



ARMY COMBAT FITNESS TEST

EVENT 1 : 3 Repetition Maximum Deadlift



Deadlift the maximum weight possible three times

- Fitness Components: muscular strength, balance, and flexibility
- Application to Common Soldier Tasks: lifting heavy loads from the ground, extracting a casualty on a litter, lift and move personnel and equipment
- Alternate Training Activities: Sumo Squat, Deadlift - Straight Bar, Kettlebells, Straight Leg Deadlift - Kettlebells, Forward Lunges - Kettlebells
- 60 and 100 point scores: 140 and 340 lb

EVENT 2 : Standing Power Throw

Throw a 10lb medicine ball backward and overhead for distance

- Fitness Component: explosive power, balance, and flexibility
- Application to Common Soldier Tasks: jumping across and over obstacles, throwing equipment over an obstacle, employing progressive levels of force in hand-to-hand combat
- Alternate Training Activities: Power Jump, Overhead Push Press, Tuck Jump
- 60 and 100 point scores: 4.5 and 12.5 meters



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



Complete as many HRP's as possible in two minutes

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

EVENT 4 : Sprint-Drag-Carry

Conduct 5x50 meter shuttles for time: sprint, drag, lateral, carry and sprint

- Fitness Component: agility, anaerobic endurance, muscular endurance and muscular strength
- Application to Common Soldier Tasks: moving quickly under load, extracting a casualty, moving supplies, react to direct/indirect fire
- Alternate Training Activities: Straight-Leg Deadlift, Bent Over Row, 300M Shuttle Run
- 60 and 100 point scores: 3:00 and 1:33 minutes



EVENT 5 : Leg Tuck



Complete as many leg tucks as possible

- Fitness Component: muscular strength and endurance
- Application to Common Soldier Tasks: surmounting obstacles and walls, load carriage or move under load, rope traverse and rope climb
- Alternate Training Activities: Leg Raises, Leg Tuck and Twist, Alternating Grip Pull-up
- 60 and 100 point scores: 1 and 20 reps

EVENT 6 : 2-Mile Run

Run two miles for time

- Fitness Component: aerobic endurance
- Application to Common Soldier Tasks: sustained movements under load, move under fire, move quickly under load over unimproved and rough terrain
- Alternative Training Activities: Sprint Intervals (30:60s, 60:120s), Release Run, Hill Repeats
- 60 and 100 point scores: 21:00 and 13:30 minutes



The proponent for this GTA is the United States Army Center for Initial Military Training, Training and Doctrine Command.

For more information refer to:

ATP 7-22.01, Holistic Health and Fitness Testing, 1 October 2020 (w/C1 of 25 August 2021)

ATP 7-22.02, Holistic Health and Fitness Drills and Exercises, 1 October 2020

Army Physical Readiness Training application available for iOS and Android devices

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U.S. ARMY

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Alternate Events

Plank (PLK) Guidance

The use of the PLK on the ACFT will be an optional event, in lieu of the LTK event, with a 100 point scale. The Soldier will self-determine, and declare prior to the start of the test, to conduct either the LTK or the PLK event, but not both. A Soldier may only conduct one core event per ACFT, not both; if a Soldier fails one core event they may not take the other core event. OIC/NCOIC or Grader will administer the PLK at a separate location and simultaneously with the LTK. The overall time for the ACFT remains unchanged (120 minutes).

Alternate Core Strength Event: The PLK

Maintain a plank position for time

- The PLK consists of maintaining a proper plank position with the hips in a straight line with the legs, hands must be on the ground, either in fists with the pinky side of the hand touching the ground or lying flat with palms down, no more than the grader's fist-width apart, feet no more than a boot-width apart, elbows aligned with shoulders with forearms forming a triangle, and eyes focused on the ground.
- The PLK is terminated when a Soldier touches the floor with any body part other than the feet, forearms, or fists, raises a foot or hand off the floor; or fails to maintain a straight line position from head to heels. Graders will give only one verbal warning to correct form.
- 60 points and 100 points: 2:09 and 4:20 minutes



Alternate Aerobic Event Guidance

Alternate aerobic events assess the aerobic and muscular endurance of Soldiers with a permanent medical profile (DA Form 3349) which prohibits them from performing the 2-Mile Run; DA Form 3349 must explicitly state which alternate aerobic events the Soldier may perform. The permanent profiled Soldier must complete the alternate aerobic event in a time equal to or less than 25 minutes. All alternate aerobic events are pass or fail with a passing score equating to 60 points. Prior to any aerobic event, the grader will ensure proper calibration has been performed on the machine or number of pool lengths for the swim.

