

CRM LESSON PLAN REPORT

ADMINISTER THE ARMY COMBAT FITNESS TEST (ACFT) 805P-H2F0001R / 1.5 ©

Approved
23 Mar 2021

Effective Date: 23 Mar 2021

SCOPE:

This lesson plan provides the standards for the six events of the ACFT. ACFT standards are important for the safety of the Soldier and the readiness of the Army. Soldiers and graders must know the testing protocols and standards to successfully pass the ACFT. Additionally, this lesson plan 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 120 minutes or less;
- (3) 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-0028 (*)	Administer the Army Combat Fitness Test (ACFT)	Approved

Reinforced Task(s)

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
805P-COM-1120	Perform Preparation Drill (Modified)	Approved
805P-COM-1138	Perform The Recovery Drill (Modified)	Approved
805P-COM-1101	Perform the Preparation Drill (PD)	Approved
805P-COM-1102	Perform the Recovery Drill (RD)	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
K25330	Knowledge of After Action Reviews	No	Yes
K27621	Identification of the Army Combat Fitness Test (ACFT) Standards	Yes	No
K27622	Identification of the Army Combat Fitness Test (ACFT) Resource Requirements	Yes	No
K27623	Identification of the Army Combat Fitness Test (ACFT) Test Personnel Duties	Yes	No
K27624	Identification of the Army Combat Fitness Test (ACFT) Site Requirements	Yes	No
K27625	Identification of the Army Combat Fitness Test (ACFT) Procedures	Yes	No

Skill

<u>Skill Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
805P-S-0121	Perform Recovery Drill (RD)	No	Yes
S4953	Ability to conduct after action reviews (AARs)	No	Yes
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	15 mins	Discussion (Small or Large Group)
<hr/>			
Total Hours(50 min):	6 hrs	0 mins	

Instructor Action Hours

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

Hours/Actions

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

Total Hours (60 min): 4 hrs 0 mins

Test Lesson(s)

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

Prerequisite Lesson(s)

<u>Hours</u>	<u>Lesson Number Version</u>	<u>Lesson Title</u>
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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	Wear and Appearance of Army Uniforms and Insignia	26 Jan 2021
ATP 7-22.01	Holistic Health and Fitness Testing	01 Oct 2020
ATP 7-22.02	Holistic Health and Fitness Drills and Exercises	01 Oct 2020
FM 7-0	Train to win in a Complex World	05 Oct 2016
FM 7-22	Holistic Health and Fitness	01 Oct 2020
PAM 670-1	Guide to the Wear and Appearance of Army Uniforms and Insignia	26 Jan 2021

Student Study Assignment

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 or in ATP 7-22.02, Chapter 2.

Instructor Requirements

- Be thoroughly familiar with ATP 7-22.01 and this lesson plan. See Appendix D, Student Handouts for a copies of supporting documents.
- Conduct and complete an end-of-test AAR with ACFT OIC, NCOIC, Graders, Scorers, and Organizational Leadership.

**Support
Personnel
Requirements**

Trained and validated Support Personnel include: (ATP 7-22.01, Chapter 2, paragraph 2-11 thru 2-18)

- Graders
- Scorers
- Timers
- Medical Support (See note below)

NOTE: Support personnel assist in preventing unsafe acts to ensure smooth operation of the ACFT. The use of support personnel depends on local policy and unit standard operating procedures. Medical support on site is not required unless specified by local policy. The OIC or NCOIC will have a plan for medical support (if required).

**Additional
Support
Personnel
Requirements**

<u>Name</u>	<u>Student Ratio</u>	<u>Qty</u>	<u>Man Hours</u>
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>
1080-00-126-0286 - Stopwatch Remarks:	0:0	1:1	No	0	No
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-Polyester, White, 104 X 72 Inches, Solid, Plain, Flat 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:

- 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

- 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 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.

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**

DODIC - Name

Exp

Student
Ratio

Instruct
Ratio

Spt
Qty

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) or Plank (PLK)
- (6) 2 Mile Run (2MR)

b. The ACFT is intended to be completed in 120 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 ATP 7-22.02 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 120 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. **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 of this lesson plan (Must download Lesson Plan and Outline (via TDC) to view Appendix E), ATP 7-22.02 or in GTA 07-08-005 (ACFT Poster), CALL Handbook (ACFT).

Proponent Lesson Plan Approvals

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
John Cobb	Not available	Approver	23 Mar 2021

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)
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)



Motivator Slide 1

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)
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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 ATP 7-22.01, and a DA Form 705, ACFT Scorecard.
Standards:	Administer the Army Combat Fitness Test (ACFT) without error so that each testing Soldier completes the entire six (6) event test in 120 minutes or less without causing injury and test events are completed, scored and recorded on DA Form 705, ACFT Scorecard without error.
Learning Domain - Level:	Cognitive - Applying
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, ATP 7-22.01, and ATP 7-22.02 as applicable.
- 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 Graders 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," See ATP 7-22.01, Chapter 2.

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 ATP 7-22.01, Holistic Health and Fitness Testing.
- 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.

- If the testing is conducted outdoors, weather and environmental conditions do not inhibit

physical performance.

**Instructional
Lead-in**

In October 2020, the Army released its official doctrinal publication regarding the Army Combat Fitness Test (ACFT). The publication, ATP 7-22.01, identifies all aspects of the Holistic Health and Fitness (H2F) Testing. This lesson focuses on the Administration of the ACFT.

