted as they impact the speed of the SDC. Concrete, hard-top, gravel and dirt surfaces are not recommended for testing. They may be used for training and demonstrations, but they increase the risk of injury to Soldiers during maximal effort testing. They also cause undue wear on equipment. A test site will have the following:
 - a. A test area measuring 30m x 50m on grass or artificial turf (16 lanes, each 25m x 3m)
 - b. A site that is free of any significant hazards.
 - c. A briefing area for the reading of event instructions.

d. An area to conduct Preparation Drill and Recovery Drill.

e. A soft, flat area for field-based events.

3. Sound judgment must be used in the selection of the run course. When environmental conditions prohibit outdoor testing, an indoor track may be used for the 2-Mile Run. There is no requirement to survey run courses; however, selected test sites should be free of significant hazards such as traffic, slippery road surfaces, and areas where heavy air pollution is present. A generally flat, measured running course with a solid, improved surface that is not more than 3 percent uphill grade and has no overall decline (start and finish must be at the same altitude).



ACFT TEST SITE

Army Combat Fitness Test (ACFT)

Slide 1

Check on Learning:

QUESTION: TRUE or FALSE. Each unit will have a designated ACFT Test Site and a designated ACFT Grader Team.

ANSWER: TRUE. Each unit will have a designated ACFT test site and a designated ACFT grader team.

QUESTION: When test events are conducted indoors, the surface must be _____ only. Wood and rubberized surfaces are not permitted as they impact the speed of the SDC.

ANSWER: artificial turf.

QUESTION: TRUE or FALSE. Wood and rubberized surfaces are permitted as they do not impact the speed of the SDC.

ANSWER: FALSE. Wood and rubberized surfaces are NOT permitted as they impact the speed of the SDC.

QUESTION: Identify two (2) of the five (5) elements an ACFT Test Site must have.

ANSWER: (1) A test area measuring 30m x 50m on grass or artificial turf (16 lanes, each 25m x 3m); (2) A site that is free of any significant hazards; (3) A briefing area for the reading of event instructions; (4) An area to conduct Preparation Drill and Recovery Drill; (5) A soft, flat area for field-based events.

QUESTION: TRUE or FALSE: The start and finish line of the 2-Mile Run must be at the same elevation?

ANSWER: TRUE!! A generally flat, measured running course with a solid, improved surface that is not more than 3 percent uphill grade and has no overall decline (start and finish must be at the same altitude).

QUESTION: Selected 2-mile run course should be free of significant hazards such as _____, _____, _____ traffic, slippery road surfaces, and areas where heavy air pollution is present.

ANSWER: traffic, slippery road surfaces, and areas where heavy air pollution is present.

Review Summary:

This Learning Step Activity addressed ACFT Test Site Selection criteria. All criteria MUST be conducted prior to Soldiers arriving for the ACFT.

ELO A - LSA 2. Learning Step / Activity ELO A - LSA 2. Select event supervisors, scorers, timers, demonstrators, and support personnel.

Method of Instruction: Discussion (Small or Large Group)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)* (Must be certified to conduct the ACFT.)

Time of Instruction: 30 mins

Media Type: Printed Reference Material / PowerPoint Presentation

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

NOTE: Handout ACFT Grader Validation Plan (See Appendix D, Student Handouts)

1. Beginning in FY20 (1 OCT 2019), the US Army Physical Fitness School (USAPFS) and US Army Center for Initial Military Training (CIMT) will train and validate two categories of ACFT graders: (1) ACFT Grader and (2) ACFT NCOIC / OIC. The primary job of an ACFT grader is to help set up and grade the ACFT. The primary job of an ACFT NCOIC / OIC is to serve as the test administrator. Validated ACFT NCOIC / OICs are also expected to train and validate other ACFT NCOIC / OICs and Graders at their Camp/Post/Installation. **Beginning in FY21 (1 OCT 2020) ALL ACFT Grader and NCOIC / OIC training and validation will be conducted by unit personnel.**

(a) ACFT Grader:

(1) ACFT Grader training will consist of approximately 8 hours of training and testing. During FY20 grader training and validation will be provided three ways: (1) at USAPFS or CIMT resident courses, (2) by mobile training teams from USAPFS, CIMT or MFT course satellite sites (Ft. Benning, Ft. Hood, Ft. Dix, and Yakima Training Center), or (3) by a unit ACFT NCOIC / OIC.

(2) Soldiers attending ACFT Grader training are expected to be healthy and fit. As part of the ACFT Grader training, Soldiers will take the 6-event ACFT. While passing the ACFT is not a validation requirement, it does increase grader accuracy and objectivity.

(3) ACFT Graders can:

- Validate the testing equipment
- Set up the ACFT testing lanes
- Grade the 6 ACFT events
- Grade the 3 alternate cardio events in the Modified ACFT for permanent

profile Soldiers.

(4) ACFT Graders can be used to familiarize their unit with the ACFT, prepare Soldiers to take the ACFT, and grade a record ACFT.

(b) ACFT NCOIC/OIC (NCOIC/OIC):

(1) ACFT NCOIC / OIC training will consist of 20-24 hours of training and testing. During FY20 grader training and validation will be provided four ways: (1) at USAPFS or CIMT resident courses, (2) by mobile training teams from USAPFS, CIMT or MFT course satellite sites (Ft. Benning, Ft. Hood, Ft. Dix, and Yakima Training Center), (3) during a Master Fitness Trainer certification course, or (4) by a unit ACFT NCOIC / OIC.

(2) Soldiers attending ACFT NCOIC / OIC training are expected to be healthy and fit. As part of the ACFT NCOIC / OIC training, Soldiers will take the 6-event ACFT. While passing the ACFT is not a validation requirement, it does increase administrator competency and grader accuracy and objectivity.

(3) ACFT NCOIC / OICs can:

- Serve as the OIC / NCOIC for a record ACFT
- Validate a testing location
- Validate the testing equipment
- Supervise the setup of ACFT testing lanes
- Supervise ACFT Graders
- Administer a record ACFT re-test
- Grade the 6 ACFT events
- Grade the 3 alternate cardio events in the Modified ACFT for permanent

profile Soldiers.

(4) ACFT NCOIC / OICs may train and validate other ACFT NCOIC / OICs and ACFT Graders

(5) MFTs (Soldiers with the P5/6P ASI) are encouraged to attend Day 1 of training to get extra instruction so they can better coordinate the ACFT training into their unit's Physical Training.

2. Support Personnel such as Administrative Support, Medical, other support personnel (such as scribes, road guards, etc.), need not be certified, but must be competent to provide support in areas identified as requiring support.

Check on Learning:

QUESTION: TRUE or FALSE? The primary job of an ACFT NCOIC / OIC is to serve as the test administrator.

ANSWER: True. The primary job of an ACFT NCOIC / OIC is to serve as the test administrator.

QUESTION: During FY20, what are the 3 ways units can gain ACFT Graders?

ANSWER: (1) at USAPFS or CIMT resident courses, (2) by mobile training teams from USAPFS, CIMT or MFT satellite sites (Ft. Benning, Ft. Hood, Ft. Dix, and Yakima Training Center), or (3) by a unit ACFT NCOIC / OIC.

QUESTION: TRUE or FALSE? ACFT OICs/NCOICs are required to pass the ACFT.

ANSWER: FALSE. As part of the ACFT NCOIC / OIC training, Soldiers will take the 6-event ACFT. While passing the ACFT is not a validation requirement, it does increase administrator competency and grader accuracy and objectivity.

Review Summary:

This Learning Step Activity addressed selection of ACFT event supervisors, scorers, timers, demonstrators, and support personnel. All personnel identified MUST be selected and validated (if required) prior to the conduct of the ACFT.

ELO A - LSA 3. Learning Step / Activity ELO A - LSA 3. Train event supervisors, scorers, timers, demonstrators, and support personnel.

Method of Instruction: Discussion (Small or Large Group)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)* (Must be certified to conduct the ACFT.)

Time of Instruction: 10 mins

Media Type: Handout / PowerPoint Presentation

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

1. Training of event supervisors, scorers, timers, demonstrators, and support personnel must be planned and coordinated at a minimum of a week prior to the conduct of the ACFT.
2. ATRRS School Code 430P is the designated ACFT Grader Validation Resident Training for the Army. The two approved training sites are Fort Jackson, SC and Joint Base Langley- Eustis, VA. School Code 430P is managed within the POI Proponent: 805P (Physical Fitness) at the U.S. Army Physical Fitness School (USAPFS) located

at Fort Jackson, SC. In FY20, 430P offers two paths to validation for the ACFT with two separate training events. **Beginning in FY21 (1 OCT 2020) ALL ACFT Grader and NCOIC / OIC training and validation will be conducted by unit personnel.**

a. These two training options are annotated in ATRRS as ACFT NCOIC/OIC and ACFT Grader, and are three and one calendar day training events, respectively.

b. No quota allocations exist for this training in ATRRS. The standard A1 applications process is not necessary. Soldiers must be directly enrolled through the RL portal by a training NCO, schools NCO, or equivalent for the course, but may not self-enroll.

c. Class windows open 45 days out. Reservations will be in wait status beyond 45 days until the class window opens, at which time they will become reservations.

d. There is no POI or other resourcing associated to this training. Travel and lodging for Soldiers is the responsibility of the sending commands.

3. The ACFT is an intensive six event fitness test and is vastly different than the Army Physical Fitness Test (APFT) in its array of equipment demands, equipment tolerances, and event grading criteria. ACFT grader validation training is necessary to teach and train the new fitness test to ensure a smooth transition in a timely manner that can be sustained by the force.

Check on Learning:

QUESTION: TRUE or FALSE: ACFT grader validation training is necessary to teach and train the new fitness test to ensure a smooth transition in a timely manner that can be sustained by the force.

ANSWER: TRUE!!

QUESTION: The two approved (resident) training sites are _____ AND

_____.

ANSWER: Fort Jackson, SC and Joint Base Langley-Eustis, VA.

QUESTION: TRUE or FALSE. Travel and lodging for Soldiers is the responsibility of the sending commands.

ANSWER: VERY TRUE!!!!

Review Summary:

This Learning Step Activity addressed training of ACFT event supervisors, scorers, timers, demonstrators, and

support personnel. All personnel identified MUST be selected and certified (if required) prior to the conduct of the ACFT.

ELO A - LSA 4. Learning Step / Activity ELO A - LSA 4. Inventory equipment.

Method of Instruction: Practical Exercise (Hands-On/Written)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)* (Must be certified to conduct the ACFT.)

Time of Instruction: 1 hr

Media Type: Actual Equipment

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

1. REPETITION MAXIMUM DEADLIFT

a. One hex bar is required for each lane.

- (1) Hexagon bar will have no D-handles
- (2) Weight: 60lbs (unloaded). Must be within +/- 2lbs of the 60lb requirement.
- (3) Durable hexagonal frame welded from 1.5" square steel tubing (ex1.5 inch 80 pipe sleeves).
- (4) 16.4" of loadable sleeve length to accommodate four x 45lb bumper plates with collar on each end of the bar.
- (5) Both sets of knurled, parallel handles measure 1.34 inch in diameter and are spaced 25 inches apart.
- (6) Hex bar requires rust proofing. Examples are black oxide bare steel; bright zinc; black zinc chrome; nickel; and phosphorus zinc plate to resist rusting.
- (7) Solid sleeve design.
- (8) Color is non-specific.

b. Single Hi-Temp Bumper Plates (550lbs of single hi-temp bumper plates are required for each lane.)

(1) Bumper plates should be constructed of vulcanized rubber and a 2 inch stainless steel insert. Inserts on the bumper should be inset from the plane of the plate allowing for better protection when multiple plates are on the bar.

- (a) 4 x 10lb plate width 1 3/8"
- (b) 2 x 15lb plate width 1 7/8"
- (c) 2 x 25lb plate width 2 1/4"
- (d) 2 x 35lb plate width 3 1/8"
- (e) 8 x 45lb plate width 3 3/4"

(2) Specification

- (a) Standard diameter, 450mm (17.7 inches).
- (b) Solid rubber plates made from high quality rubber.
- (c) Shore durometer at 87.7 - 88.3.
- (d) Insert opening of 50.4mm (1.98 inches).
- (e) Insert type is forged stainless steel.
- (f) Bumper plate thickness tolerance is within 1\16 of an inch.
- (g) Weight tolerance is within +/- 1% of the claimed weight.
- (h) Color is non-specific.

c. Barbell Collar/Spring (Two hex bar collars are required per lane.)

(1) They are designed to be used on 50mm hex bar sleeves to provide a secure and snug fit against the bumper plates. The collar will have a quick and easy locking mechanism for easy on and off.

- (a) Plastic or metal hex bar collar.
- (b) Weight of 1-2 lbs per pair.
- (c) Hex bar and collar must be fully compatible.
- (d) Color is non-specific.

ARMY COMBAT FITNESS TEST (ACFT)

EQUIPMENT

1. One hex bar is required for each lane.

- a. Hexagon bar will have no D-handles
- b. Weight: 60lbs (unloaded). Must be within +/- 2lbs of the 60lb requirement.
- c. Durable hexagonal frame welded from 1.5" square steel tubing (ex1.5 inch 80 pipe sleeves).
- d. 16.4" of loadable sleeve length to accommodate four x 45lb bumper plates with collar on each end of the bar.
- e. Both sets of knurled, parallel handles measure 1.34 inch in diameter and are spaced 25 inches apart.
- f. Hex bar requires rust proofing. Examples are black oxide bare steel; bright zinc; black zinc chrome; nickel; and phosphorus zinc plate to resist rusting.
- g. Solid sleeve design.
- h. Color is non-specific.

b. Specification

- (1) Standard diameter, 450mm (17.7 inches).
- (2) Solid rubber plates made from high quality rubber.
- (3) Shore durometer at 87.7 - 88.3.
- (4) Insert opening of 50.4mm (1.98 inches).
- (5) Insert type is forged stainless steel.
- (6) Bumper plate thickness tolerance is within 1\16 of an inch.
- (7) Weight tolerance is within +/- 1% of the claimed weight.
- (8) Color is non-specific.



2. Single Hi-Temp Bumper Plates (550lbs of single hi-temp bumper plates are required for each lane.)

- a. Bumper plates should be constructed of vulcanized rubber and a 2 inch stainless steel insert. Inserts on the bumper should be inset from the plane of the plate allowing for better protection when multiple plates are on the bar.

- (1) 4 x 10lb plate width 1 3/8"
- (2) 2 x 15lb plate width 1 7/8"
- (3) 2 x 25lb plate width 2 1/4"
- (4) 2 x 35lb plate width 3 1/8"
- (5) 8 x 45lb plate width 3 3/4"

3. Barbell Collar/Spring (Two hex bar collars are required per lane.)

- a. They are designed to be used on 50mm hex bar sleeves to provide a secure and snug fit against the bumper plates. The collar will have a quick and easy locking mechanism for easy on and off.

- (1) Plastic or metal hex bar collar.
- (2) Weight of 1-2 lbs per pair.
- (3) Hex bar and collar must be fully compatible.
- (4) Color is non-specific.

3RM DEAD LIFT (1)



ACFT Equipment Inventory Army Combat Fitness Test (ACFT)

d. Lane Breakdown:

(1) Single lane:

- (a) 1 x hexagon bar weighing 60lbs
- (b) 2 x barbell collars

(2) To equip a single lane with the minimum weight (the 140lb lane):

- (a) 2 x 35lb bumper plates
- (b) 2 x 5lb bumper plates

(3) To equip a single lane with the maximum weight (the 340lb lane):

- (a) 6 x 45lb bumper plates
- (b) 2 x 5lb bumper plates

(4) To equip a 16-lane set requires 4,050lbs:

- (a) 52 x 45lb bumper plates
- (b) 12 x 35lb bumper plates
- (c) 4 x 25lb bumper plates
- (d) 10 x 15lb bumper plates

(5) 12 x 5lb bumper plates

ARMY COMBAT FITNESS TEST (ACFT)

EQUIPMENT



a. Single lane:

- (1) 1 x hexagon bar weighing 60lbs
- (2) 2 x barbell collars

b. To equip a single lane with the minimum weight (the 140lb lane):

- (1) 2 x 35lb bumper plates
- (2) 2 x 5lb bumper plates

c. To equip a single lane with the maximum weight (the 340lb lane):

- (1) 6 x 45lb bumper plates
- (2) 2 x 5lb bumper plates

d. To equip a 16-lane set requires 4,050lbs:

- (1) 52 x 45lb bumper plates
- (2) 12 x 35lb bumper plates
- (3) 4 x 25lb bumper plates
- (4) 10 x 15lb bumper plates
- (5) 12 x 5lb bumper plates



3RM DEAD LIFT (2)



ACFT Equipment Inventory
Army Combat Fitness Test (ACFT)

2. STANDING POWER THROW

a. One 10lb medicine ball is required per lane.