Alternate Aerobic Event: Row

- The 5,000-Meter Row requires a stationary rowing machine equipped with an odometer that measures distance in watts.
- The machine must have mechanically adjustable resistance and must be available for training and testing. Resistance may be set at any level.
- The seat, handles, and foot straps must be adjustable.
- No particular brand is recommended or endorsed by the U.S. Army.
- You may pause and rest during the test; however, you may not get off the rower.
- To pass, you must complete 5,000 meters in 25 minutes or less.



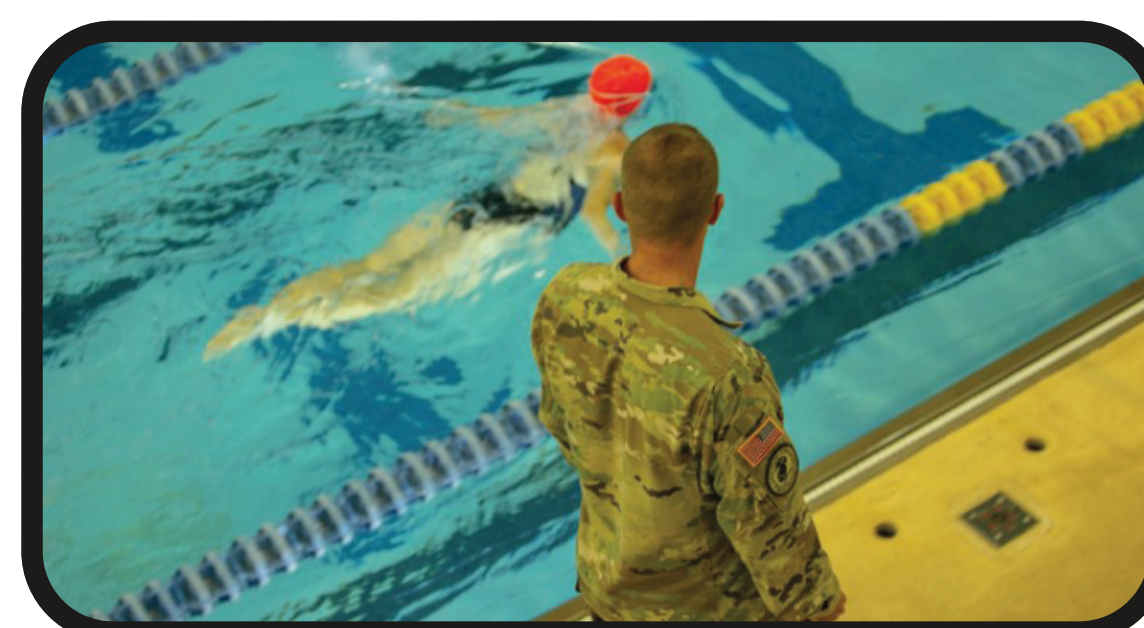
Alternate Aerobic Event: Bike



- The 12,000-Meter Bike event requires a stationary cycle ergometer equipped with an odometer. Resistance may be set at any level.
- The ergometer must be available for training and testing.
- The seat and handlebars must be adjustable.
- No particular brand is recommended or endorsed by the U.S. Army.
- You may pause and rest during the test; however, you may not get off the bike.
- To pass, you must complete 12,000 meters in 25 minutes or less.

Alternate Aerobic Event: Swim

- The 1,000-Meter Swim event requires a swimming pool with a minimum depth of one meter; pool length may be in meters or yards.
- Soldiers will begin the event in the water with their body in contact with the wall of the pool.
- Soldiers may use any stroke and must touch the wall of the pool at each end as they turn; any type of turn is permitted.
- Soldiers may walk on pool floor to recuperate.
- Only equipment authorized is swimming goggles, swim caps, and civilian swim wear.
- The use of certified lifeguards are highly encouraged.
- To pass, you must complete 1,000 meters in 25 minutes or less.



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