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 ATP 7-22.01, and DA Form 705, ACFT Scorecard.
STANDARDS:	Prepare to administer the ACFT by ensuring all resources are identified, accounted for, and 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)*

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 has a designated ACFT test site and a designated ACFT grader team. A 16-lane site provides the capacity to test 64 Soldiers (4 Soldiers per lane) every 120 minutes or less.
2. The OIC or NCOIC selects an outdoor grass or artificial turf test site that is flat and free of debris. The test site includes the start and finish point for the 2-Mile Run. A test site has the following:
 - a. An area of approximately 30 meters by 50 meters for up to 16 lanes. (One lane is 25 meters long and 2.5 to 3 meters wide. Each lane requires space on either end for turning the sled and running through the finish.)
 - b. A site free of any significant hazards.
 - c. An area to conduct Preparation Drills and Recovery Drills.
 - d. A soft, flat area for field-based events.
3. The surface used for the Sprint-Drag-Carry may be standard or modified. Other surfaces are restricted:
 - a. Standard: Sprint-Drag-Carry may be performed on properly maintained grass or artificial turf with a standard 90-pound nylon sled. When the surface does not

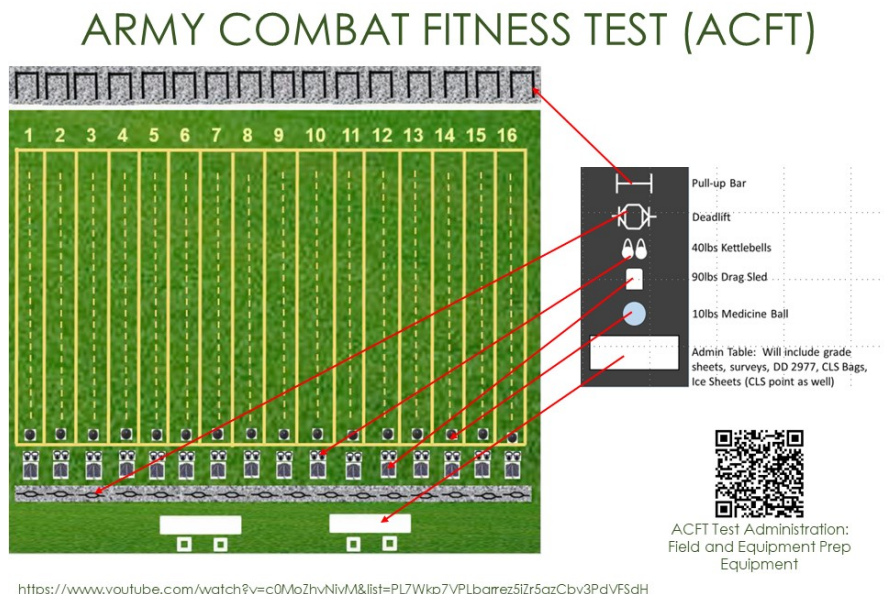
obviously meet the standard definition, it will be classified as modified.

b. Modified: Sprint-Drag-Carry may be performed on wood (for example a gym floor), packed dirt (for example a baseball infield or parade field), vinyl, or smooth concrete (for example a motor pool or hangar bay) with 180-pound nylon sled. The sled weight will be adjusted by the ACFT OIC or NCOIC during set-up when a modified surface is used.

c. Restricted: Sprint-Drag-Carry will not be performed on unimproved dirt or gravel surfaces, rubberized track or gym floors, ice, or snow.

4. Standard surfaces are preferred. All surfaces must be level. When environmental conditions prohibit outdoor testing, Soldiers may use an indoor surface for the Sprint-Drag-Carry. Indoor Sprint-Drag-Carry lanes must have enough space on either end of the 25-meter lane for Soldiers to turn or sprint across the finish line. No other adjustments to Sprint-Drag-Carry standards and scoring are authorized.

5. The OIC or NCOIC must use sound judgment when selecting the Sprint-Drag-Carry surface and the site of the 2-Mile Run. When environmental conditions prohibit outdoor testing, Soldiers may use an indoor track for the 2-Mile Run. There is no requirement to survey run courses. 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 has a solid, improved surface that is not more than 3-percent uphill grade and no overall decline (start and finish must be at the same altitude).



ACFT TEST SITE

Army Combat Fitness Test ACFT

Check on Learning:

QUESTION: Identify two (2) of the four (4) elements an ACFT Test Site must have. (ATP 7-22.01, Chapter 2, para 2-20)

ANSWER: a. An area of approximately 30 meters by 50 meters for up to 16 lanes. (One lane is 25 meters long and 2.5 to 3 meters wide. Each lane requires space on either end for turning the sled and running through the finish.)
b. A site free of any significant hazards.
c. An area to conduct Preparation Drills and Recovery Drills.
d. A soft, flat area for field-based events.

QUESTION: Describe the "modified" Sprint-Drag-Carry surface.

ANSWER: Sprint-Drag-Carry may be performed on wood (for example a gym floor), packed dirt (for example a baseball infield or parade field), vinyl, or smooth concrete (for example a motor pool or hangar bay) with 180-pound nylon sled. The sled weight will be adjusted by the ACFT OIC or NCOIC during set-up when a modified surface is used. (ATP 7-22.01, Chapter 2, para 2-21)

QUESTION: What surfaces are "restricted" for the Sprint-Drag-Carry?