(1) The medicine ball is approximately 9 inches in diameter.

(a) Medicine ball is made of hard rubber.

(b) It will be firm and non-malleable.

(c) A textured grip surface will make it easy to handle.

(d) It should not lose its shape when thrown and should be made of a durable rubber specifically designed to withstand impact from landing on the ground after being thrown.

(e) The medicine ball's inner material cannot shift and cannot be sand or similar loose material.

(f) The medicine ball must be weatherproof.

(g) Color is non-specific.

b. Lane Breakdown:

(1) Single Lane

(a) 1 x 10 lb medicine ball

(b) 1 x 25 meter measuring tape (also used for SDC)

(c) 1 x measuring stick

(d) 12 x field cones (also used for SDC) to mark the start and finish lines and the 5 meter points in each lane

(e) 1 x hand towel

(2) 16-Lane set

(a) 16 x 10lb medicine ball

(b) 8 x 25 meter measuring tapes (also used for SDC), placed between 2 lanes

(c) 8 x measuring sticks

(d) 110 x field cones (also used for SDC)

(e) 16 x hand towel

ARMY COMBAT FITNESS TEST (ACFT)

EQUIPMENT

1. One 10lb medicine ball is required per lane.

a. The medicine ball is approximately 9 inches in diameter.

- (1) Medicine ball is made of hard rubber.
- (2) It will be firm and non-malleable.
- (3) A textured grip surface will make it easy to handle.
- (4) It should not lose its shape when thrown and should be made of a durable rubber specifically designed to withstand impact from landing on the ground after being thrown.
- (5) The medicine ball's inner material cannot shift and cannot be sand or similar loose material.
- (6) The medicine ball must be weatherproof.
- (7) Color is non-specific.

b. Single Lane

- (1) 1 x 10 lb medicine ball
- (2) 1 x 25 meter measuring tape (also used for SDC)
- (3) 1 x measuring stick
- (4) 12 x field cones (also used for SDC) to mark the start and finish lines and the 5 meter points in each lane
- (5) 1 x hand towel

c. 16-Lane set

- (1) 16 x 10lb medicine ball
- (2) 8 x 25 meter measuring tapes (also used for SDC), placed between 2 lanes
- (3) 8 x measuring sticks
- (4) 110 x field cones (also used for SDC)
- (5) 16 x hand towel



STANDING POWER THROW

ACFT Equipment Inventory Army Combat Fitness Test (ACFT)

3. HAND-RELEASE PUSH-UP

a. Single Lane

- (1) 1 x stopwatch (also used for SDC, LTK and 2MR)

b. 16-Lane set

- (1) 16 x stopwatches (also used for SDC, LTK and 2MR)

4. SPRINT-DRAG-CARRY

a. One sled and pull strap are required per lane.

(1) The nylon sled can be dragged on multiple surfaces (grass and artificial turf). The sled can handle up to four 45lb bumper plates and is considerably lighter than the traditional metal sled. The sled should not be used on concrete, asphalt or any rough textured surface. Use of the sled on aggressive surfaces will significantly shorten the life of the sled. The nylon sled can be rolled up for storage and transportation.

- (a) Made of thick heavy-duty nylon.
- (b) Size standard is 22 inch long and 19.5 inches wide.
- (c) The sled can handle up to four 45lb plates.
- (d) Must include a pull strap of 92 inches with a handle on both ends.
- (e) Color is non-specific.

b. Two 40lb kettlebells are required per lane.

(1) The kettlebell is a cast-iron or cast steel weight resembling a cannonball with a closed single loop handle. It should be made with a slip-free texture with a seamless and even finish.

(a) The weight of the kettlebell will be within +/- 1% of the 40lb required weight.

(b) It will be made of cast iron or cast steel.

(c) Powder coated.

(d) Approximate height of 11 inches.

(e) It will have a flat base allowing it to stand with the handle positioned vertically.

(f) Color is non-specific.

c. Lane Breakdown:

(1) Single Lane

(a) 1 x nylon sled and pull strap

(b) 2 x 45 lb bumper plates

(c) 2 x 40 lb kettlebells

(2) 16-Lane set

(a) 16 x nylon sleds and pull straps

(b) 32 x 45 lb bumper plates

(c) 32 x 40 lb kettlebells

ARMY COMBAT FITNESS TEST (ACFT)

EQUIPMENT

1. One sled and pull strap are required per lane.

a. The nylon sled can be dragged on multiple surfaces (grass and artificial turf). The sled can handle up to four 45lb bumper plates and is considerably lighter than the traditional metal sled. The sled should not be used on concrete, asphalt or any rough textured surface. Use of the sled on aggressive surfaces will significantly shorten the life of the sled. The nylon sled can be rolled up for storage and transportation.

- (1) Made of thick heavy-duty nylon.
- (2) Size standard is 22 inch long and 19.5 inches wide.
- (3) The sled can handle up to four 45lb plates.
- (4) Must include a pull strap of 92 inches with a handle on both ends.
- (5) Color is non-specific.



b. Single Lane

- (1) 1 x nylon sled and pull strap
- (2) 2 x 45 lb bumper plates
- (3) 2 x 40 lb kettlebells

c. 14-Lane set

- (1) 14 x nylon sleds and pull straps
- (2) 32 x 45 lb bumper plates
- (3) 32 x 40 lb kettlebells



SPRINT – DRAG – CARRY



ACFT Equipment Inventory Army Combat Fitness Test (ACFT)

5. LEG TUCK

a. The specifications for the climbing bars (Climbing Pods) follow:

- (1) Five posts.
- (2) Each of the five posts measures 6 inches square by 12 feet long.
- (3) Each post is sunk 3 feet into the ground.
- (4) Two bars.
- (5) Each of the two bars is a threaded, hollow metal pipe.
- (6) Each bar measures 1.5 inches outside diameter by 12 feet long. Diameter variance of 1.25 to 1.75 inches is allowed for ACFT testing.
- (7) Each bar has two 1-inch deep end caps.
- (8) The bars are through the 6 by 6s at 7.5 and 8 feet above the ground. Any higher increases the risk of injury from an uncontrolled drop from the bar. A higher bar is too high for Spotters to be able to reach to support the exercising Soldier.
- (9) The distance from inside post edge to inside post edge is about 62 inches. This is to allow enough bar space to allow room for Spotters and to conduct all exercises safely.
- (10) The step-ups (16 inches long) are cut from 4 by 4 inches by 8-foot posts and secured to the 6 by 6s with 3-inch screws that are countersunk.
- (11) The step-ups on the outside 6 by 6 posts are 18 inches from the ground; the step-ups on the inside post are 24 inches above the ground.

b. The specifications for the climbing bars (Portable) follow:

- (1) 1.25 to 1.75 inch outside diameter of the bar. 2 inch diameter is too large for safe performance of the test.
- (2) Smooth unpainted galvanized steel bar, with shallow knurling is acceptable.
- (3) System weight of 146lbs.
- (4) Bar length of 48 to 62 inches.
- (5) Bar height minimum of 86 inches, preferably 90 inches.
- (6) 2 x 3 inch 11 gauge steel frame.
- (7) Load capacity of 1,000lbs.
- (8) Color is non-specific.

c. Lane Breakdown:

(1) Single lane

- (a) 1 x pull-up bar or Climbing Pod

(2) 16-Lane set has 16 x pull-up bars or one x Climbing Pod with the following dimensions and features:

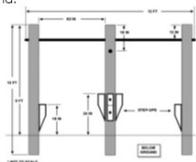
- (a) 8 x 5ft wide climbing bars at 7.5ft off the ground with step ups at 1.5ft and 2ft off the ground.
- (b) 8 x 5ft wide climbing bars at 8.0ft off the ground with step ups at 1.5ft and 2ft off the ground.

ARMY COMBAT FITNESS TEST (ACFT)

EQUIPMENT

1. The specifications for the climbing bars (Climbing Pods) follow:

- a. Five posts.
- b. Each of the five posts measures 6 inches square by 12 feet long.
- c. Each post is sunk 3 feet into the ground.
- d. Two bars.
- e. Each of the two bars is a threaded, hollow metal pipe.
- f. Each bar measures 1.5 inches outside diameter by 12 feet long. Diameter variance of 1.25 to 1.75 inches is allowed for ACFT testing.
- g. Each bar has two 1-inch deep end caps.
- h. The bars are through the 6 by 6s at 7.5 and 8 feet above the ground. Any higher increases the risk of injury from an uncontrolled drop from the bar. A higher bar is too high for Spotters to be able to reach to support the exercising Soldier.
- i. The distance from inside post edge to inside post edge is about 62 inches. This is to allow enough bar space to allow room for Spotters and to conduct all exercises safely.
- j. The step-ups (16 inches long) are cut from 4 by 4 inches by 8-foot posts and secured to the 6 by 6s with 3-inch screws that are countersunk.
- k. The step-ups on the outside 6 by 6 posts are 18 inches from the ground; the step-ups on the inside post are 24 inches above the ground.



LEG TUCK

2. The specifications for the climbing bars (Portable) follow:

- a. 1.25 to 1.75 inch outside diameter of the bar. 2 inch diameter is too large for safe performance of the test.
- b. Smooth unpainted galvanized steel bar, with shallow knurling is acceptable.
- c. System weight of 146lbs.
- d. Bar length of 48 to 62 inches.
- e. Bar height minimum of 86 inches, preferably 90 inches.
- f. 2 x 3 inch 11 gauge steel frame.
- g. Load capacity of 1,000lbs.
- h. Color is non-specific.



Single lane

- a. 1 x pull-up bar or Climbing Pod
- b. 16-Lane set has 16 x pull-up bars or one x Climbing Pod with the following dimensions and features:
 - (1) 8 x 5ft wide climbing bars at 7.5ft off the ground with step up at 1.5ft and 2ft off the ground.
 - (2) 8 x 5ft wide climbing bars at 8.0ft off the ground with step up at 1.5ft and 2ft off the ground.



ACFT Equipment Inventory

Army Combat Fitness Test (ACFT)

6. 2-MILE RUN

- a. 2 x stopwatches (one for the timer and one for the back-up timer)

7. ACFT MODIFIED ASSESSMENT:

a. Bike:

(1) The Bike event requires a stationary bicycle that tests a Soldier's lower body muscular endurance. It cannot incorporate assistance from the Soldier's upper body. The ergometer must be available for training and testing. The seat and handlebars must be adjustable to accommodate Soldiers of different sizes. It must have an odometer that accurately measures time and distance as well as level of resistance. The level of resistance must be adjustable. During the IOC period the cycle ergometer must be an approved model from the following list:

- (a) Precor
- (b) Lifefitness
- (c) Monark
- (d) Concept 2

b. Rower:

(1) The Row event requires a stationary rowing ergometer (a rower) that tests a Soldier's upper and lower body muscular endurance. The rower must be available for training and testing. The seat, handles and rail must accommodate Soldiers of different sizes. It must have an odometer that accurately measures time and distance as well as level of resistance. The level of resistance must be adjustable. During the IOC period the rower must be an approved model from the following list:

- (a) Precor
- (b) Lifefitness
- (c) Monark
- (d) Concept 2

ARMY COMBAT FITNESS TEST (ACFT)

EQUIPMENT

BIKE

a. The Bike event requires a stationary bicycle that tests a Soldier's lower body muscular endurance. It cannot incorporate assistance from the Soldier's upper body. The ergometer must be available for training and testing. The seat and handlebars must be adjustable to accommodate Soldiers of different sizes. It must have an odometer that accurately measures time and distance as well as level of resistance. The level of resistance must be adjustable. During the IOC period the cycle ergometer must be an approved model from the following list:

- (1) Precor
- (2) LifeFitness
- (3) Monark
- (4) Concept 2



ROWER

a. The Row event requires a stationary rowing ergometer (a rower) that tests a Soldier's upper and lower body muscular endurance. The rower must be available for training and testing. The seat, handles and rail must accommodate Soldiers of different sizes. It must have an odometer that accurately measures time and distance as well as level of resistance. The level of resistance must be adjustable. During the IOC period the rower must be an approved model from the following list:

- (1) Precor
- (2) LifeFitness
- (3) Monark
- (4) Concept 2



ACFT MODIFIED ASSESSMENT

ACFT Equipment Inventory Army Combat Fitness Test (ACFT)

8. OTHER EQUIPMENT: Inventory and account for the following common unit equipment for set-up and grading:

- a. 16 stop watches.
- b. 8 x 25m tape measures.
- c. 8 x wooden or PVC marking sticks for the SPT. One stick for every two lanes.
- d. 70 x 18" traffic cones.
- e. 50 field / dome cones.
- f. 2 tables
- g. 2 chairs
- h. Water cans
- i. First Aid Kit / CLS Bag
- j. Ice Sheets (weather dependent)
- k. Clipboards
- l. Towels
- m. Pens
- n. Spray Paint
- o. Tape
- p. 3 x 40m (200ft) tape measures

ARMY COMBAT FITNESS TEST (ACFT)

EQUIPMENT

NOMENCLATURE: MEASURING TAPE (METRIC)



A. DESCRIPTION: 1 X PER LANE. MUST BE CAPABLE OF MEASURING IN METRIC. DURABLE, LONG-LASTING, VINYL-COATED FIBERGLAS TAPES IN ABS SHATTER RESISTANT CASE. CLOSED REEL TAPES FEATURE AN EASY TO WIND, FLUSH-FOLDING HANDLE.

B. SPECIFICATION:

- 1) 100' TAPE WITH A "METRIC" SIDE.
- 2) MINIMUM TAPE LENGTH IS 30M (98 FEET).
- 3) MEASURING TAPE COLOR IS NON-SPECIFIC.

C. USAC/MT PROCUREMENT RECOMMENDATION: ITEM PRONE TO BREAKAGE/DAMAGE/THEFT OVER TIME

OTHER (1)

ACFT Equipment Inventory Army Combat Fitness Test (ACFT)

ARMY COMBAT FITNESS TEST (ACFT)

EQUIPMENT

Supplemental ACFT Supporting Equipment List

Nomenclature	Description	Specification
 Sled Artificial Turf Strip	Rolled artificial turf which works well for strength and conditioning platforms. Stadium padded artificial turf is an economical synthetic turf.	Rolls cut 8 ft wide by 50 ft in length (2ea), stays clean and green - even with heavy use. Nylon, diamond monofilament, 1/2 pile height, primary backing woven, coating 5 mm polyurethane foam. Grab tear strength >200lbs per foot.
 Field Cones	Any style of marking cone, painted lines, chalk lines, engineer tape or other lane marking method is acceptable. These are low cost and simple. Some prefer colored cones to better mark lanes	<ul style="list-style-type: none"> • These softer style markers are flexible and stack easily • Improve your practice with these lightweight and completely portable low profile cones
 Measuring Wheel	The wheel makes it easier to measure and set up lanes for the course. If not available use a 30 meter measuring tape	Lightweight and extremely durable <ul style="list-style-type: none"> • Measures in English up to 10,000 feet • Handle folds down for easy storage
 Speaker Box	PYLE VHF 200W Wireless	<ul style="list-style-type: none"> • Unit Powered by Internal Rechargeable Battery Pack • Dynamic Wireless Mic w/ 3 Position Power Switch & LED • Unit Battery Life: Approx. 5 Hours • 110/220 Voltage Switchable

OTHER (2)

ACFT Equipment Inventory Army Combat Fitness Test (ACFT)

ARMY COMBAT FITNESS TEST (ACFT)

EQUIPMENT

Nomenclature	Description	Specification
Pointer 	Can be used to keep better mark the exact landing spot or. Other field expedient pointers are acceptable. Makes testing more efficient but not required. Note: one 10' white PVC pipe can make 2x5' pointers.	Meets NSF/ANSI safety standards • Pliable with a limited lifetime warranty • Product Details: • Product Dimensions: 1" X 10" • Shipping Weight: 3.150 pounds • ASIN: 51V/105 002 • GSA Part number: 2510207497
Outdoor Clock 	High-visibility red LEDs readable in bright sunlight • 5 digits Timing • Should include Tripod and Carrying case	• Timing Modes: • Time up or Time down • Time of day mode • Participants Place Count • Pace per mile • Projected Time to Finish • Split Modes: Frame and Lap
Stopwatch 	Stopwatch with a hand or a digital display that can be started and stopped at will for exact timing (as of a race)	Product Description • Water resistant • 1/100 second • Shock resistant • Shock resistant

OTHER (3)

ACFT Equipment Inventory Army Combat Fitness Test (ACFT)

Check on Learning:

QUESTION: What is one of the specification requirements for the nylon sled used in the Sprint-Drag-Carry (SDC)?