ANSWER: Sprint-Drag-Carry will not be performed on unimproved dirt or gravel surfaces, rubberized track or gym floors, ice, or snow. (ATP 7-22.01, Chapter 2, para 2-21)

Review Summary:

In order to make the most of the time required to conduct the Army Combat Fitness Test (ACFT), a "Review/Summary" will be covered at the end of the TLO; not in each separate Enabling Learning Objective (ELO) or Learning Step/Activity (LSA).

ELO A - LSA 2. Learning Step / Activity ELO A - LSA 2. Selection and duties of event personnel.

Method of Instruction: Discussion (Small or Large Group)

Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:8)*
Time of Instruction: 10 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

1. ACFT personnel must be familiar with all aspects of the administration of the ACFT. These personnel supervise Soldiers and lay out the test area. Each test will have an OIC or NCOIC and one grader for every four Soldiers tested. Individual Soldiers are not authorized to self-administer the ACFT for record test purposes.

2. The OIC or NCOIC supervises the ACFT and manages the running clock. Two graders will combine to administer the test events and measure distance, time, weight, and repetitions. If the OIC or NCOIC has only one grader available, the OIC or NCOIC may serve as the second grader. For example, the OIC will time the Hand-Release Push-Up, Sprint-Drag-Carry, Plank, and 2-Mile Run; score the Standing Power Throw; and observe the 25-meter line in the Sprint-Drag-Carry.

3. The OIC and NCOIC are responsible for administering the ACFT. During the week prior to test day, the OIC or NCOIC briefs Soldiers on the purpose, organization, and protocols of the test. The OIC or NCOIC posts the ACFT testing manual for Soldiers to review. The OIC or NCOIC explains test administration, to include demonstrating test event execution and answering questions about administrative procedures. They remind Soldiers about scorecard management, scoring standards, and testing sequence. Responsibilities include—
 - Administering and conducting the test.
 - Managing the 2-hour time clock.
 - Procuring and inspecting all testing equipment and supplies.
 - Arranging and laying out test area.
 - Training and validating graders and support personnel.
 - Ensuring test events are administered in accordance with this doctrine and scored to standard.
 - Reporting test results in the Digital Training Management System (also known as DTMS).

4. Each lane will have a grader. Event graders are responsible for scoring events to standard. The graders count the number of repetitions out loud, time events, measure distances, and correct event performances. When Soldiers complete their ACFT events, the grader records the number of completed repetitions, distances, or times on the DA Form 705 (Army Combat Fitness Test Scorecard). After entering the Soldier's 2-Mile Run time on the DA Form 705, the grader converts the raw scores for all the events into point scores for each event, enters the total on the DA Form 705, and

initials each event. The grader confirms the scores with the tested Soldier who also signs the DA Form 705 to confirm its accuracy. The grader then returns all DA Form 705s to the OIC or NCOIC. The grader's responsibilities include—

- Receiving training conducted by the OIC or NCOIC.
- Administering one or more test events.
- Ensuring necessary equipment is on hand for each lane.
- Scoring events to standard.
- Controlling two adjacent lanes during the Standing Power Throw and Sprint-Drag-Carry to ensure Soldier and grader safety and eliminating interference between lanes.
 - Measuring the Standing Power Throw distance. The grader also confirms correct foot and hand touch at the 25-meter turn line during the Sprint-Drag-Carry.
 - Recording the correct number of repetitions, distances, weight, and times in the raw score block on DA Form 705.
 - Addressing and resolving questions on scoring discrepancies and informing the OIC or NCOIC.
 - Recording initials and signatures on DA Form 705.

Check on Learning:

QUESTION: TRUE or FALSE? Individual Soldiers (SFC/LTC and above) are authorized to self-administer the ACFT for record test purposes.

ANSWER: FALSE: Individual Soldiers are not authorized to self-administer the ACFT for record test purposes. (ATP 7-22.01, Chapter 2, para 2-9)

QUESTION: Explain what some of the duties and responsibilities are of the OIC and NCOIC. (ATP 7-22.01, Chapter 2, para 2-11)

ANSWER: During the week prior to test day, the OIC or NCOIC briefs Soldiers on the purpose, organization, and protocols of the test. The OIC or NCOIC posts the ACFT testing manual for Soldiers to review. The OIC or NCOIC explains test administration, to include demonstrating test event execution and answering questions about administrative procedures. They remind Soldiers about scorecard management, scoring standards, and testing sequence. Responsibilities include—

- Administering and conducting the test.
- Managing the 2-hour time clock.
- Procuring and inspecting all testing equipment and

supplies.

- Arranging and laying out test area.
- Training and validating graders and support personnel.
- Ensuring test events are administered in accordance with this doctrine and scored to standard.
- Reporting test results in the Digital Training Management System (also known as DTMS).

QUESTION: TRUE or FALSE? Each test will have an OIC or NCOIC and one grader for every four Soldiers tested.

ANSWER: TRUE: Each test will have an OIC or NCOIC and one grader for every four Soldiers tested. (ATP 7-22.01, Chapter 2, para 2-9)

Review Summary:

In order to make the most of the time required to conduct the Army Combat Fitness Test (ACFT), a "Review/Summary" will be covered at the end of the TLO; not in each separate Enabling Learning Objective (ELO) or Learning Step/Activity (LSA).

ELO A - LSA 3. Learning Step / Activity ELO A - LSA 3. Inventory equipment.

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

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)*

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 (ex: 1.5 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) Hole diameter of 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)

Army Combat Fitness Test ACFT

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)

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

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

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.



2. Two 40lb kettlebells are required per lane.

a. 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.

- (1) The weight of the kettlebell will be within +/- 1% of the 40lb required weight.
- (2) It will be made of cast iron or cast steel.
- (3) Powder coated.
- (4) Approximate height of 11 inches.
- (5) It will have a flat base allowing it to stand with the handle positioned vertically.
- (6) 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. 16-Lane set

- (1) 16 x nylon sleds and pull straps
- (2) 32 x 45 lb bumper plates
- (3) 32 x 40 lb kettlebells

SPRINT – DRAG – CARRY



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.

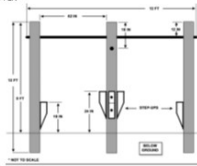
(b) 8 x 5ft wide climbing bars at 8.0ft off the ground with step ups at 1.5ft and 2ft off the ground.

ARMY COMBAT FITNESS TEST (ACFT)

EQUIPMENT

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

- Five posts.
 - Each of the five posts measures 6 inches square by 12 feet long.
 - Each post is sunk 3 feet into the ground.
 - Two bars.
 - Each of the two bars is a threaded, hollow metal pipe.
 - 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.
 - Each bar has two 1-inch deep end caps.
 - 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.
- 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.
 - 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.
 - 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:

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



Single lane

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



Army Combat Fitness Test

ACFT

6. PLANK

a. Single Lane:

- 1 x stopwatch

b. The Grader to Soldier ratio will not exceed one Grader for every five Soldiers

- Stopwatches at a 1:5 Grader to Soldier ratio

7. 2-MILE RUN

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

8. 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.

- (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.

- (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

Army Combat Fitness Test ACFT

9. 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 FIBERGLASSTAPES 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.

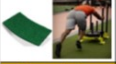



C. USAC/MT PROCUREMENT RECOMMENDATION: ITEM PRONE TO BREAKAGE/DAMAGE/THEFT OVER TIME

OTHER (1)

Army Combat Fitness Test
ACFT

ARMY COMBAT FITNESS TEST (ACFT)

EQUIPMENT




Supplemental ACFT Supporting Equipment List		
Nomenclature	Description	Specification
 <p>Sled Artificial Turf Strip</p>	<p>Rolled artificial turf which works well for strength and conditioning platforms. Stadium padded artificial turf is an economical synthetic turf.</p>	<p>Rolls cut 8 ft wide by 50 ft in length (Zea), 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.</p>
 <p>Field Cones</p>	<p>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.</p>	<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
 <p>Measuring Wheel</p>	<p>The wheel makes it easier to measure and set up lanes for the course. If not available use a 30 meter measuring tape</p>	<ul style="list-style-type: none"> • Lightweight and extremely durable • Measures in English up to 10,000 feet • Handle folds down for easy storage
 <p>Speaker Box</p>	<p>PYLE VHF 200W Wireless</p>	<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)

Army Combat Fitness Test ACFT

ARMY COMBAT FITNESS TEST (ACFT)

EQUIPMENT

Nomenclature	Description	Specification
 <p>Pointer</p>	<p>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.</p>	<p>Meets NSF/ANSI safety standards</p> <ul style="list-style-type: none"> • 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
 <p>Outdoor Clock</p>	<p>High-visibility red LEDs readable in bright sunlight • 5 digits Timing</p> <ul style="list-style-type: none"> • Should include Tripod and Carrying case 	<ul style="list-style-type: none"> • 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
 <p>Stopwatch</p>	<p>Stopwatch with a hand or a digital display that can be started and stopped at will for exact timing (as of a race)</p>	<p>Product Description</p> <ul style="list-style-type: none"> • Water resistant • 1/100 second • Shock resistant • Shock resistant

OTHER (3)

Army Combat Fitness Test ACFT

Check on Learning:

QUESTION: TRUE or FLASE: Climbing bars must be 2.2

or 2.4 meters off the ground.

ANSWER: TRUE: 8 x 1.5-meters wide climbing bars at 2.2 or 2.4 meters off the ground with step ups at .4 meters and .6 meters off the ground. (ATP 7-22.01, Chapter 2, para 2-29)

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

ANSWER: 10 lbs. (ATP 7-22.01, Chapter 2, para 2-26)

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. (ATP 7-22.01, Chapter 2, para 2-25)

Review Summary:

In order to make the most of the time required to conduct the Army Combat Fitness Test (ACFT), a "Review/Summary" will be covered at the end of the TLO; not in each separate Enabling Learning Objective (ELO) or Learning Step/Activity (LSA).

ELO A - LSA 4. Learning Step / Activity ELO A - LSA 4. 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)*

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 or Alternate Plank Event, there will be a ten (10 minute recovery period for all tested Soldiers before the start of the Two Mile Run. You must inform your grader whether you will attempt the Leg Tuck or Plank prior to beginning the ACFT. Do the best you can on each of the events.

**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). (ATP 7-22.01, Chapter2)

Review Summary:

In order to make the most of the time required to conduct the Army Combat Fitness Test (ACFT), a "Review/Summary" will be covered at the end of the TLO; not in each separate Enabling Learning Objective (ELO) or Learning Step/Activity (LSA).