ANSWER: 1) Made of thick heavy duty nylon; 2) Size standard is 22" (length) by 19.5" (width); 3) Can handle up to four 45lb plates. Weight standard is 90lbs (2x45lb plates); 4) Must include pull 92" strap with handle on both ends; 5) Nylon sled color is non-specific.

QUESTION: What is the outside diameter of the horizontal bar used in the Leg Tuck (LTK)?

ANSWER: No more than 1.5 inch outside diameter of bar.

QUESTION: What is the weight of the medicine ball used in the Standing Power Throw (SPT)?

ANSWER: 10 lbs.

QUESTION: What is the weight of the Hexagon/Trap Bar?

ANSWER: 60 lbs or 50 lbs. Bar weight may cause total weight to be adjusted. For example, a 50lb bar plus 2 x 45 lb bumpers is 140lbs. If the bar weighs 60, with 2 x 45 lb bumpers, the weight lifted is 150lbs. Small variations of 1-2 lbs above or below for the bar weight should be rounded to the nearest 10. So 48 would be 50. 61.5 would be 60. If there is a 3-4lb lower difference, use another bar or add a weight plate to make up the difference to as close to 50 or 60 weight as possible.

Review Summary:

This Learning Step Activity (LSA) addressed inventory training of ACFT event equipment.

ELO A - LSA 5. Learning Step / Activity ELO A - LSA 5. Certify the test site.

Method of Instruction: Practical Exercise (Hands-On/Written)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)* (Must be certified to conduct the ACFT.)

Time of Instruction: 15 mins

Media Type: Conference/Demonstration

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

A. Certification of the ACFT Test Site includes (but is not limited to) the following:

- (1) All required personnel are on-hand and certified (if required).
- (2) All event lanes and stations are clearly marked and/or identified.
- (3) All event equipment present.
- (4) Digital clock and any audio/visual equipment is working accurately.
- (5) All support personnel required are present.
- (6) Safety and first aid requirements are present (this may be revised based on the commander's risk assessment and local policy and/or SOPs):
 - (a) Risk Assessment
 - (b) Combat Lifesaver (CLS) and CLS Bag
 - (c) Water
 - (d) Ice chest and ice sheets (weather dependent)

(e) Communications

B. After certifying the test site, the OIC or NCOIC will READ aloud the following instructions to all Soldiers taking the ACFT.

ACFT INSTRUCTIONS

You are about to take the Army Combat Fitness Test or ACFT, a test that will measure your upper and lower body muscular endurance, muscular strength, aerobic endurance and explosive power. The results of this test will give you and your commanders an indication of your state of physical readiness and will act as a guide in determining your physical training needs.

After selecting a lane with your preferred weight for the 3 Repetition Maximum Deadlift event, you may be assigned to a different lane for the next events.

You will rest and recover while other Soldiers complete their turns. After the last Soldier completes the Leg Tuck event, there will be a ten (10 minute recovery period for all tested Soldiers before the start of the 2-Mile Run. Soldiers who are testing on their own or in pairs will have recovery periods between events equivalent to those that Soldiers have when testing in groups. Do the best you can on each of the events.

**Instructions (1)
Army Combat Fitness Test (ACFT)**

Check on Learning:

QUESTION: What is one certification check you would make sure is in place on the ACFT Test Site?

ANSWER: All required personnel are on-hand and certified (if required); All event lanes and stations are clearly marked and/or identified; All event equipment present; Digital clock and any audio/visual equipment is working accurately; All support personnel required are present; Safety and first aid requirements are present (this

may be revised based on the commander's risk assessment and local policy and/or SOPs).

Review Summary:

This Learning Step Activity (LSA) addressed the certification of the ACFT Test Site. Ensure that you know your local policies/SOPs on all safety requirements for your installation/unit.

ELO A - LSA 6. Learning Step / Activity ELO A - LSA 6. Ensure all Soldiers being tested read all test instructions.

Method of Instruction: Discussion (Small or Large Group)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)* (Must be certified to conduct the ACFT.)

Time of Instruction: 10 mins

Media Type: Printed Reference Material

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

A. Prior to taking a record ACFT, all Soldiers are required to read the test instructions. Soldiers are encouraged to ask their chain of command questions about the ACFT prior to the event. These instructions will not be read at the event. Test Event Instructions can be found in Appendix D, Student Handouts of this lesson.

B. Instructions are:

ACFT INSTRUCTIONS

In the appropriate spaces, print in ink the personal information required on the scorecard.

Note: The preceding remark is omitted if scorecards were issued prior to arrival at the test site.

You are to carry this card with you to the 3 Repetition Maximum Deadlift (MDL) and give it to the grader. The MDL Grader will record your MDL weight and return the card to you to take to the Standing Power Throw (SPT) Lane Grader. The SPT Lane Grader will maintain control of the card for the duration of the ACFT. The grader will record your raw score and scaled score, initial the card and return it to you after completing the ACFT. You must sign the scorecard before departing the test area in order to show your agreement with your score.

You will continue to observe the ACFT test area and follow instructions from the OIC or NCOIC throughout the test. During the events, you may conduct your choice of preparation activities. During the test you may observe all events and offer appropriate verbal motivation to test takers. It is your responsibility to complete proper preparation and know the event standards prior to taking the ACFT. What are your questions about the event standards?

ACFT Instructions Army Combat Fitness Test (ACFT)

ACFT INSTRUCTIONS

The following instructions will be available to Soldiers prior to the test:

ACFT EVENT #1: 3 REPETITION MAXIMUM DEADLIFT (MDL).

You must step inside the hex bar with feet shoulder width apart, and locate the mid-point of the hex bar handles. On the command of "GET SET," you will bend at the knees and hips, reach down and grasp the center of the handles using a closed grip. Arms will be fully extended, back flat, head in line with the spinal column, and heels in contact with the ground. All repetitions will begin from this position. On the command of "GO" you will stand up and lift the bar by straightening the hips and knees. After completing the movement up, you will lower the bar to the floor under control while maintaining a flat back. You must not rest on the ground. A successful attempt is 3 repetitions to standard. If you fail to perform a successful attempt, you will be allowed one re-attempt at the same weight or a lower weight of your choosing. If you complete 3 correct repetitions on your first attempt, you will be given the option to attempt a higher weight of your choosing to increase your score. The amount of weight successfully attempted will be your raw score.

ACFT EVENT #2: STANDING POWER THROW (SPT).

You will face away from the throw line and grasp a 10lb medicine ball with both hands. Stand with the heels at (but not on or over) the start line. To avoid having the ball slip, grasp firmly and as far around the sides or beneath the ball as possible. You may make several preparatory movements by bending at the trunk, knees and hips while lowering the ball toward the ground. Attempt to throw the ball as far as possible. Your feet must be stationary and on the ground prior to the throw. You may jump during the throwing movement to exert more power into the throw, but you must not fall, cross beyond or touch the throw line with your foot. If you do, the throw will not count. The longer of the two attempts will be the one used for your record score.

ACFT Instructions Army Combat Fitness Test (ACFT)

ACFT INSTRUCTIONS

ACFT EVENT #3: HAND-RELEASE PUSH-UP (HRP).

On the command, "GET SET" you will assume the prone position with hands flat on the ground beneath your shoulders. Your chest and the front of your hips and thighs will be on the ground. Toes will be touching the ground and feet will be together or up to a boot's width apart as measured by the Grader's boot. Your ankles will be flexed. Your head does not have to be on the ground. With the hands placed flat on the ground, your index fingers will be inside the outer edge of your shoulders. Your feet will remain on the ground throughout the event. On the command "GO," you will push the whole body up from the ground as a single unit to fully extend the elbows, moving into the Front Leaning Rest position. You will maintain the same straight body alignment from the top of the head to the ankles. This straight position will be maintained for the duration of the event. Bending or flexing the knees, hips, trunk or neck during a repetition will cause that repetition to not count. The Front Leaning Rest is the only authorized rest position. If you move from the straight position but immediately self-correct or immediately correct when directed by the Grader, you may continue the event, only losing a count for that repetition. After you reach the up position, your elbows will bend again to lower your body to the ground. Your chest, hips and thighs will touch the ground. Your head or face does not have to contact the ground. After reaching the ground as a single unit, without moving the head, body or legs, you will immediately move both arms out to the side straightening the elbows into the T position. You will then immediately return your hands to the starting position to complete one repetition. You cannot pause or rest on the ground. If you place a knee on the ground when in the up position, the event will be terminated. You have two minutes to complete as many correct repetitions as possible.

ACFT Instructions Army Combat Fitness Test (ACFT)

ACFT INSTRUCTIONS

ACFT EVENT #4: SPRINT-DRAG-CARRY (SDC).

You must assume the prone position with hands on the ground beneath your shoulders and with the top of your head behind the start line, ready to complete 5 consecutive and continuous 50-meter shuttles. For the first shuttle, on the command "GO" stand up and sprint 25 meters before touching the 25 meter line with your foot AND hand, turning at the line and sprinting back to the start. If you fail to touch properly, the scorer will call you back before allowing you to continue. For the second shuttle, grasp each pull-strap handle to pull the sled backwards until the whole sled crosses the 25 meter line. If you fail to cross the line with the sled, the scorer will call you back before allowing you to continue. Turn and drag the sled back to the start line. For the third shuttle, you will perform the Lateral for 25 meters, touching the line with foot AND hand before performing the Lateral back to the start line. The Lateral will be performed to the left in one direction and to the right in the other direction. For the fourth shuttle, grasp the handles of the two 40lb kettlebells and run 25 meters, touching the line with the foot before returning back to the start line. Place the kettlebells on the ground without dropping them. For the fifth shuttle, sprint 25 meters to the line, touching with the foot AND hand before turning and sprinting back to the start line to complete the event.

ACFT Instructions Army Combat Fitness Test (ACFT)

ACFT INSTRUCTIONS

ACFT EVENT #5: LEG TUCK (LTK).

You will assume a straight-arm hang on the bar with feet off the ground and uncrossed. You must use the alternating grip, with the dominant hand closest to the head. Your body will be perpendicular to the bar. Your elbows will be straight. Your feet cannot contact the ground or the pull-up / climbing bar during the event. On the command "GO" you will flex at the elbows, knees, hips and waist to raise your knees. Your elbows must flex. They cannot remain fully extended or straight. The right and left knees or thighs must touch the right and left elbows respectively. Your Grader must observe both of the knees or the front of the thighs contacting both elbows. You will return under control to the straight-arm hang position to complete each repetition. If your elbows remain bent in the straight-arm hang position, that repetition will not count. You do not have to be completely still in the straight-arm hang position, but deliberate, active swinging of the trunk and legs to assist with the upward movement is not permitted. Small, inconsequential or passive movement of the body and twisting of the trunk is permitted. Your Grader may assist with controlling these movements if they become excessive. You may rest in the straight-arm hang position. The event will be terminated when you voluntarily stop by dropping from the bar or if you use the ground to rest or push up from to complete a repetition.

ACFT Instrucitons Army Combat Fitness Test (ACFT)

ACFT INSTRUCTIONS

ACFT EVENT #6: 2-MILE RUN (2MR).

Prior to starting the ACFT event you will already know the 2-Mile Run course including the start and finish points, turn around points or number of laps. On the command "GO," the clock will start and you will begin running at your own pace, completing the 2-mile distance without receiving any physical help. You may walk or pause but you cannot be picked up, pulled, pushed in any way. You may pace another Soldier or be paced by another Soldier. Verbal encouragement is permitted. Leaving the course at any time or at any point during the event will cause the event to be terminated. Your time will be recorded as you cross the finish line at the 2-mile point.

ACFT Instructions Army Combat Fitness Test (ACFT)

ACFT ALTERNATE TEST INSTRUCTIONS

5000 METER ROW EVENT:

The 5000 Meter Row measures your level of aerobic fitness. On the command "GO," the clock will start, and you will begin rowing at your own pace. You must complete the 5000 meter distance. You will be scored on your time. To pass, you must complete 5000 meters in 25 minutes. What are your questions about this event?

15000 METER BIKE EVENT

The 15000 Meter Bike measures your level of aerobic fitness. On the command "GO," the clock will start, and you will begin pedaling at your own pace. You must complete the 15000 meter distance in 25 minutes. You will be scored on your time.

1000 METER SWIM EVENT

The 1000 Meter Swim measures your level of aerobic fitness. You will begin in the water; no diving is allowed. At the start, your body must be in contact with the wall of the pool. On the command "GO," the clock will start. You should then begin swimming at your own pace, using any stroke or combination of strokes you wish. You must swim (state the number) laps to complete this distance. You must touch the wall at each end of the pool. As you turn, any type of turn is authorized. You must complete the 1000 meter distance in 25 minutes. You will be scored on time. Walking on the bottom to recuperate is authorized. Swimming goggles, swim caps and civilian swimming attire are permitted, but no other equipment is authorized. What are your questions about this event?

ACFT Instructions Army Combat Fitness Test (ACFT)

Check on Learning:

QUESTION: When are Soldiers required to read test instructions?

ANSWER: Prior to taking a record ACFT, all Soldiers are required to read the following test instructions. Soldiers are encouraged to ask their chain of command questions about the ACFT prior to the event.

Review Summary:

This Learning Step Activity (LSA) addressed ACFT Instructions. It is important that these instructions be read no earlier than 48 hours prior to a record ACFT.

CHECK ON LEARNING (ELO A):

QUESTION: The ACFT requires a testing site with a _____ run course and a flat space of approximately _____?

ANSWER: The ACFT requires a testing site with a two-mile run course

and a flat field space approximately 40 x 40 meters.

QUESTION: TRUE or FALSE? ACFT OICs/NCOICs are required to pass the ACFT.

ANSWER: FALSE. As part of the ACFT NCOIC / OIC training, Soldiers will take the 6-event ACFT. While passing the ACFT is not a validation requirement, it does increase administrator competency and grader accuracy and objectivity.

QUESTION: Soldiers attending ACFT Grader training are expected to be _____ and _____.

ANSWER: healthy and fit.

QUESTION: TRUE or FALSE. Travel and lodging for Soldiers is the responsibility of the sending commands.

ANSWER: VERY TRUE!!!!

QUESTION: What is the weight of each kettlebell used in the Sprint-Drag-Carry (SDC)?

ANSWER: 40 lbs.

REVIEW SUMMARY(ELO A):

In this learning objective we discussed how to prepare to administer the ACFT by ensuring all resources accounted for are to the correct standard without error. This included:

- Selecting test site location.
- Selecting event supervisors, scorers, timers, demonstrators, and support personnel.
- Train event supervisors, scorers, timers, demonstrators, and support personnel.
- Inventorying equipment.
- Certifying the test site.
- Ensuring all Soldiers being tested read all test instructions.

B. ENABLING LEARNING OBJECTIVE

ACTION:	Administer the ACFT
CONDITIONS:	

	On a designated ACFT test site with designated ACFT test administration team and required equipment, wearing designated and authorized Army Physical Fitness Uniform (APFU), given TC 7-22, and an ACFT Scorecard.
STANDARDS:	Administer the ACFT by: <ul style="list-style-type: none"> - Ensuring all Soldiers being tested conduct the 10-minute Preparation Drill Warm-Up. - Ensuring all Soldier being tested conduct the 10-minute MDL Warm-Up. - Ensuring all Soldier being tested complete all six (6) test events in 90 minutes or less.
LEARNING DOMAIN - LEVEL:	Psychomotor - Precision
No JPME LEARNING AREAS SUPPORTED:	None

ELO B - LSA 1. Learning Step / Activity ELO B - LSA 1. Conduct 10-minute Preparation Drill.

Method of Instruction: Practical Exercise (Hands-On/Written)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)* (Must be certified to conduct the ACFT.)

Time of Instruction: 10 mins

Media Type: Practical Exercise

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

1. PROTOCOLS

a. The six events of the ACFT will be completed in order on the same day during a test period not to exceed 90 minutes to include Preparation Drill and MDL preparation. This time limit applies to all ACFT scenarios, to include Soldiers tested taking the modified ACFT (ACFT MOD) as well as Soldiers tested individually or in pairs. The test period is defined as the period of time that elapses from the start of the Preparation Drill to the finish of the 2-Mile Run (from the first Bend and Reach to the 21-minute point of the 2-Mile Run) or the finish of the 25 minute allowed for completion of the ACFT MOD.

b. Soldiers must attempt all six events or all the events of the ACFT MOD. They cannot stop if they fail an event prior to completing all the events. This ensures best effort and gives commanders an opportunity to redirect training and build tenacity.

c. Soldiers will rotate as groups of four through each lane. Fewer than four Soldiers per lane is authorized. Each event will have a common start, directed by the OIC or NCOIC. Once every Soldier in the formation has completed the event, the next event will start. The first five test events proceed in this fashion. After the Leg Tuck there will be a programmed rest of 10 minutes that starts when the last Soldier completes

the Leg Tuck.

d. Except for 10 minutes rest after the Leg Tuck, there is no programmed rest between events nor a required amount of rest per Soldier. The exception is when one or two Soldiers are being tested. In those cases, and for the first four events only, 5 minutes of rest will be programmed between the first four events. The 10 minute rest after the Leg Tuck remains the same for all scenarios.

e. There are no test event re-starts. Incorrectly performed repetitions will not be counted. The Grader records and initials the correctly completed number of repetitions, distance and times. Soldiers sign their scorecard before leaving the test site, acknowledging that they concur with the scores recorded by their grader. Questions will be resolved by the OIC or NCOIC within the 90-minute time limit for execution of the ACFT. Video recording of the test for training purposes is permitted but it will not be used to adjudicate event scores. A video cannot substitute for direct observation by a properly trained grader.

f. Any piece of clothing not prescribed as a component of the Army Physical Fitness Uniform (APFU) is not permitted for wear during the ACFT. Neither are devices or equipment that offer any potential for unfair advantage during testing. The wearing of the following items are not authorized: nasal strips, back braces, elastic bandages, or limb braces. Biometric measuring devices such as watches, heart rate monitors, step counters and fitness trackers are permitted. The wearing and carrying of other electronic devices is not permitted. These include electronic music players and cell phones. AR 670-1, Wear and Appearance of Army Uniforms and Insignia, specifies the components of the APFU. In order to protect the hands, Soldiers may choose to use gloves that conform to AR 670-1 for any event and at any time of year in any climate.

g. The Preparation Drill is a dynamic warm-up that properly prepares the body for more intense activity such as the ACFT. The principle instructor for the Preparation Drill will not be one of the Soldiers who is about to be tested. Soldiers who are about to take the ACFT will conduct the exercises in the Preparation Drill to their own tolerance, avoiding fatigue. After the Preparation Drill and other preparation activities are completed, the first event will begin. Upon completion of all ACFT events, the Recovery Drill will be conducted as either a collective or individual activity.

h. Scorecard and Scoring Scale:

(1) All Soldiers must attain a score of at least 60 points on each event and an overall score of at least 360 points. The maximum score a Soldier can attain on the ACFT is 600 points. There is no extended scoring scale.

(2) ACFT results will be recorded on DA Form 705.

(3) Soldiers who fail to achieve the minimum passing score on any event are considered test failures. Soldiers must not start the test if they are ill or injured or on a temporary profile that limits them physically. If a Soldier starts the test, he or she is acknowledging that they are ready to test and that they understand the test standards. If a Soldier becomes ill or injured during the ACFT and fails to achieve the minimum passing score, he or she is considered a test failure.

(4) The ACFT scorecard will be used to record demographic information and scores on all events for a tested individual. Height and weight information is not required for a valid scorecard or ACFT. After the 2MR, the Soldier will initial the scorecard after verifying agreement with each recorded event score. The Grader will convert the raw scores to point scores and total the points.

2. The ACFT begins with a 10-minute Preparation Drill.

- a. This drill is a dynamic warm-up that prepares the body for more intense activity.
- b. The principle instructor for the Preparation Drill will not be one of the Soldiers about to be tested.
- c. Soldiers who are about to be tested will participate in the Preparation Drill exercises at a self-paced intensity to avoid undue fatigue.
- d. For conduct of the Preparation Drill, See Individual Task 805P-COM-1101, Preparation Drill located in Appendix D, Student Handouts.
- e. Before completing Preparation Drill, the following instructions are read aloud to all Soldiers taking the ACFT at the test site.

ACFT INSTRUCTIONS

You are about to take the Army Combat Fitness Test or ACFT, a test that will measure your upper and lower body muscular endurance, muscular strength, aerobic endurance and explosive power. The results of this test will give you and your commanders an indication of your state of physical readiness and will act as a guide in determining your physical training needs.

After selecting a lane with your preferred weight for the 3 Repetition Maximum Deadlift event, you may be assigned to a different lane for the next events.

You will rest and recover while other Soldiers complete their turns. After the last Soldier completes the Leg Tuck event, there will be a ten (10 minute recovery period for all tested Soldiers before the start of the 2-Mile Run. Soldiers who are testing on their own or in pairs will have recovery periods between events equivalent to those that Soldiers have when testing in groups. Do the best you can on each of the events.

ACFT Event Instructions Army Combat Fitness Test (ACFT)

3. If not already completed, DA Form 705 scorecards will be handed out at this time. The OIC or the NCOIC instructs the Soldiers to fill in the appropriate spaces with the required personal data.

ARMY COMBAT FITNESS TEST SCORECARD				NAME: LAST, FIRST, MI:			
For use of this form, see TC 7-22, Army Combat Fitness Test, OCT 2019.				GENDER: MALE / FEMALE			
				UNIT/LOCATION:			
TEST ONE				TEST TWO			
DATE	GRADE	MOS	AGE	DATE	GRADE	MOS	AGE
HEIGHT (inches)				HEIGHT (inches)			
BODY COMPOSITION				BODY COMPOSITION			
WEIGHT: LBS		BODY FAT: %		WEIGHT: LBS		BODY FAT: %	
GO	NO GO	GO	NO GO	GO	NO GO	GO	NO GO
3 REPETITION MAXIMUM DEADLIFT: weight lifted - circle heaviest (lbs)				3 REPETITION MAXIMUM DEADLIFT: weight lifted - circle heaviest (lbs)			
1ST ATTEMPT	2ND ATTEMPT	POINTS	GRADER INITIALS	1ST ATTEMPT	2ND ATTEMPT	POINTS	GRADER INITIALS
STANDING POWER THROW: distance throw - circle longest (meters:centimeters)				STANDING POWER THROW: distance throw - circle longest (meters:centimeters)			
1ST THROW	2ND THROW	POINTS	GRADER INITIALS	1ST THROW	2ND THROW	POINTS	GRADER INITIALS
HAND RELEASE PUSH-UP: number of correctly performed repetitions				HAND RELEASE PUSH-UP: number of correctly performed repetitions			
REPETITIONS	POINTS	GRADER INITIALS		REPETITIONS	POINTS	GRADER INITIALS	
SPRINT-DRAG-CARRY: overall event time (minutes:seconds)				SPRINT-DRAG-CARRY: overall event time (minutes:seconds)			
TIME	POINTS	GRADER INITIALS		TIME	POINTS	GRADER INITIALS	
LEG TUCK: number of correctly performed repetitions				LEG TUCK: number of correctly performed repetitions			
REPETITIONS	POINTS	GRADER INITIALS		REPETITIONS	POINTS	GRADER INITIALS	
TWO-MILE RUN: overall event time (minutes:seconds)				TWO-MILE RUN: overall event time (minutes:seconds)			
TIME	POINTS	GRADER INITIALS		TIME	POINTS	GRADER INITIALS	
5K ROW / 1K SWIM / 15K BIKE (circle max): overall time to reach required distance				5K ROW / 1K SWIM / 15K BIKE (circle max): overall time to reach required distance			
TIME	PASS / FAIL	GRADER INITIALS		TIME	PASS / FAIL	GRADER INITIALS	
Soldier Signature: _____			TOTAL POINTS	Soldier Signature: _____			TOTAL POINTS
OIC/MOIC Last, First, MI			OIC/MOIC Signature / Rank	OIC/MOIC Last, First, MI			OIC/MOIC Signature / Rank

ACFT Scorecard (1)
Army Combat Fitness Test (ACFT)

Army ACFT FY20 Standards (As of 1 Oct 19)

Points	MDL	SPT	HRP	SDC	LTK	2MR	
100	340	12.5	60	1:33	20	13:30	
99		12.4	59	1:36		13:39	
98		12.2	58	1:39	19	13:48	
97	330	12.1	57	1:41		13:57	
96		11.9	56	1:43	18	14:06	
95		11.8	55	1:45		14:15	
94	320	11.6	54	1:46	17	14:24	
93		11.5	53	1:47		14:33	
92	310	11.3	52	1:48	16	14:42	
91		11.2	51	1:49		14:51	
90	300	11.0	50	1:50	15	15:00	
89		10.9	49	1:51		15:09	
88	290	10.7	48	1:52	14	15:18	
87		10.6	47	1:53		15:27	
86	280	10.4	46	1:54	13	15:36	
85		10.3	45	1:55		15:45	
84	270	10.1	44	1:56	12	15:54	
83		10.0	43	1:57		16:03	
82	260	9.8	42	1:58	11	16:12	
81		9.7	41	1:59		16:21	
80	250	9.5	40	2:00	10	16:30	
79		9.4	39	2:01		16:39	
78	240	9.2	38	2:02	9	16:48	
77		9.1	37	2:03		16:57	
76	230	8.9	36	2:04	8	17:06	
75		8.8	35	2:05		17:15	
74	220	8.6	34	2:06	7	17:24	
73		8.5	33	2:07		17:33	
72	210	8.3	32	2:08	6	17:42	
71		8.2	31	2:09		17:51	
70	200	8.0	30	2:10	5	18:00	HVY
69		7.8	28	2:14		18:12	
68	190	7.5	26	2:18	4	18:24	
67		7.1	24	2:22		18:36	
66		6.8	22	2:26		18:48	
65	180	6.5	20	2:30	3	19:00	SIG
64	170	6.2	18	2:35		19:24	
63	160	5.8	16	2:40		19:48	
62	150	5.4	14	2:45	2	20:12	
61		4.9	12	2:50		20:36	
60	140	4.5	10	3:00	1	21:00	MOD
59				3:01		21:01	
58				3:02		21:03	
57				3:03		21:05	
56				3:04		21:07	
55		4.4	9	3:05		21:09	
54				3:06		21:10	
53				3:07		21:12	
52				3:08		21:14	
51				3:09		21:16	
50	130	4.3	8	3:10		21:18	

ACFT Scorecard (2)
Army Combat Fitness Test (ACFT)

Army ACFT FY20 Standards (As of 1 Oct 19)

Points	MDL	SPT	HRP	SDC	LTK	2MR
49						21:19
48				3:11		21:21
47						21:23
46				3:12		21:25
45		4.2	7			21:27
44				3:13		21:28
43						21:30
42				3:14		21:32
41						21:34
40	120	4.1	6	3:15		21:36
39						21:37
38				3:16		21:39
37						21:41
36				3:17		21:43
35		4.0	5			21:45
34				3:18		21:46
33						21:48
32				3:19		21:50
31						21:52
30	110	3.9	4	3:20		21:54
29						21:55
28				3:21		21:57
27						21:59
26				3:22		22:01
25		3.8	3			22:03
24				3:23		22:04
23						22:06
22				3:24		22:08
21						22:10
20	100	3.7	2	3:25		22:12
19						22:13
18				3:26		22:15
17						22:17
16				3:27		22:19
15		3.6	1			22:21
14				3:28		22:22
13						22:24
12				3:29		22:26
11						22:28
10	90	3.5		3:30		22:30
9						22:31
8				3:31		22:33
7						22:35
6				3:32		22:37
5		3.4				22:39
4				3:33		22:40
3						22:42
2				3:34		22:44
1						22:46
0	80	3.3	0	3:35	0	22:48

ACFT Scorecard (3)
Army Combat Fitness Test (ACFT)

4. Soldiers are then given time to complete the required information. Next, the OIC or the NCOIC explains procedures for scorecard use during testing. The following instructions are READ aloud to all Soldiers taking the ACFT:

a. "You are to carry this card with you to the 3 Repetition Maximum Deadlift (MDL) and give it to the grader. The MDL Grader will record your MDL weight and return the card to you to take to the Standing Power Throw (SPT) Lane Grader. The SPT Lane Grader will maintain control of the card for the duration of the ACFT. The grader will record your raw score and scaled score, initial the card and return it to you after completing the ACFT. You must sign the scorecard before departing the test area in order to show your agreement with your score."

b. "You will continue to observe the ACFT test area and follow instructions from the OIC or NCOIC throughout the test. During the events, you may conduct your choice of

preparation activities. During the test you may observe all events and offer appropriate verbal motivation to test takers. It is your responsibility to complete proper preparation and know the event standards prior to taking the ACFT. What are your questions about the event standards?"

Check on Learning:

QUESTION: TRUE or FALSE: The six events of the ACFT will be completed in order on the same day during a test period not to exceed 60 minutes to include Preparation Drill and MDL preparation.

ANSWER: FALSE. The six events of the ACFT will be completed in order on the same day during a test period not to exceed 60 minutes to include Preparation Drill and MDL preparation.

QUESTION: TRUE or FALSE. If a Soldier becomes ill or injured during the ACFT and fails to achieve the minimum passing score, he or she is considered a test failure.

ANSWER: TRUE!!

QUESTION: TRUE or FALSE: Soldiers being tested may stop if they fail an event prior to completing all the events.

ANSWER: FALSE. They cannot stop if they fail an event prior to completing all the events. This ensures best effort and gives commanders an opportunity to redirect training and build tenacity.

QUESTION: After the Leg Tuck there will be a programmed rest of _____ that starts when the last Soldier completes the Leg Tuck.

ANSWER: 10 minutes

QUESTION: TRUE or FALSE. There are no test event re-starts.

ANSWER: TRUE

QUESTION: All Soldiers must attain a score of at least _____points on each event and an overall score of at least _____ points.

ANSWER: 60, 360

QUESTION: Identify three (3) uniform items that are NOT authorized when conducting the ACFT.

ANSWER: The wearing of the following items are not authorized: nasal strips, back braces, elastic bandages, or limb braces.

QUESTION: TRUE or FALSE. Biometric measuring devices such as watches, heart rate monitors, step counters and fitness trackers are permitted.

ANSWER: TRUE

QUESTION: The maximum score a Soldier can attain on the ACFT is _____ points.

ANSWER: 600

QUESTION: TRUE or FALSE. Gloves may be worn during any ACFT event.

ANSWER: TRUE. In order to protect the hands, Soldiers may choose to use gloves that conform to AR 670-1 for any event and at any time of year in any climate.

Review Summary:

This Learning Step Activity (LSA) addressed 10-minute Preparation Drill warm up. This drill is a dynamic warm-up that prepares the body for more intense activity.

ELO B - LSA 2.