ELO A - LSA 5. Learning Step / Activity ELO A - LSA 5. 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)*

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 first event, the 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 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?

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.

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 the event will be terminated. 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, or lift a hand or foot when in the up position, the event will be terminated. You have two minutes to complete as many correct repetitions as possible.

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 Grader 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 Grader 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.

Army Combat Fitness Test
ACFT

ACFT INSTRUCTIONS

ACFT EVENT #5a: 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 off to complete a repetition.

Army Combat Fitness Test
ACFT

ACFT INSTRUCTIONS

ACFT EVENT #5b: PLANK (PLK).

On the command, "GET READY" your hands must be on the ground, either in fists with pinky side of the hand touching the ground or lying flat with palms down, no more than the grader's fist-width apart; elbows will be bent with one or both knees resting on the ground. Once all Soldiers are in the ready position, the grader shall issue the command "GRADERS READY, GET SET", and then "GO." On "GO" the Soldier lifts both knees off the ground and moves the hips into a straight line with the legs, shoulders, head and eyes focuses on the ground, similar to the "Front Leaning Rest" position. Your feet may be up to the Grader's boot-width apart. Your elbows should be aligned with your shoulders, together with your forearms forming a triangle. Your ankles should be flexed with the bottom of your toes on the ground. Maintain your body in a straight-line position from your head to your ankles. After the command "GO," the Grader will call out 15 second time intervals until the completion of the event. Your head, shoulders, back, hips, and legs shall be straight from head to heels and must remain so throughout the test. Feet, forearms, and fists/palms shall remain in contact with the floor throughout the event. Failure to maintain your body in a straight-line position will result in the event being terminated. If any part of your body other than your feet, forearms or fists/palms touches the ground, the event will be terminated. If you raise a hand or foot off the floor, the event will be terminated. Graders will give one verbal warning to correct failure to maintain a proper straight-line position or the hands/feet slide from the required position. If the Soldier is not able to correct or fails to maintain the proper straight-line position, the event will be terminated. Shaking or trembling as a result of maximal exertion is permitted as long as the proper plank position is maintained.

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.

Army Combat Fitness Test ACFT

Check on Learning:

QUESTION: When are Soldiers required to read test instructions?

ANSWER: Before completing the Preparation Drill, event supervisors read the instructions aloud to all Soldiers taking the ACFT. (ATP 7-22.01, Chapter 2, para 2-47)

Review Summary:

In order to make the most of the time required to conduct the Army Combat Fitness Test (ACFT), a "Review/Summary" will be covered at the end of the TLO; not in each separate Enabling Learning Objective (ELO) or Learning Step/Activity (LSA).

CHECK ON LEARNING (ELO A):

QUESTION: Identify two (2) of the four (4) elements an ACFT Test Site must have. (ATP 7-22.01, Chapter 2, para 2-20)

ANSWER: a. An area of approximately 30 meters by 50 meters for up to 16 lanes. (One lane is 25 meters long and 2.5 to 3 meters wide. Each lane requires space on either end for turning the sled and running through the finish.)

- b. A site free of any significant hazards.
- c. An area to conduct Preparation Drills and Recovery Drills.
- d. A soft, flat area for field-based events.

QUESTION: What surfaces are "restricted" for the Sprint-Drag-Carry?

ANSWER: Sprint-Drag-Carry will not be performed on unimproved dirt or gravel surfaces, rubberized track or gym floors, ice, or snow. (ATP 7-22.01, Chapter 2, para 2-21)

QUESTION: Explain what some of the duties and responsibilities are of the OIC and NCOIC. (ATP 7-22.01, Chapter 2, para 2-11)

ANSWER: During the week prior to test day, the OIC or NCOIC briefs Soldiers on the purpose, organization, and protocols of the test. The OIC or NCOIC posts the ACFT testing manual for Soldiers to review. The OIC or NCOIC explains test administration, to include demonstrating test event execution and answering questions about administrative procedures. They remind Soldiers about scorecard management, scoring standards, and testing sequence. Responsibilities include—

- Administering and conducting the test.
- Managing the 2-hour time clock.
- Procuring and inspecting all testing equipment and supplies.
- Arranging and laying out test area.
- Training and validating graders and support personnel.
- Ensuring test events are administered in accordance with this doctrine and scored to standard.
- Reporting test results in the Digital Training Management System (also known as DTMS).

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

ANSWER: 10 lbs. (ATP 7-22.01, Chapter 2, para 2-26)

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). (ATP 7-22.01, Chapter 2)

QUESTION: When are Soldiers required to read test instructions?

ANSWER: Before completing the Preparation Drill, event supervisors read the instructions aloud to all Soldiers taking the ACFT. (ATP 7-22.01, Chapter 2, para 2-47)

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.
- Inventorying equipment.
- Certifying the test site.
- Ensuring all Soldiers being tested read all test instructions.

B. ENABLING LEARNING OBJECTIVE

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 ATP 7-22.01, and DA Form 705, ACFT Scorecard.
STANDARDS:	Administer the ACFT by 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, and ensuring all Soldier being tested complete all six (6) test events in 120 minutes or less without error or causing injury.
LEARNING DOMAIN - LEVEL:	Cognitive - Applying
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)*
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 120 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 or Plank, 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 or Plank 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 120-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 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, ACFT Scorecard.