Learning Step / Activity ELO B - LSA 2. Conduct the 3 Repetition Maximum Deadlift (MDL) Warm-Up.

Method of Instruction: Practical Exercise (Hands-On/Written)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)* (Must be certified to conduct the ACFT.)

Time of Instruction: 10 mins

Media Type: Practical Exercise

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

1. The MDL is the first ACFT event. A warm-up for the MDL event should follow the same warm-up pattern used by the Soldier when training for the event. To improve their performance, Soldiers should know their goal weight for the test and should have lifted that weight in training. They should be confident that they can lift their goal while maintaining energy for the subsequent ACFT events. The recommended MDL preparation sets are:

- a. 8-10 repetitions at 25% goal weight or with empty bar (rest 2 minutes)
- b. 6 repetitions at 40% goal weight (rest 3 minutes)
- c. 4 repetitions at 50% goal weight (rest 4 minutes)
- d. Optional: 1 repetition at 80% goal weight (rest until MDL event starts).

2. After completing the 10-minute MDL preparation, Soldiers will arrange themselves in a stack behind the weight they intend to lift. The weight on the MDL bars will be arranged by Graders so that there is an even distribution of Soldiers in each lane, and generally not more than five Soldiers in any one lane. Soldiers may assist Graders with changing weight plates.

Check on Learning:

QUESTION: TRUE or FALSE. The MDL warm-up is self-paced to avoid undue fatigue.

ANSWER: TRUE.

QUESTION: Soldiers are encouraged to execute several repetitions at weights of increasing loads (representing about _____ - _____% of their 3 Repetition Maximum Deadlift weight) during the warm-up.

ANSWER: 25-50%

QUESTION: TRUE or FALSE. The test should not start with more than 10 Soldiers in any MDL lane.

ANSWER: FALSE. The test should not start with more than 5 Soldiers in any MDL lane.

Review Summary:

This Learning Step Activity (LSA) addressed the MDL
Warm-Up and scorecard preparation.

ELO B - LSA 3. Learning Step / Activity ELO B - LSA 3. Administer the 3 Repetition Maximum Deadlift (MDL).

Method of Instruction: Practical Exercise (Hands-On/Written)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)* (Must be certified to conduct the ACFT.)

Time of Instruction: 30 mins

Media Type: Practical Exercise

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security
Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

ARMY COMBAT FITNESS TEST (ACFT)



3 REPETITION MAXIMUM DEADLIFT (MDL)

Army Combat Fitness Test (ACFT)

MDL

A. Ensure the Soldier:

- (1) Steps inside the trap bar (on the command "GET SET.")
- (2) Places feet shoulder width apart.
- (3) Locates the mid-point of the trap bar handles.
- (4) Bends at the knees and hips.

(5) Reaches down and grasps the center of the handles.

NOTE: Arms will be fully extended, back flat, head in line with the spine or slightly extended, and heels in contact with the ground. Each Repetition will begin from this position.

(6) Stands up and lifts the bar by straightening the hips and knees in order to reach the Straddle Stance. (On the command of "GO")

NOTE: The hips should not rise before or above the shoulders. The back should remain straight - not rounded out or flexed. The feet will remain in the same position. The Soldier and the weight must remain balanced and controlled throughout the movement.

(7) Lowers the bar slowly to the floor under control while still maintaining a straight back.

NOTE: The bar must be placed on the ground and not dropped. The weight plates must touch the ground to complete a repetition.

B. Repeats steps 2.a. (1) - (7) until three repetitions with the same weight are completed.

NOTE:

1. The Soldier will execute three repetitions with the same weight. If the Soldier fails on the first attempt, he or she will be allowed to attempt a lower weight of their choosing. If the Soldier completes a successful attempt, he or she may attempt a heavier weight. To save time in adjusting the hex bar weight, Soldiers may move to a lane that already has a hex bar with their new target weight.

2. If the Soldier makes an unsafe movement on the first repetition, the Grader will inform the Soldier of the error and tell the Soldier to stop. After being told of their error they will be allowed to resume the attempt from the beginning. A safety stop is used on the first repetition of an attempt to prevent repeated movements that might cause injury to the Soldier. This safety stop during the first repetition will not count for record. If the Soldier makes the same or another safety stop on the second attempt, the

Grader will stop them again, explain their error and record a failed attempt. The Soldier will be allowed one more attempt and directed to a lower weight.

3. If a safety stop happens on the second or third repetition, the attempt will be terminated and counted as a record attempt. In this case the Soldier may make a second attempt at the same weight or move to a lighter weight of his or her choosing. MDL safety stops are:

- * Allowing one or both knees to move together during any part of the movement.
- * Moving the hips above the shoulders to initiate the upward movement.
- * Letting the back or shoulders round out during any part of the movement.
- * Losing balance during any part of the movement – this includes stepping forwards or backwards from the starting position.
- * Dropping the bar to the ground.

4. An MDL attempt will not be to standard if, during any of the three repetitions, the Soldier:

- * Drops the bar to the ground.
- * Removes hands from the bar between repetitions when the bar is on the ground. However, adjusting the grip while maintaining contact with the bar is authorized.
- * Fails to touch the bar to the ground between repetitions.
- * Does not perform a continuous movement by resting on the ground.
- * Resting means there is an obvious lack of effort to move from the ground.
- * Is called for a safety stop on the second or third repetition of an attempt.

C. Ensure the scorer records the weight lifted for each of the three repetitions as the raw score on the ACFT Scorecard.

NOTE: If the Soldier completes three repetitions to standard, the Grader will record the weight and ask the Soldier if he or she would like to attempt a higher weight. The Soldier is allowed one attempt at a higher weight. The weight of the heaviest successful attempt is the raw score is circled on the DA 705.

Check on Learning:

QUESTION: Graders will terminate a record attempt if the Soldier does what?

ANSWER: (1) failure to execute an MDL repetition with continuous movement under control to standard. (2) dropping the bar/weights. (3) removing your hands from the bar. (4) failure to control the bar during the eccentric phase (downward movement); i.e., dropping or bouncing the weights. (5) failure to touch the bar to the ground before beginning the concentric phase (upward

movement).

QUESTION: TRUE OR FALSE. The scorer records the weight lifted for each of the three repetitions as the raw score on the ACFT Scorecard.

ANSWER: TRUE.

Review Summary:

This Learning Step Activity (LSA) addressed the execution of the 3 Repetition Maximum Deadlift (MDL).

ELO B - LSA 4. Learning Step / Activity ELO B - LSA 4. Administer the Standing Power Throw (SPT).

Method of Instruction: Practical Exercise (Hands-On/Written)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)* (Must be certified to conduct the ACFT.)

Time of Instruction: 25 mins

Media Type: Practical Exercise

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

ARMY COMBAT FITNESS TEST (ACFT)



STANDING POWER THROW (SPT)

Army Combat Fitness Test (ACFT)

SPT

a. Ensure the Soldier:

(1) Faces away from the start line.

(2) Grasps the medicine ball (10lb) with both hands at hip level.

NOTE: To avoid having the ball slip, the Soldier will grasp firmly and as far around the sides of the ball as possible. The Soldier may grasp under the ball.

(3) Stands with heels at (but not on or over) the start line.

NOTE: The Soldier may make several preparatory movements, bending at the trunk, knees and hips while lowering the ball almost to the ground.

(4) Repeats the preparatory movement, and throws the ball backwards over the head as far as possible.

NOTE:

1. The throw is complete when the ball lands.

2. The Soldier must be stationary prior to a throw – no hopping, stepping or running to initiate the throw. The Soldier may jump to exert more power during the throw with one or both feet leaving the ground. If the Soldier falls or steps onto or beyond the start line, the repetition will be recorded as a zero.

3. The Soldier will perform two throws. The longest throw will count for record. The Soldier will use maximal effort to throw the ball backwards and overhead as far as possible.

4. If the Soldiers faults, that throw will be recorded as a zero. Faults include:

- * Stepping on the start line or into the lane during the throw.

- * Falling to the ground.

5. During the IOC period (FY20) in the highly unlikely event a Soldier faults on both throw attempts, he or she will be given one more attempt to score a record throw. This will be recorded as the second throw on the scorecard. The score for a fault on the first throw will be recorded as a zero.

B. Ensure the start line grader:

(1) Observes the Soldier's feet to make sure they do not touch the start line before or during the throw.

(2) Records the distance on the ACFT Scorecard.

C. Ensure the lane grader/marker:

(1) Marks the point where the ball lands.

(2) Transfers this point to the tape measure.

NOTE: The measurement is taken from the center of the ball's landing point perpendicular to the tape measure.

(3) Calls out the distance to the nearest decimeter.

NOTE:

1. The Scorer announces the score "10 meters and 50 centimeters" or "ten point five," for example and the Grader writes the score on the scorecard.

2. The longer of the two throws will count as the Soldier's raw score.

Check on Learning:

QUESTION: Is a Soldier allowed a practice throw?

ANSWER: Throw 1 is a practice throw to allow Soldiers to warm-up and the lane grader to move to an approximate landing point. Throw 1 is not measured or recorded.

QUESTION: What happens if a Soldier steps on or over the line?

ANSWER: If a Soldier steps on or over the start line during the test event, that throw will be a FAULT and the throw will be repeated. If the effort of the throw carries the Soldier over the line, even after the medicine ball is released, that attempt will also be a FAULT.

QUESTION: What happens when a Soldier FAULTS twice?

ANSWER: Two FAULTS in a row will count as one record attempt and the Soldier will receive a raw score of 0.0 meters for that attempt.

Review Summary:

This Learning Step Activity (LSA) addressed the execution of the Standing Power Throw (SPT).

ELO B - LSA 5. Learning Step / Activity ELO B - LSA 5. Administer the Hand-Release Push-Up (HRP).

Method of Instruction: Practical Exercise (Hands-On/Written)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)* (Must be certified to conduct the ACFT.)

Time of Instruction: 25 mins

Media Type: Practical Exercise

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

ARMY COMBAT FITNESS TEST (ACFT)



HAND-RELEASE PUSH-UP (HRP)

ACFT

Army Combat Fitness Test (ACFT)

HRP

A. Ensure the Soldier:

(1) Assumes the Prone Position with hands flat on the ground beneath the shoulders with the index fingers will be inside the outer edge of the shoulders. (On the command of "GET SET")

NOTE: The prone position is the chest and front of the hips and thighs will be on the ground. Toes will be touching the ground and feet will be together or up to a boot's width apart as measured by the grader. The ankles will be flexed. The head does not have to be on the ground.

(2) Push the whole body up from the ground as a single unit to fully extend the elbows and move to the up position (Front Leaning Rest). (on the command "GO")

NOTE:

1. The Soldier will maintain a generally straight body alignment from the top of the head to the ankles; eyes facing the ground. This generally straight position will be maintained for the duration of the HRP.

2. The front leaning rest is the only authorized rest position. Bending or flexing the knees, hips, trunk, or neck while in the rest position is not authorized.

(3) Bends the elbows to lower the body to the ground (after reaching the up position).

NOTE: The chest, hips and thighs will touch the ground as a single unit. The head or face does not have to contact the ground.

(4) Move both arms out to the side immediately and without moving the head, body or legs, straightening the elbows into the T position.

NOTE: The arms and hands may touch the ground during this movement.

(5) Place their hands back on the ground immediately to return their hands back to the starting position to complete the repetition.

(6) Repeats steps 4.a. (1) - (5) until the event is terminated at 2 minutes or by the grader.

NOTE:

1. A repetition will not count if the Soldier makes a movement error during any of the repetitions. The HRP errors are:

- a. Failing to maintain a straight body alignment throughout the repetition to include the head and neck.
- b. Deviating from the straight body alignment while in the Front Leaning Rest.
- c. Failing to fully extend the elbows in the up position (Front Leaning Rest)
- d. Failing to bring the hands back to the starting position to complete the repetition
- e. Failing to keep the feet within a boot's width apart
- f. Extending the neck and or arching the upper or lower back to keep the chest off the ground

2. The HRP event will be terminated if the Soldier:

- a. Lifts a foot from the ground
- b. Places a knee on the ground from the Front Leaning Rest position
- c. Fails to make a continuous effort to raise up from the ground
- d. Repeats Movement 3 (the Hand Release movement) before raising up from the ground

3. During the HRP, Graders kneel or sit so that they can check the position and alignment of the Soldier's hands, chest, body and feet. Additional instructions to the Soldier include:

- a. "You should not wear glasses while performing the Hand-Release Push-up event."
- b. "You must make a continuous effort. Resting on the ground will terminate the event. The score achieved prior to resting will be the recorded score for the event."
- c. "You must not 'snake' off the ground – your body must move as one unit."
- d. "Your feet must remain within a boot's width apart."
- e. "You must fully extend your elbows in the up position."
- f. "You must correct a movement error immediately."
- g. "You may perform the exercise from your knuckles – hands in a fist – and switch back and forth to a standard hand position as needed. If the hand is in a fist, the hand must be inside the outside edge of the shoulder."

b. Ensure the scorer records the number of successfully completed repetitions in two minutes as the raw score on the ACFT Scorecard.

Check on Learning:

QUESTION: What position should the Soldier be in when

the command "GET SET" is given for the HRP?

ANSWER: The prone position facing the start line with hands flat on the ground and index fingers inside the outer edges of the shoulders.

QUESTION: What must the grader observe when the Soldier brings the hands off the ground during the HRP?

ANSWER: A clear gap between the entire hand and the ground must be visible to the grader to ensure the Soldier has released their hands from the ground.

QUESTION: What must occur for a grader to terminate a Soldier during the HRP?

ANSWER: Fails to exhibit continuous effort; Lifts a foot off the ground; Lifts a hand off the ground while in the front leaning rest position; Places a knee on the ground; Rests on the ground or in any position other than the front leaning rest position.

Review Summary:

This Learning Step Activity (LSA) addressed the execution of the Hand-Release Push-Up (HRP).

ELO B - LSA 6. Learning Step / Activity ELO B - LSA 6. Administer the Sprint-Drag-Carry (SDC).

Method of Instruction: Practical Exercise (Hands-On/Written)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)* (Must be certified to conduct the ACFT.)

Time of Instruction: 25 mins

Media Type: Practical Exercise

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

ARMY COMBAT FITNESS TEST (ACFT)

1. 50m Sprint



2. 50m Sled Drag



3. 50m Lateral



4. 50m Kettlebell Carry



5. 50m Sprint



SPRINT – DRAG – CARRY (SDC)

Army Combat Fitness Test (ACFT)

SDC

A. Ensure the Soldier:

(1) Conducts the 50m Sprint (1st Leg).

(a) Assumes the prone position with the top of the head behind the start line.
(On the command “GET SET”)

NOTE: The prone position is the chest and front of the hips and thighs will be on the ground. Toes will be touching the ground and feet will be together or up to a boot’s width apart as measured by the grader. The ankles will be flexed. The head does not have to be on the ground.

(b) Stands up (On the command “GO”) while the grader starts the clock.

(c) Sprints 25m down.

(d) Touches the 25m line with a foot and a hand.

(e) Sprints back to the start line.

NOTE: If the Soldier fails to touch the 25 meter line with the hand and foot, the Grader will call them back to do so.

(2) Conducts the 50m Drag (2nd Leg).

(a) Grasps each strap handle, positioned and resting on the sled behind the start line.

(b) Pulls the sled backwards until the entire sled crosses the 25m line.

NOTE: If the Soldier fails to cross the 25 meter line, the Grader will call them back to do so.

(c) Turns around at the line.

(d) Pulls the sled back until the entire sled crosses the start line.

(3) Conducts the 50m Laterals (3rd Leg).

(a) Assume the correct starting position.

NOTE: Straddle stance, slightly crouched, with the back straight, arms at the side with elbows bent at 90-degrees and palms facing forward. Face perpendicular to the direction of movement.

(b) Step out with the lead leg and then bring the trail leg up and toward the lead leg.

(c) Touch the line with the lead foot and hand then perform the lateral back to the start line.

NOTE: The Soldier's feet must not cross and must remain parallel to each other and perpendicular to the direction of travel.

(4) Conducts the 50m Carry (4th Leg).

(a) Grasps the handles of the two 40lb kettlebells.

(b) Runs 25m and steps on or over the 25m line with one foot (either foot).

(c) Turns (either direction) and runs back to the start line.

(d) Places the kettlebells across the start line.

NOTE: If the Soldier fails to touch the 25 meter line with the foot, the Grader will call them back to do so. If the Soldier drops the kettlebells the grader will call the Soldier

back to replace them under control.

(5) Conducts the 50m Sprint (5th Leg).

- (a) Sprints 25m down.
- (b) Touches the 25m line with a hand and a foot.

NOTE: If the Soldier fails to touch the 25 meter line with the hand and foot, the grader will call them back to do so.

- (c) Turns around at the line.
- (d) Sprints back to the start line.

B. Ensure the scorer:

(1) Stops the time when any part of the Soldier breaks the plane of the start line after the final sprint (250 meters).

(2) Records the time from start to finish of the 250m course on the ACFT Scorecard.

Check on Learning:

QUESTION: During the first sprint, what must the Soldier do at the 25 meter line before sprinting back to the start line?

ANSWER: Touches the 25m line with a foot and a hand.

QUESTION: What is the weight of the sled?

ANSWER: 90 lbs.

QUESTION: TRUE or FALSE. The Soldier will face the same direction moving back to the 25m start line and returning to the start line so they lead with each foot.

ANSWER: TRUE.

Review Summary:

This Learning Step Activity (LSA) addressed the execution of the Sprint-Drag-Carry (SDC).

Method of Instruction: Practical Exercise (Hands-On/Written)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)* (Must be certified to conduct the ACFT.)

Time of Instruction: 25 mins

Media Type: Practical Exercise

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

ARMY COMBAT FITNESS TEST (ACFT)



LEG TUCK (LTK)

Army Combat Fitness Test (ACFT)

LTK

A. Ensure the Soldier:

(1) Assumes a straight-arm hang on the bar, with feet off the ground, knees bent if necessary. (On the command "GET SET.")

NOTE: The grip is the Alternating Grip with hands no more than a fist's width apart – as measured by the grader. The body is positioned perpendicular to the bar. The Soldier's elbows, body and legs are straight. Legs and feet are not crossed. Feet cannot contact the ground or the climbing bar.

(2) Flexes at the elbow, knees, hips, and waist to bring the knees up. (On the command "GO")

NOTE: The elbows must flex. They cannot remain fully extended or straight.

(3) Touches the right knee (or thigh) to the right elbow and simultaneously touches the left knee (or thigh) to the left elbow.

(4) Returns under control to the straight-arm position, elbows straight, for the completion of each repetition.

NOTE: If the elbows remain bent, that repetition will not count. Deliberate, active swinging of the trunk and legs to assist with the exercise is not permitted. Small, inconsequential or passive movement of the body and twisting of the trunk is permitted. The Soldier may rest in the down position.

(5) Repeats steps 6.a. (1) - 6.b. (4) until the Soldier voluntarily stops (drops from the bar) or when two minutes has expired.

NOTE:

1. Using the ground or post to rest or push from between repetitions will also terminate the event.

2. LTK movement errors that will cause a repetition to not be counted are:

- a. Failure to touch both knees or thighs to the elbows at the same time.
- b. Failure to flex both elbows during the upward movement.
- c. Failure to straighten both elbows to complete a repetition.
- d. Active swinging of the legs and trunk to assist with the upward movement.
- e. Crossing the feet and ankles.
- f. Dropping from the bar prior to returning to the straight-arm hang position.

B. Ensure the scorer:

(1) Counts off the number of correctly completed repetitions.

(2) Terminates the event when the Soldier voluntarily stops, or at the 2 minute mark.

(3) Records the number of successfully completed repetitions as the raw score on

ACFT Scorecard.

Check on Learning:

QUESTION: Explain the Alternating Grip?

ANSWER: The grip is the Alternating Grip with hands no more than a fist's width apart – as measured by the grader. The body is positioned perpendicular to the bar. The Soldier's elbows, body and legs are straight. Legs and feet are not crossed. Feet cannot contact the ground or the climbing bar.

QUESTION: What will prevent a repetition from being counted during the LTK?

ANSWER: (1) Fails to touch both knees (or thighs) to both elbows. (2) Swings or twists to establish momentum to lift the knees. (3) Fails to return to a straight-arm position; arms fully extended in the down position.

QUESTION: TRUE or FALSE. Legs OR feet may be crossed; feet must be off the ground with knees bent if necessary to keep the feet off the ground.

ANSWER: FALSE. Legs and feet may NOT be crossed; feet must be off the ground with knees bent if necessary to keep the feet off the ground.

Review Summary:

This Learning Step Activity (LSA) addressed the execution of the Leg Tuck (LTK).

ELO B - LSA 8. Learning Step / Activity ELO B - LSA 8. Administer the 2 Mile Run (2MR).

Method of Instruction: Practical Exercise (Hands-On/Written)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)* (Must be certified to conduct the ACFT.)

Time of Instruction: 20 mins

Media Type: Practical Exercise

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

ARMY COMBAT FITNESS TEST (ACFT)



2-MILE RUN (2MR)

Army Combat Fitness Test (ACFT)

2MR

A. Ensure the Soldier:

- (1) Lines up behind the starting line.
- (2) Begins running. (On the command "GO")
- (3) Runs at their own pace until the required two miles are completed.

B. Ensure the scorer:

- (1) Starts the clock. (On the command "GO")
- (2) Records the time the Soldier crosses the finish line of the 2 mile course on the ACFT Scorecard.

Check on Learning:

QUESTION: What be located in the vicinity of the Leg Tuck event?

ANSWER: The start and finish point for the two-mile run course must be in close proximity to the Leg Tuck station.

Review Summary:

This Learning Step Activity (LSA) addressed the execution of the 2-Mile Run (2MR).

CHECK ON LEARNING (ELO B):

QUESTION: TRUE or FALSE. The principle instructor for the Preparation Drill will be one of the Soldiers about to be tested.

ANSWER: FALSE. The principle instructor for the Preparation Drill will NOT be one of the Soldiers about to be tested.

QUESTION: What be located in the vicinity of the Leg Tuck event?

ANSWER: The start and finish point for the two-mile run course must be in close proximity to the Leg Tuck station.

QUESTION: The Preparation Drill consist of what exercises?

ANSWER: Bend and Reach, Rear Lunge, High Jumper, Rower, Squat Bender, Windmill, Forward Lunge, Prone Row, Bent-Leg Body Twist, Push-Up

QUESTION: During the first sprint, what must the Soldier do at the 25 meter line before sprinting back to the start line?

ANSWER: Touches the 25m line with a foot and a hand.

QUESTION: What is the weight of the sled?

ANSWER: 90 lbs.

QUESTION: TRUE or FALSE. The Soldier will face the same direction moving back to the 25m start line and returning to the start line so they lead with each foot.

ANSWER: TRUE.

QUESTION: TRUE or FALSE. The MDL warm-up is self-paced to avoid undue fatigue.

ANSWER: TRUE.

QUESTION: Soldiers are encouraged to execute several repetitions at weights of increasing loads (representing about ____ - ____% of their 3 Repetition Maximum Deadlift weight) during the warm- up.

ANSWER: 25-50%

QUESTION: TRUE or FALSE. The test should not start with more than 10 Soldiers in any MDL lane.

ANSWER: FALSE. The test should not start with more than 5 Soldiers in any MDL lane.

QUESTION: Graders will terminate a record attempt if the Soldier does what?

ANSWER: (1) Drops or bounces the weights off the ground; (2) Rests in the down position. Resting means no continuous effort is being made to lift the weight.

QUESTION: TRUE OR FALSE. The scorer records the weight lifted for each of the three repetitions as the raw score on the ACFT Scorecard.

ANSWER: TRUE.

REVIEW SUMMARY(ELO B):

This Enabling Learning Objective (ELO) addressed:

- 10-Minute Preparation Drill Warm-Up.
- Filling in the ACFT Scorecard.
- 10-Minute MDL Warm-Up.
- Administration of the ACFT.

C. ENABLING LEARNING OBJECTIVE

ACTION:	Conduct Post-ACFT Actions
CONDITIONS:	On a designated ACFT test site with designated ACFT test administration team and required equipment, wearing designated and authorized Army Physical Fitness Uniform (APFU), given ACFT Field Testing Manual, and an ACFT Scorecard.
STANDARDS:	Conduct post-ACFT actions by:

	<ul style="list-style-type: none"> - ensuring all paperwork is correctly and completely recorded and filed - all resources and/or equipment is accounted for and properly cleaned, stored and secured.
LEARNING DOMAIN - LEVEL:	None assigned
No JPME LEARNING AREAS SUPPORTED:	None

ELO C - LSA 1. Learning Step / Activity ELO C - LSA 1. Collect and process all scorecards.

Method of Instruction: Discussion (Small or Large Group)
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:8)* (Must be certified to conduct the ACFT.)
Time of Instruction: 5 mins
Media Type: Conference
Other Media: Unassigned
Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.
Note: Marked as (*) is derived from the parent learning object

A. Soldiers sign their scorecard before leaving the ACFT site, acknowledging that they agree with the scores recorded by their grader.

B. All ACFT raw scores will be entered into DTMS within 7 days of test completion.

NOTE: Prior to establishment as a test of record, an official DA Form will be produced and distributed with revised data and scales.

Check on Learning:

QUESTION: TRUE or FALSE. All ACFT raw scores will be entered into DTMS within 7 days of test completion.

ANSWER: TRUE.

Review Summary:

This Learning Step Activity (LSA) addressed the collection and processing of the ACFT Scorecards.

ELO C - LSA 2. Learning Step / Activity ELO C - LSA 2. Clean, inventory, and store all equipment.

Method of Instruction: Discussion (Small or Large Group)
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:8)* (Must be certified to conduct the ACFT.)
Time of Instruction: 10 mins
Media Type: Conference
Other Media: Unassigned
Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.
Note: Marked as (*) is derived from the parent learning object

A. It is important to be good stewards of the ACFT equipment as other units and Soldiers require good serviceable equipment to ensure their success on the ACFT.

B. The unit conducting the ACFT is responsible to ensure:

- (1) Tables and chairs are clean and fold properly.
- (2) Tape measures are wiped down, free of debris, and retract properly.
- (3) Water cans are emptied and disinfected as needed.
- (4) Ice sheets are removed and dried.
- (5) Ice cooler is emptied, dried and free of debris and/or mold.
- (6) Towels used for wiping equipment are washed and dried.
- (7) Pens are replaced as needed.
- (8) Cones are wiped and dried.
- (9) Hexagon/Trap bars are clean, free of rust and knurling free of debris.
- (10) Collars are functioning as designed.
- (11) Bumper plates are wiped down and stored neatly.
- (12) Medicine balls are wiped down and dried.
- (13) Climbing pod mulch replaced as necessary.
- (14) Portable Pull-Up bars are wiped, dried and stored neatly.
- (15) Non-functional or broken equipment identified and reported to NCOIC and/or chain of command.
- (16) All trash and/or other debris is completely removed from the ACFT site.

C. It is critical that all non-functional and/or broken equipment is identified and reported to NCOIC and/or chain of command.

Check on Learning:

QUESTION: TRUE or FALSE. It is important to be good stewards of the ACFT equipment as other units and Soldiers require good serviceable equipment to ensure their success on the ACFT.

ANSWER: TRUE.

QUESTION: TRUE or FALSE. All non-functional and/or broken equipment is NOT required to be identified and reported to NCOIC and/or chain of command.

ANSWER: FALSE. It is critical that all non-functional and/or broken equipment is identified and reported to NCOIC and/or chain of command.

Review Summary:

This Learning Step Activity (LSA) addressed cleaning, accounting for and storing ACFT equipment.

ELO C - LSA 3. Learning Step / Activity ELO C - LSA 3. Conduct AAR.

Method of Instruction: Discussion (Small or Large Group)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)* (Must be certified to conduct the ACFT.)

Time of Instruction: 10 mins

Media Type: Conference

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

A. The Unit conducting the ACFT should conduct an informal After Action Review IAW FM 6-0, Chapter 16.

B. Leaders use informal after action reviews as on-the-spot coaching tools while reviewing Soldier and unit performance during or immediately after execution. Informal after action reviews involve all Soldiers. These after action reviews provide immediate feedback to Soldiers, leaders, and units after execution. Ideas and solutions leaders gathered during informal after action reviews can be applied immediately as the unit continues operations. Successful solutions can be identified and transferred as lessons learned.

C. The Informal AAR format is:

(1) Review what was supposed to happen. The facilitator and participants review what was supposed to happen. This review is based on the commander's intent for the operation, unit operation or fragmentary orders (FRAGORDs), the mission, and the concept of operations.

(2) Establish what happened. The facilitator and participants determine to the extent possible what actually happened during execution. Unit records and reports form the basis of this determination. An account describing actual events as closely as possible is vital to an effective discussion.

(3) Determine what was right or wrong with what happened. Participants establish the strong and weak points of their performance. The facilitator guides discussions so that the conclusions the participants reach are operationally sound, consistent with Army standards, and relevant to the operational environment.

(4) Determine how the task should be done differently next time. The facilitator helps the chain of command lead the group in determining how participants might perform the task more effectively. The intended result is organizational and individual learning that can be applied to future ACFTs. If successful, this learning can be disseminated as lessons learned.

Check on Learning:

QUESTION: What regulation covers Army After Action Reviews (AAR)?

ANSWER: FM 6-0, Chapter 16

Review Summary:

This Learning Step Activity (LSA) addressed the After Action Review (AAR) following the ACFT.

CHECK ON LEARNING (ELO C):

QUESTION: TRUE or FALSE. all non-functional and/or broken equipment is NOT required to be identified and reported to NCOIC and/or chain of command.

ANSWER: FALSE. It is critical that all non-functional and/or broken equipment is identified and reported to NCOIC and/or chain of command.

QUESTION: TRUE or FALSE. All ACFT raw scores will be entered into DTMS within 7 days of test completion.

ANSWER: TRUE.

QUESTION: What regulation covers Army After Action Reviews?

ANSWER: FM 6-0, Chapter 16

QUESTION: TRUE or FALSE. It is important to be good stewards of the ACFT equipment as other units and Soldiers require good serviceable equipment to ensure their success on the ACFT.

ANSWER: TRUE.

REVIEW SUMMARY(ELO C):

This Enabling Learning Objective (ELO) addressed:

- Collection and processing ACFT Scorecards
- Cleaning, inventorying, and storing ACFT equipment
- Conducting an AAR following the ACFT

SECTION IV. SUMMARY

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type(I:S Ratio):	Military - ICH (1:30) (Must be certified to conduct the ACFT.)
Time of Instruction:	5 mins

Check on Learning

QUESTION: What must be located in close proximity to the Leg Tuck station?

ANSWER: The start and finish point for the two-mile run course must be in close proximity to the Leg Tuck station.

QUESTION: What is the maximum number of Soldiers per lane for the Standing Power Throw (SPT)?

ANSWER: Generally 2-4 per lane, but never more than 4 per lane.

QUESTION: TRUE OR FALSE. For the HRP, SDC, and LTK test events, Soldiers will complete each test event, one Soldier at a time, while remaining together as a group.

ANSWER: FALSE. For the SPT, HRP, and SDC test events, Soldiers will complete each test event, one Soldier at a time, while remaining together as a group.

QUESTION: What is the correct sequence for the 6 events of the ACFT?

ANSWER: 3 Repetition Maximum Deadlift (MDL), Standing Power Throw (SPT), Hand-Release Push-up (HRP), Sprint- Drag-Carry (SDC), Leg Tuck (LTK), and 2 Mile Run (2MR)

QUESTION: TRUE OR FALSE. Soldiers who are about to be tested will participate in the Preparation Drill exercises at a self-paced intensity to avoid undue fatigue.

ANSWER: TRUE.

QUESTION: When does the NCOIC hand out the ACFT Scorecard and pen?

ANSWER: Before starting the 10-minute MDL warm-up, the NCOIC will hand out a scorecard and pencil to each Soldier, instruct each Soldier to fill in the appropriate spaces with the required personal data (if not already complete) and READ aloud the following instructions before Soldiers begin the MDL warm-up.