(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 or 805-COM-1120, Preparation Drill (Modified) 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 or Alternate Plank Event, there will be a ten (10 minute recovery period for all tested Soldiers before the start of the Two Mile Run. You must inform your grader whether you will attempt the Leg Tuck or Plank prior to beginning the ACFT. Do the best you can on each of the events.

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:	
Body Composition Testing will NOT be conducted on the same day as the ACFT. To avoid illness and injury, height and weight will be recorded at least 7 days before or at least 7 days after the ACFT.										GENDER: MALE / FEMALE	
										UNIT/LOCATION:	
TEST ONE					TEST TWO						
DATE	GRADE	MOS	AGE		DATE	GRADE	MOS	AGE			
HEIGHT (inches)		BODY COMPOSITION DATE:			HEIGHT (inches)		BODY COMPOSITION DATE:				
WEIGHT: <input type="text"/> lb		PASS	FAIL	BODY FAT: <input type="text"/> %		PASS	FAIL				
3 REPETITION MAXIMUM DEADLIFT: weight lifted (circle heaviest (lb))					3 REPETITION MAXIMUM DEADLIFT: weight lifted (circle heaviest (lb))						
1ST ATTEMPT	2ND ATTEMPT	POINTS		GRADER INITIALS	1ST ATTEMPT	2ND ATTEMPT	POINTS		GRADER INITIALS		
STANDING POWER THROW: distance throws (circle farthest (m:cm))					STANDING POWER THROW: distance throws (circle farthest (m:cm))						
1ST ATTEMPT	2ND ATTEMPT	POINTS		GRADER INITIALS	1ST ATTEMPT	2ND ATTEMPT	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 correctly performed repetitions or PLANK: time (circle one)					LEG TUCK: number correctly performed repetitions or PLANK: time (circle one)						
REPETITIONS OR TIME (circle one)		POINTS		GRADER INITIALS	REPETITIONS OR TIME (circle one)		POINTS		GRADER INITIALS		
TWO-MILE RUN: overall event time (minutes:seconds) or 5K ROW / 1K SWIM / 12K BIKE (circle one): time to reach required distance					TWO-MILE RUN: overall event time (minutes:seconds) or 5K ROW / 1K SWIM / 12K BIKE (circle one): time to reach required distance						
TIME		PASS / FAIL		POINTS	GRADER INITIALS	TIME		PASS / FAIL		POINTS	GRADER INITIALS
Soldier Signature:		Signature Date:		TOTAL POINTS	Soldier Signature:		Signature Date:		TOTAL POINTS		
OIG/MCOIC Name (Last, First, M.) and Rank:					OIG/MCOIC Name (Last, First, M.) and Rank:						
OIG/MCOIC Signature:		Signature Date:			OIG/MCOIC Signature:		Signature Date:				

DA FORM 705 - TEST, MARCH 2021

PREVIOUS EDITIONS ARE OBSOLETE

Army Combat Fitness Test ACFT

Points	MDL	SPT	HBP	SDC	LTK	PLK	ZMB
100	340	12.5	60	1:33	20	4:20	13:30
99		12.4	59	1:36		4:17	13:39
98		12.2	58	1:39	19	4:14	13:48
97	330	12.1	57	1:41		4:11	13:57
96		11.9	56	1:43	18	4:07	14:06
95		11.8	55	1:45		4:04	14:15
94	320	11.6	54	1:46	17	4:01	14:24
93		11.5	53	1:47		3:58	14:33
92	310	11.3	52	1:48	16	3:54	14:42
91		11.2	51	1:49		3:51	14:51
90	300	11.0	50	1:50	15	3:48	15:00
89		10.9	49	1:51		3:44	15:09
88	290	10.7	48	1:52	14	3:41	15:18
87		10.6	47	1:53		3:38	15:27
86	280	10.4	46	1:54	13	3:35	15:36
85		10.3	45	1:55		3:31	15:45
84	270	10.1	44	1:56	12	3:28	15:54
83		10.0	43	1:57		3:25	16:03
82	260	9.8	42	1:58	11	3:21	16:12
81		9.7	41	1:59		3:18	16:21
80	250	9.5	40	2:00	10	3:15	16:30
79		9.4	39	2:01		3:12	16:39
78	240	9.2	38	2:02	9	3:08	16:48
77		9.1	37	2:03		3:05	16:57
76	230	8.9	36	2:04	8	3:02	17:06
75		8.8	35	2:05		2:58	17:15
74	220	8.6	34	2:06	7	2:55	17:24
73		8.5	33	2:07		2:52	17:33
72	210	8.3	32	2:08	6	2:49	17:42
71		8.2	31	2:09		2:45	17:51
70	200	8.0	30	2:10	5	2:42	18:00
69		7.8	28	2:14		2:39	18:12
68	190	7.5	26	2:18	4	2:35	18:24
67		7.1	24	2:22		2:32	18:36
66		6.8	22	2:26		2:29	18:48
65	180	6.5	20	2:30	3	2:26	19:00
64	170	6.2	18	2:35		2:22	19:24
63	160	5.8	16	2:40		2:19	19:48
62	150	5.4	14	2:45	2	2:16	20:12
61		4.9	12	2:50		2:12	20:36
60	140	4.5	10	3:00	1	2:09	21:00
59				3:01		2:06	21:01
58				3:02		2:03	21:03
57				3:03		2:00	21:05
56				3:04		1:58	21:07
55		4.4	9	3:05		1:55	21:09
54				3:06		1:51	21:10
53				3:07		1:48	21:12
52				3:08		1:46	21:14
51				3:09		1:43	21:16
50	130	4.3	8	3:10		1:41	21:18

PASS

Army Combat Fitness Test ACFT

Points	MDL	SPT	HBP	SDC	LTK	ZMB
50	130	4.3	8	3:10	1:39	21:18
49					1:36	21:19
48				3:11	1:34	21:21
47					1:32	21:23
46				3:12	1:30	21:25
45		4.2	7		1:27	21:27
44				3:13	1:24	21:28
43					1:22	21:30
42				3:14	1:19	21:32
41					1:17	21:34
40	120	4.1	6	3:15	1:15	21:36
39					1:13	21:37
38				3:16	1:10	21:39
37					1:07	21:41
36				3:17	1:05	21:43
35		4.0	5		1:03	21:45
34				3:18	1:00	21:46
33					0:58	21:48
32				3:19	0:56	21:50
31					0:54	21:52
30	110	3.9	4	3:20	0:51	21:54
29					0:49	21:55
28				3:21	0:47	21:57
27					0:45	21:59
26				3:22	0:43	22:01
25		3.8	3		0:40	22:03
24				3:23	0:37	22:04
23					0:35	22:06
22				3:24	0:32	22:08
21					0:30	22:10
20	100	3.7	2	3:25	0:28	22:12
19					0:26	22:13
18				3:26	0:24	22:15
17					0:22	22:17
16				3:27	0:20	22:19
15		3.6	1		0:18	22:21
14				3:28	0:16	22:22
13					0:14	22:24
12				3:29	0:12	22:26
11					0:10	22:28
10	90	3.5		3:30	0:08	22:30
9					0:04	22:31
8				3:31	0:02	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

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 first event, the 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 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 120 minutes to include Preparation Drill and MDL preparation. (ATP 7-22.01, Chapter 2)

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!! (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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 (ATP 7-22.01, Chapter 2)

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

ANSWER: TRUE (ATP 7-22.01, Chapter 2)

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 (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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

ANSWER: TRUE (ATP 7-22.01, Chapter 2)

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

ANSWER: 600 (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

Review Summary:

In order to make the most of the time required to conduct the Army Combat Fitness Test (ACFT), a "Review/Summary" will be covered at the end of the TLO; not in each separate Enabling Learning Objective (ELO) or Learning Step/Activity (LSA).

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)*

Time of Instruction: 10 mins

Media Type: Practical Exercise

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security

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. (ATP 7-22.01, Chapter 2)

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% (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

Review Summary:

In order to make the most of the time required to conduct the Army Combat Fitness Test (ACFT), a "Review/Summary" will be covered at the end of the TLO; not in each separate Enabling Learning Objective (ELO) or Learning Step/Activity (LSA).

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)*

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)



<https://www.youtube.com/watch?v=a40CCzsNIUg>

3 REPETITION MAXIMUM DEADLIFT (MDL)

Army Combat Fitness test ACFT

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) 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.

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). (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

Review Summary:

In order to make the most of the time required to conduct the Army Combat Fitness Test (ACFT), a "Review/Summary" will be covered at the end of the TLO; not in each separate Enabling Learning Objective (ELO) or Learning Step/Activity (LSA).

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)*

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)



<https://www.youtube.com/watch?v=bqlgEg78qnM>

STANDING POWER THROW (SPT)

Army Combat Fitness Test
ACFT

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.

NOTES:

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. In the highly unlikely event a Soldier faults on both throw attempts, the grader gives the Soldier one more attempt to score a record throw. This is recorded as the second attempt on the DA Form 705. The score for a fault on the first throw is 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: The Soldier will be allowed two practice throws. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

QUESTION: What happens when a Soldier FAULTS twice?

ANSWER: In the highly unlikely event a Soldier faults on both throw attempts, the grader gives the Soldier one more attempt to score a record throw. This is recorded as the second attempt on the DA Form 705. The score for a fault on the first throw is recorded as a zero. (ATP 7-22.01, Chapter 2)

Review Summary:

In order to make the most of the time required to conduct the Army Combat Fitness Test (ACFT), a "Review/Summary" will be covered at the end of the TLO; not in each separate Enabling Learning Objective (ELO) or Learning Step/Activity (LSA).

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)*

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)



<https://www.youtube.com/watch?v=j7WEyYQRPC8>

HAND-RELEASE PUSH-UP (HRP)

Army Combat Fitness Test
ACFT

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. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

Review Summary:

In order to make the most of the time required to conduct the Army Combat Fitness Test (ACFT), a "Review/Summary" will be covered at the end of the TLO; not in each separate Enabling Learning Objective (ELO) or Learning Step/Activity (LSA).

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)*

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



<https://www.youtube.com/watch?v=V-NIDQIk39M>



SPRINT – DRAG
– CARRY (SDC)

SPRINT – DRAG – CARRY (SDC)

Army Combat Fitness Test
ACFT

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 25m 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 25m 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 25m 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 25m 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 25m 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. (ATP 7-22.01, Chapter 2)

QUESTION: What is the weight of the sled?