QUESTION: What is one of the specification requirements for the nylon sled used in the Sprint-Drag-Carry (SDC)?

ANSWER: 1) Made of thick heavy duty nylon; 2) Size standard is 22" (length) by 19.5" (width); 3) Can handle up to four 45lb plates. Weight standard is 90lbs (2x45lb plates); 4) Must include pull 92" strap with handle on both ends; 5) Nylon sled color is non-specific.

QUESTION: What is the outside diameter of the horizontal bar used in the Leg Tuck (LTK)?

ANSWER: No more than 1.5 inch outside diameter of bar.

QUESTION: What is the weight of the medicine ball used in the Standing Power Throw (SPT)?

ANSWER: 10 lbs.

QUESTION: What is the weight of the Hexagon/Trap Bar?

ANSWER: 60 lbs. or 50 lbs.

QUESTION: What is one certification check you would make sure is in place on the ACFT Test Site?

ANSWER: All required personnel are on-hand and certified (if required); All event lanes and stations are clearly marked and/or identified; All event equipment present; Digital clock and any audio/visual equipment is working accurately; All support personnel required are present; Safety and first aid requirements are present (this may be revised based on the commander's risk assessment and local policy and/or SOPs).

QUESTION: When are Soldiers required to read test instructions?

ANSWER: No earlier than 48 hours prior to taking a record ACFT, all Soldiers are required to read the following test instructions. Soldiers are encouraged to ask their chain of command questions about the ACFT prior to the event.

QUESTION: TRUE or FALSE. The principle instructor for the Preparation Drill will be one of the Soldiers about to be tested.

ANSWER: FALSE. The principle instructor for the Preparation Drill will NOT be one of the Soldiers about to be tested.

QUESTION: The Preparation Drill consist of what exercises?

ANSWER: Bend and Reach, Rear Lunge, High Jumper, Rower, Squat Bender, Windmill, Forward Lunge, Prone Row, Bent-Leg Body Twist, Push-Up

QUESTION: TRUE or FALSE. The MDL warm-up is self-paced to avoid undue fatigue.

ANSWER: TRUE.

QUESTION: Soldiers are encouraged to execute several repetitions at weights of increasing loads (representing about _____ - _____% of their 3 Repetition Maximum Deadlift weight) during the warm- up.

ANSWER: 25-50%

QUESTION: TRUE or FALSE. The test should not start with more than 10 Soldiers in any MDL lane.

ANSWER: FALSE. The test should not start with more than 5 Soldiers in any MDL lane.

QUESTION: Graders will terminate a record attempt (MDL) if the Soldier does what?

ANSWER: (1) Drops or bounces the weights off the ground; (2) Rests in the down position. Resting means no continuous effort is being made to lift the weight.

QUESTION: TRUE OR FALSE. The scorer records the weight lifted (MDL) for each of the three repetitions as the raw score on the ACFT Scorecard.

ANSWER: TRUE.

QUESTION: Is a Soldier allowed a practice throw (SPT)?

ANSWER: Throw 1 is a practice throw to allow Soldiers to warm-up and the lane grader to

move to an approximate landing point. Throw 1 is not measured or recorded.

QUESTION: What happens if a Soldier steps on or over the line (SPT)?

ANSWER: If a Soldier steps on or over the start line during the test event, that throw will be a FAULT and the throw will be repeated. If the effort of the throw carries the Soldier over the line, even after the medicine ball is released, that attempt will also be a FAULT.

QUESTION: What happens when a Soldier FAULTS twice (SPT)?

ANSWER: Two FAULTS in a row will count as one record attempt and the Soldier will receive a raw score of 0.0 meters for that attempt.

QUESTION: What position should the Soldier be in when the command "READY" is given (for the HRP)?

ANSWER: The prone position facing the start line with hands flat on the ground and index fingers inside the outer edges of the shoulders.

A summary of test scores will be provided to the unit command team by the NCOIC/OIC.

**Review/
Summary**

SECTION V. STUDENT EVALUATION

Testing Requirements

1. The six events of the ACFT will be completed in order on the same day during a test period not to exceed 90 minutes to include Preparation Drill and MDL preparation. This time limit applies to all ACFT scenarios, to include Soldiers tested taking the modified ACFT (ACFT MOD) as well as Soldiers tested individually or in pairs. The test period is defined as the period of time that elapses from the start of the Preparation Drill to the finish of the 2-Mile Run (from the first Bend and Reach to the 21-minute point of the 2-Mile Run) or the finish of the 25 minute allowed for completion of the ACFT MOD.

. Soldiers must attempt all six events or all the events of the ACFT MOD. They cannot stop if they fail an event prior to completing all the events. This ensures best effort and gives commanders an opportunity to redirect training and build tenacity.

. Soldiers will rotate as groups of four through each lane. Fewer than four Soldiers per lane is authorized. Each event will have a common start, directed by the OIC or NCOIC. Once every Soldier in the formation has completed the event, the next event will start. The first five test events proceed in this fashion. After the Leg Tuck there will be a programmed rest of 10 minutes that starts when the last Soldier completes the Leg Tuck.

. Except for 10 minutes rest after the Leg Tuck, there is no programmed rest between events nor a required amount of rest per Soldier. The exception is when one or two Soldiers are being tested. In those cases, and for the first four events only, 5 minutes of rest will be programmed between the first four events. The 10 minute rest after the Leg Tuck remains the same for all scenarios.

. There are no test event re-starts. Incorrectly performed repetitions will not be counted. The Grader records and initials the correctly completed number of repetitions, distance and times. Soldiers sign their scorecard before leaving the test site, acknowledging that they concur with the scores recorded by their grader. Questions will be resolved by the OIC or NCOIC within the 90-minute time limit for execution of the ACFT. Video recording of the test for training purposes is permitted but it will not be used to adjudicate event scores. A video cannot substitute for direct observation by a properly trained grader.

. Any piece of clothing not prescribed as a component of the Army Physical Fitness Uniform (APFU) is not permitted for wear during the ACFT. Neither are devices or equipment that offer any potential for unfair advantage during testing. The wearing of the following items are not authorized: nasal strips, back braces, elastic bandages, or limb braces. Biometric measuring devices such as watches, heart rate monitors, step counters and fitness trackers are permitted. The wearing and carrying of other electronic devices is not permitted. These include electronic music players and cell phones. AR 670-1, Wear and Appearance of Army Uniforms and Insignia, specifies the components of the APFU. In order to protect the hands, Soldiers may choose to use gloves that conform to AR 670-1 for any event and at any time of year in any climate.

. The Preparation Drill is a dynamic warm-up that properly prepares the body for more intense activity such as the ACFT. The principle instructor for the Preparation Drill will not be one of the Soldiers who is about to be tested. Soldiers who are about to take the ACFT will conduct the exercises in the Preparation Drill to their own tolerance, avoiding fatigue. After the Preparation Drill and other preparation activities are completed, the first event will begin. Upon completion of all ACFT events, the Recovery Drill will be conducted as either a collective or individual activity.

**Feedback
Requirements**

Any comments or recommendations for improvement should be prepared using DA Form 2028 (Recommended Changes to Publications and Blank Forms) and sent to:

Director,
Research and Analysis,
United States Army Center for Initial Military Training,
ATTN: ATMT-RA
210 Dillon Circle
Fort Eustis, Virginia 23604-5701

or submit an electronic DA Form 2028 by email to: usarmy.jble.tradoc.list.g2-acft@mail.mil.

Appendix A - Viewgraph Masters

**Administer the Army Combat Fitness Test (ACFT) (IOC)
805P-H2F0001R / Version 1.4 ©**

Sequence	Media Name	Media Type
None		

Appendix B - Assessment Statement and Assessment Plan

Assessment Statement: 1. The six events of the ACFT will be completed in order on the same day during a test period not to exceed 90 minutes to include Preparation Drill and MDL preparation. This time limit applies to all ACFT scenarios, to include Soldiers tested taking the modified ACFT (ACFT MOD) as well as Soldiers tested individually or in pairs. The test period is defined as the period of time that elapses from the start of the Preparation Drill to the finish of the 2-Mile Run (from the first Bend and Reach to the 21-minute point of the 2-Mile Run) or the finish of the 25 minute allowed for completion of the ACFT MOD.

2. Soldiers must attempt all six events or all the events of the ACFT MOD. They cannot stop if they fail an event prior to completing all the events. This ensures best effort and gives commanders an opportunity to redirect training and build tenacity.

3. Soldiers will rotate as groups of four through each lane. Fewer than four Soldiers per lane is authorized. Each event will have a common start, directed by the OIC or NCOIC. Once every Soldier in the formation has completed the event, the next event will start. The first five test events proceed in this fashion. After the Leg Tuck there will be a programmed rest of 10 minutes that starts when the last Soldier completes the Leg Tuck.

4. Except for 10 minutes rest after the Leg Tuck, there is no programmed rest between events nor a required amount of rest per Soldier. The exception is when one or two Soldiers are being tested. In those cases, and for the first four events only, 5 minutes of rest will be programmed between the first four events. The 10 minute rest after the Leg Tuck remains the same for all scenarios.

5. There are no test event re-starts. Incorrectly performed repetitions will not be counted. The Grader records and initials the correctly completed number of repetitions, distance and times. Soldiers sign their scorecard before leaving the test site, acknowledging that they concur with the scores recorded by their grader. Questions will be resolved by the OIC or NCOIC within the 90-minute time limit for execution of the ACFT. Video recording of the test for training purposes is permitted but it will not to be used to adjudicate event scores. A video cannot substitute for direct observation by a properly trained grader.

6. Any piece of clothing not prescribed as a component of the Army Physical Fitness Uniform (APFU) is not permitted for wear during the ACFT. Neither are devices or equipment that offer any potential for unfair advantage during testing. The wearing of the following items are not authorized: nasal strips, back braces, elastic bandages, or limb braces. Biometric measuring devices such as watches, heart rate monitors, step counters and fitness trackers are permitted. The wearing and carrying of other electronic devices is not permitted. These include electronic music players and cell phones. AR 670-1, Wear and Appearance of Army Uniforms and Insignia, specifies the components of the APFU. In order to protect the hands, Soldiers may choose to use gloves that conform to AR 670-1 for any event and at any time of year in any climate.

7. The Preparation Drill is a dynamic warm-up that properly prepares the body for more intense activity such as the ACFT. The principle instructor for the Preparation Drill will not be one of the Soldiers who is about to be tested. Soldiers who are about to take the ACFT will conduct the exercises in the Preparation Drill to their own tolerance, avoiding fatigue. After the Preparation Drill and other preparation activities are completed, the first event will begin. Upon completion of all ACFT events, the Recovery Drill will be conducted as either a collective or individual activity.

Assessment Plan: See Next 2 Pages.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Prepared to administer the ACFT.			
a. Selected test site location.			
b. Selected event supervisors, scorers, timers, demonstrators, and support personnel.			
c. Trained event supervisors, scorers, timers, demonstrators, and support personnel.			
d. Inventoried equipment.			
e. Secured the test site.			
f. Ensured all Soldiers being tested read all test instructions (See TC 7-22).			
g. Conducted 10-minute Preparation Drill.			
h. Handed out an ACFT Scorecard and pen to each Soldier.			
i. Allowed 10 minutes to Soldiers to conduct a self-paced "warm-up" for the 3 Repetition Maximum Deadlift (MDL).			
2. Administered the 3 Repetition Maximum Deadlift (MDL).			
a. Ensured the Soldier:			
(1) Stepped inside the trap bar (on the command "GET SET.")			
(2) Placed feet shoulder width apart.			
(3) Located the mid-point of the trap bar handles.			
(4) Bent at the knees and hips.			
(5) Reached down and grasped the center of the handles.			
(6) Stood up and lifted the bar by straightening the hips and knees in order to reach the Straddle Stance. (On the command of "GO")			
(7) Lowered the bar slowly to the floor under control while still maintaining a straight back.			
b. Repeated steps 2.a. (1) - (7) until three repetitions with the same weight were completed.			
c. Ensured the scorer recorded the weight lifted for each of the three repetitions as the raw score on the ACFT Scorecard.			
3. Administered the Standing Power Throw (SPT).			
a. Ensured the Soldier:			
(1) Faced away from the start line.			
(2) Grasped the medicine ball (10lb) with both hands at hip level.			
(3) Stood with heels at (but not on or over) the start line.			
(4) Repeated the preparatory movement, and threw the ball backwards over the head as far as possible.			
b. Ensured the start line grader:			
(1) Observed the Soldier's feet to make sure they did not touch the start line before or during the throw.			
(2) Recorded the distance on the ACFT Scorecard.			
c. Ensured the lane grader/marker:			
(1) Marked the point where the ball landed.			
(2) Transferred this point to the tape measure.			
(3) Called out the distance to the nearest tenth decimeter.			
4. Administered the Hand-Release Push-Up (HRP).			
a. Ensured the Soldier:			
(1) Assumed the Prone Position with hands flat on the ground beneath the shoulders with the index fingers inside the outer edge of the shoulders. (On the command of "GET SET")			
(2) Pushed the whole body up from the ground as a single unit to fully extend the elbows and moved to the up position (Front Leaning Rest). (on the command "GO")			
(3) Bent the elbows to lower the body to the ground (after reaching the up position).			
(4) Moved both arms out to the side immediately and without moving the head, body or legs, straightening the elbows into the T position.			
(5) Placed their hands back on the ground immediately to return their hands back to the starting position to complete the repetition.			
(6) Repeated steps 4.a. (1) - (5) until the event was terminated at 2 minutes or by the grader.			
b. Ensured the scorer recorded the number of successfully completed repetitions in two minutes as the raw score on the ACFT Scorecard.			
5. Administered the Sprint-Drag-Carry (SDC).			
a. Ensured the Soldier:			
(1) Conducted the 50m Sprint (1st Leg).			
(a) Assumed the prone position with the top of the head behind the start line. (On the command "GET SET")			
(b) Stood up (On the command "GO") while the grader started the clock.			
(c) Sprinted 25m down.			
(d) Touched the 25m line with a foot and a hand.			
(e) Sprinted back to the start line.			

(2) Conducted the 50m Drag (2nd Leg).			
(a) Grasped each strap handle, positioned and resting on the sled behind the start line.			
(b) Pulled the sled backwards until the entire sled crossed the 25m line.			
(c) Turned around at the line.			
(d) Pulled the sled back until the entire sled crossed the start line.			
(3) Conducted the 50m Laterals (3rd Leg).			
(a) Assumed the correct starting position.			
(b) Stepped out with the lead leg and then brought the trail leg up and toward the lead leg.			
(c) Touched the line with the lead foot and hand then performed the lateral back to the start line.			
(4) Conducted the 50m Carry (4th Leg).			
(a) Grasped the handles of the two 40lb kettlebells.			
(b) Ran 25m and stepped on or over the 25m line with one foot (either foot).			
(c) Turned (either direction) and ran back to the start line.			
(d) Placed the kettlebells across the start line.			
(5) Conducted the 50m Sprint (5th Leg).			
(a) Sprinted 25m down.			
(b) Touched the 25m line with a hand and a foot.			
(c) Turned around at the line.			
(d) Sprinted back to the start line.			
b. Ensured the scorer:			
(1) Stopped the time when the Soldier (any part of the Soldier) broke the plane of the start line after the final sprint (250 meters).			
(2) Recorded the time from start to finish of the 250m course on the ACFT Scorecard.			
6. Administered the Leg Tuck (LTK).			
a. Ensured the Soldier:			
(1) Assumed a straight-arm hang on the bar, with feet off the ground, knees bent if necessary. (On the command "GET SET.")			
(2) Flexed at the elbow, knees, hips, and waist to bring the knees up. (On the command "GO")			
(3) Touched the right knee (or thigh) to the right elbow and simultaneously touched the left knee (or thigh) to the left elbow.			
(4) Returned under control to the straight-arm, elbows straight, for the completion of each repetition.			
(5) Repeated steps 6.a. (1) - 6.b. (4) until the Soldier voluntarily stopped (drops from the bar) or when two minutes had expired.			
b. Ensured the scorer:			
(1) Counted off the number of correctly completed repetitions.			
(2) Terminated the event when the Soldier voluntarily stopped, or at the 2 minute mark.			
(3) Recorded the number of successfully completed repetitions as the raw score on ACFT Scorecard.			
7. Administered the 2-Mile Run (2MR).			
a. Ensured the Soldier:			
(1) Lined up behind the starting line.			
(2) Began running. (On the command "GO")			
(3) Ran at their own pace until the required two miles were completed.			
b. Ensured the scorer:			
(1) Started the clock. (On the command "GO")			
(2) Recorded the time the Soldier crossed the finish line of the 2 mile course on the ACFT Scorecard.			

Appendix C - Practical Exercises and Solutions

PRACTICAL EXERCISE(S)/SOLUTION(S) FOR LESSON 805P-H2F0001R Version 1.4 ©

Appendix D - Student Handouts

**Administer the Army Combat Fitness Test (ACFT) (IOC)
805P-H2F0001R / Version 1.4 ©**

Sequence	Media Name	Media Type
1	ACFT Individual Task	PDF
2	ACFT Instructions	PDF
3	ACFT Events	PDF
4	ACFT Scorecard (Pg1)	PDF
5	ACFT Scorecard (Pg2&3)	PDF
6	ACFT Equipment	PDF
7	ACFT Grader Validation	PDF
8	ACFT Grader Validation Plan (Res Info)	PDF
9	ACFT CALL Handbook 18-37	PDF

Appendix E - TRAINER'S LESSON OUTLINE

Administer the Army Combat Fitness Test (ACFT) (IOC)

805P-H2F0001R / Version 1.4 ©

Effective Date: 10 December 2019

1. The importance of this lesson: (Why)

Administer the Army Combat Fitness Test (ACFT)

2. What we want our Soldiers to Achieve: (Outcomes/Standard)

- Prepare to administer the ACFT, all resources are to the correct standard and are accounted for.
- Administer all six of the ACFT events correctly so that each Soldier completes the entire test in 90 minutes or less.
- Conduct post ACFT Actions, all paperwork is correctly completed and filed, all resources are accounted for and properly cleaned, stored and secured.
- Perform all tasks without error.

3. Tasks to be taught

<u>Task Number</u>	<u>Task Title</u>	<u>Task Type</u>
805P-COM-1101	Perform the Preparation Drill (PD)	Individual REINFORCED
805P-H2F-0026	Administer the Army Combat Fitness Test (ACFT) (IOC)	Individual TAUGHT

Additional Non-Standard Tasks

None

4. References:

<u>Reference Number</u>	<u>Reference Title</u>	<u>Date</u>
AR 350-1	ARMY TRAINING AND LEADER DEVELOPMENT	10 Dec 2017
AR 600-9	The Army Body Composition Program	16 Jul 2019
AR 670-1 (Revision April 10, 2015)	WEAR AND APPEARANCE OF ARMY UNIFORMS AND INSIGNIA	10 Apr 2015
FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages	26 Oct 2012
PAM 670-1	GUIDE TO THE WEAR AND APPEARANCE OF ARMY UNIFORMS AND INSIGNIA http://www.apd.army.mil/pdf/files/p670_1.pdf	25 May 2017

Additional Non-Standard References

None

5. Resources

TIME: Time of Instruction: 6 hrs 30 mins

LAND: Classroom, Training Area, and Range Requirements

<u>Id</u>	<u>Name</u>
17992	Physical Education Training Fields
75027	Running Track

AMMO: Ammunition Requirements

<u>DODIC</u>	<u>Name</u>
None	

MISC: Materiel Items and TADSS Requirements

<u>Id</u>	<u>Name</u>
4110-01-485-3626	Chest, Ice Storage, White, 48 Quart Capacity 2S
5210-00-832-9368	Tape, Measuring, General Purpose, Steel, 3/8 Inch Wide, 200 Feet Long
5640-00-103-2254	Tape, Duct, 2 Inches Wide, 60 Yard Roll
6545-01-532-3674	Medical Equipment Set, Combat Lifesaver, Version 2005, UA 245A
6665-01-103-8547	Wet Globe Temperature Kit, Dial Thermometer Type, Mechanical
7105-00-106-2468	Table, Folding Legs, 29 Inches High, 60 X 30 Inch Plastic Top
7105-00-663-8475	Chair, Folding, without Arms, Steel, Gray Enamel, Upholstered Seat
7210-00-081-1417	Sheet, Bed Cotton White
7210-01-125-2594	Towel, Bath, Brown, 20x40
7240-01-502-4382	Can, Water, Military
7510-00-281-6180	Binder, Loose-Leaf, 3 Ring, Letter Size, 1 Inch, Black
7520-00-053-9580	Pen, Ball-Point, Medium, Black
7520-00-281-5918	Clipboard File, 9 X 12-1/2 Inch, Composition Board Back
7520-01-351-9148	Pointer, Instructional
7520-01-519-4372	Pen, Plastic Tip, Liquid Impression Marker, Black 12S
7830-01-675-1851	Set, Army Combat Fitness Equipment
8010-00-401-0426	Paint, Spray, Red
8010-00-401-0427	Paint, Spray, Yellow
8960-01-430-4378	Ice, 8 Pounds

(Note: Asterisk before ID indicates a TADSS.)

Additional Non-Standard Resources

None

6. A possible technique to achieve the outcome:

A. ACFT Training Guidance IAW GTA 07-08-005 (ACFT Poster), CALL Handbook 18-37 (ACFT), and the ACFT Training Guide (November 2018):

1. Top 3 Exercises for the 3-Repetition Maximum Deadlift (3RM):

(a) Sumo Squat: This exercise can be found in the CALL Handbook, pages 31 thru 32 and from FM 7-22 (Strength Training Circuit (STC) Drill), pages 9-56 thru 9-57.

(b) Alternate Staggered Squat Jump: This exercise can be found in the CALL Handbook, pages 32 thru 33 and from FM 7-22 (Conditioning Drill 3 (CD3)), pages 9-35 thru 9-36.

(c) Forward Lunge: This exercise can be found in the CALL Handbook, pages 33 thru 35 and from FM 7-22 (Preparation Drill (PD)), page 8-11.

2. Top 3 Exercises for the Standing Power Throw (SPT):

(a) Power Jump: This exercise can be found in the CALL Handbook, pages 37 thru 38 and from FM 7-22 (Conditioning Drill 1 (CD1)), page 9-6.

(b) Overhead Push-Press: This exercise can be found in the CALL Handbook, pages 38 thru 39 and from FM 7-22 (Strength Training Circuit (STC) Drill), page 9-66.

(c) Tuck Jump: This exercise can be found in the CALL Handbook, pages 39 thru 40 and from FM 7-22 (Conditioning Drill 3 (CD3)), pages 9-29 thru 9-30.

3. Top 3 Exercises for the Hand Release Push-Up (HRP):

(a) Supine Chest Press: This exercise can be found in the CALL Handbook, pages 41 thru 42 and from FM 7-22 (Strength Training Circuit (STC) Drill), page 9-64.

(b) Eight-Count Push-Up: This exercise can be found in the CALL Handbook, pages 42 thru 43 and from FM 7-22 (Conditioning Drill 2 (CD2)), pages 9-17 thru 9-19.

(c) Incline Bench Press: This exercise can be found in the CALL Handbook, pages 44 thru 45.

(d) Quadraplex: This exercise can be found in the CALL Handbook, pages 45 thru 46 and from FM 7-22 (Four for the Core (4C)), page 6-15.

4. Top 3 Exercises for the Sprint-Drag-Carry (SDC):

(a) 300-Yard Shuttle Run: This exercise can be found in the CALL Handbook, pages 47 thru 48 and from FM 7-22 (300-Yard Shuttle Run (SR)), pages 10-16 thru 10-17.

(b) Bent Over Row: This exercise can be found in the CALL Handbook, pages 48 thru 49 and from FM 7-22 (Strength Training Circuit (STC) Drill), page 9-65.

(c) Straight-Leg Deadlift: This exercise can be found in the CALL Handbook, pages 49 thru 50 and from FM 7-22 (Strength Training Circuit (STC) Drill), page 9-58.

5. Top 3 Exercises for the Leg Tuck (TLK):

(a) Bent-Leg Raise: This exercise can be found in the CALL Handbook, page 51 and from FM 7-22 (Four for the Core (4C)), page 6-12.

(b) Leg Tuck and Twist: This exercise can be found in the CALL Handbook, pages 52 thru 53 and from FM 7-22 (Conditioning Drill 1 (CD1)), page 9-9.

(c) Alternating Grip Pull-Up: This exercise can be found in the CALL Handbook, pages 53 thru 54 and from FM 7-22 (Climbing Drill 1 (CL1)), page 9-47.

6. Top 3 Exercises for the 2-Mile Run (2MR):

(a) Sprint Intervals (30:60s & 60:120): This exercise can be found in the CALL Handbook, page 55 and from FM 7-22 page 10-15.

(b) Release Run: This exercise can be found in the CALL Handbook, page 56 and from FM 7-22 from FM 7-22 page 10-19.

(c) Hill Repeats: This exercise can be found in the CALL Handbook, pages 56 thru 57 and from FM 7-22 from FM 7-22 page 10-18.

B. Additional ACFT Training Quick Reference Guide as developed by the U.S. Army Physical Fitness School (July 2019) Top 3 training exercises for each event, gym-based, field expedient, and no equipment. Overall Notes: These exercises are simply a "top three" based on common situations (with gym equipment, with common Army unit equipment, and without equipment), there are many other exercises that should be included in a well-rounded program. Any gym-based exercises that can be replicated in a field expedient environment should be incorporated as well. Some simple and portable equipment can also be acquired for use in field conditions (TRX, resistance bands, kettlebells, etc), allowing greater exercise variety.

1. 3RM Deadlift (3RM):

(a) Component of Fitness: Lower Body Muscular Strength

(b) Muscle Groups: Hamstrings, Glutes (Secondary: Back, Quadriceps)

(c) Training Notes: The deadlift is one of the best tools for developing full body muscular strength, and is directly applicable to tasks required of effectively every Soldier. The movement can be simulated, and correct techniques patterned, by lifting almost any heavy object with proper technique. Advanced deadlifting and coaching require years of experience, but some simple exercises will yield significant improvements.

(d) Gym Based:

- (1) Deadlift (Hex Bar, Barbell, Kettlebell, etc)
- (2) Reverse Hyper/GHD
- (3) Single Leg Deadlift

(e) Field Expedient:

- (1) Heavy Tire Flip
- (2) Vehicle Push
- (3) Water Can Suitcase Deadlift
- (4) Ruck Squat (worn on back or held in front)

(f) No equipment:

- (1) Glute Bridge
- (2) Braced Hamstring Curl (Bed, Shelf)
- (3) Back Scale2.

2. Standing Power Throw (SPT):

(a) Component of Fitness: Power

(b) Muscle Groups: Hips, Quads, Hamstrings, Back

(c) Training Notes: Correctly defined, power is the rate at which work is done. As opposed to overcoming maximal resistance, power emphasizes speed and explosiveness. Therefore, to train effectively for the power throw, Soldiers will need to develop not only a baseline level of strength, but also explosiveness and full body coordination.

(d) Gym Based:

- (1) Kettlebell Swing
- (2) Clean (Kettlebell, Barbell, Sandbag)
- (3) Plyometrics (Jumps, Box Jumps, etc)

(e) Field Expedient:

- (1) Power Throw (Sandbag, Rock, etc)
- (2) Sandbag Clean
- (3) Partner Lift Up (boost over wall, onto truck, etc)

(f) No equipment:

- (1) Broad Jump

- (2) Tuck Jump
- (3) Box Jump (chair, bench, etc)

3. Hand Release Push Ups (HRP):

(a) Component of Fitness: Upper Body Muscular Endurance

(b) Muscle Groups: Chest, Shoulders, Triceps, Core

(c) Training Notes: Hand release push ups modify the previous APFT-standard push up to incorporate greater upper back involvement, increased demands on core stability, and proper shoulder movement mechanics . Soldiers will find these significantly more demanding at first, especially if they relied on improper push up mechanics in the past, such as very wide hand positioning. More well-rounded upper body and core development will improve performance on this assessment.

(d) Gym Based:

- (1) Bench Press (Barbell, Dumbbell)
- (2) Dips
- (3) Overhead Tricep Extension (Dumbbell, Cable, Resistance Band, etc)

(e) Field Expedient:

- (1) Rifle PT (Presses, Raises, Holds, etc)
- (2) Tricep Dips (Box, platform, etc)
- (3) Ammo Can Press

(f) No equipment:

- (1) Push Ups (As prescribed, feet elevated, from knees, etc)
- (2) Plank Variations (High, low, side, etc)
- (3) Shoulder Stability Drill ("Is, Ys, and Ts" should be included in any program for shoulder mobility, stability)

4. Sprint Drag Carry (SDC):

(a) Component of Fitness: Anaerobic Capacity (Secondary: Lower Body Muscular Endurance)

(b) Muscle Groups: Entire Lower Body, Grip, Core

(c) Training Notes: The sprint drag carry incorporates speed and agility, but is primarily focused on anaerobic capacity. This type of higher intensity, shorter duration endurance is best developed with interval training using efforts on two minutes or less. Some Soldiers, especially those with less body mass, may struggle particularly with the sled drag, in which case their training may need to emphasize lower body muscular endurance focusing on the quadriceps.

(d) Gym Based:

- (1) Sled Drag (Light for speed, heavy for strength)
- (2) Farmers Carry
- (3) Endurance Training Machines (interval training protocols)

(e) Field Expedient:

- (1) Drags, Various (SKEDCO, Tire w/ tow strap, etc)
- (2) Water Can Carries
- (3) Individual Movement Techniques (executed at high intensity)

(f) No equipment:

- (1) Interval/Sprint Workouts (30/60, 60/120, 200s, 400s, hills, etc. Should be included in any S/D/C program)
- (2) Burpees
- (3) Lunges (Stationary, Forward, Reverse)

5. Leg Tuck (LTK):

(a) Component of Fitness: Upper Body Muscular Endurance, Core Stability

(b) Muscle Groups: Back, Arms, Grip, Core, Hip Flexors

(c) Training Notes: The leg tuck requires the coordination of numerous types of strength including the arms, upper back, core, and hip flexors . A primary concern for many Soldiers will be developing the scapular control necessary to control the body's position while suspended, which can be addressed with many variations of rowing movements that

emphasize scapular retraction and depression. Static hangs can also be incorporated in most environments and can develop significant grip strength.

(d) Gym Based:

- (1) Alternating Grip Pull Ups (modified as necessary)
- (2) Lat Pull Downs
- (3) Rows (Cable or free weight)
- (4) Pull Overs

(e) Field Expedient:

- (1) Alternating Grip Pull Up (tree branch, vehicle frame, tent beam)
- (2) Rows (water can, ammo can, TRX, ACU pants)
- (3) Weighted V-Up (ammo can, ruck, IOTV, etc)

(f) No equipment:

- (1) Leg Tuck and Twist
- (2) Inverted Row (desk, table, etc)
- (3) Rower

6. 2-Mile Run (2MR):

(a) Component of Fitness: Aerobic Capacity

(b) Muscle Groups: Entire Lower Body

(c) Training Notes: The two mile run event is unchanged from the APFT, but smart training strategies will maximize performance while minimizing unnecessary impact and overuse injuries . A blend of aerobic and anaerobic capacity training, incorporating low and no impact endurance training machines will improve Soldiers' performance on this event, as well as their capacity to recover between events throughout the ACFT . Long slow distance runs will have limited benefit for two mile performance.

(d) Gym Based:

- (1) Stationary Bike
- (2) Stair Climber
- (3) Rower

(e) Field Expedient/No Equipment:

- (1) Anaerobic Capacity Running (30/60, 60/120, 400s, 800s)
- (2) Aerobic Capacity Running (AGR, Release Run)

7. Conduct AAR with Soldier and Cadre.

None

NOTE: Before presenting this lesson, Instructors must be thoroughly prepared by studying the appropriate lesson plan and identified reference material.