ANSWER: 90 lbs. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

Review Summary:

In order to make the most of the time required to conduct the Army Combat Fitness Test (ACFT), a "Review/Summary" will be covered at the end of the TLO; not in each separate Enabling Learning Objective (ELO) or Learning Step/Activity (LSA).

ELO B - LSA 7. Learning Step / Activity ELO B - LSA 7. Administer the Leg Tuck (LTK) or Plank (PLK).

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

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)*

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)



<https://www.youtube.com/watch?v=Kvzwk7CnYo4>

LEG TUCK (LTK)

Army Combat Fitness Test ACFT

LEG TUCK:

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.

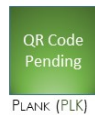
2. LTK movement errors that will cause a repetition to not be counted are:

- 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.

ARMY COMBAT FITNESS TEST (ACFT)



PLANK (PLK)

Army Combat Fitness Test
ACFT

PLANK:

A. Ensure the Soldier:

- (1) Places his or her hands on the ground (On the command "GET READY"), either in fists with the pinky side of the hand touching the ground or lying flat with palms facing down, no more than the Grader's fist-width apart. Elbows will be bent, aligned with the shoulders, forearms flat on the ground, forming a triangle. The hips should be bent with one or both legs resting on the ground.

(2) Lifts both knees off the ground (On the commands “GRADERS READY, GET SET,” and then “GO”) and moves the hips into a straight line with the legs, shoulders, head and eyes focused on the ground, similar to the Front Leaning Rest. The Soldier’s feet may be up to the Grader’s boot-width apart. Elbows are aligned with the shoulders, together with the forearms forming a triangle. Ankles are flexed with the bottom of the toes on the ground. The Soldier maintains his or her body in straight alignment from the head to the ankles.

NOTES:

1. To attain proper PLK position, the head, shoulders, back, hips, and legs must remain in a straight-line position from head to heels throughout the event. Feet, forearms, and fists/palms must remain in contact with the floor throughout the event.
2. The PLK event is terminated if the Soldier touches the floor with any part of the body other than the feet, forearms or fists/palms, raises a foot or hand off the floor, or fails to maintain a straight-line position from head to heels.
3. Graders will give one verbal warning to correct failure to maintain the proper PLK position, or if the hands/feet slide from the required position. If the Soldier is unable to correct a deficiency or maintain the proper PLK position, the Soldier’s performance will be terminated.
4. Shaking or trembling as a result of maximum exertion is permitted as long as the proper PLK position is maintained.

B. Ensure the scorer:

- (1) Calls out the time in 15-second intervals until completion of the event.
- (2) Records the time on the 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. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

QUESTION: Explain the position of the hands during the Plank. (ATP 7-22.01, Chapter 2)

ANSWER: Places his or her hands on the ground (On the command "GET READY"), either in fists with the pinky side of the hand touching the ground or lying flat with palms facing down, no more than the Grader's fist-width apart.

Review Summary:

In order to make the most of the time required to conduct the Army Combat Fitness Test (ACFT), a "Review/Summary" will be covered at the end of the TLO; not in each separate Enabling Learning Objective (ELO) or Learning Step/Activity (LSA).

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)*

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)



https://www.youtube.com/watch?v=LE6z_Sc9EzU



2-MILE RUN (2MR)

2-MILE RUN (2MR)

Army Combat Fitness Test ACFT

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 or Plank event?

ANSWER: The start and finish point for the two-mile run course must be in close proximity to the Leg Tuck or Plank station. (ATP 7-22.01, Chapter 2)

Review Summary:

In order to make the most of the time required to conduct the Army Combat Fitness Test (ACFT), a "Review/Summary" will be covered at the end of the TLO;

not in each separate Enabling Learning Objective (ELO) or Learning Step/Activity (LSA).

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. (ATP 7-22.01, Chapter 2)

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

ANSWER: The start and finish point for the two-mile run course must be in close proximity to the Leg Tuck or Plank station. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

QUESTION: What is the weight of the sled?

ANSWER: 90 lbs. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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

ANSWER: TRUE. (ATP 7-22.01, Chapter 2)

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% (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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 ATP 7-22.01, and DA Form 705, ACFT Scorecard.
STANDARDS:	Conduct post-ACFT actions by ensuring all paperwork is correctly and completely recorded and filed, all resources and/or equipment is accounted for and properly cleaned, stored and secured without error, and an After Action Review (AAR) is completed within 2 hours of test completion.
LEARNING DOMAIN - LEVEL:	Cognitive - Applying
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)*

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. After the 2-Mile Run, the grader will convert the raw scores to point scores, total the points, and sign the card. The Soldier will also sign the scorecard after verifying agreement with each recorded event score.

- B. The OIC or NCOIC resolve questions within the 120-minute time limit for execution of the ACFT.

- C. All ACFT results will be recorded into the Digital Training Management System (DTMS) following completion of the ACFT.

Check on Learning:

QUESTION: Who resolves questions within the 120-minute time limit for execution of the ACFT.

ANSWER: The OIC or NCOIC (ATP 7-22.01, Chapter 2)

QUESTION: What Army System is used to record ACFT results?

ANSWER: DTMS (ATP 7-22.01, Chapter 2)

QUESTION: Who signs the ACFT Scorecards following the

2-Mile Run?

ANSWER: After the 2-Mile Run, the grader will convert the raw scores to point scores, total the points, and sign the card. The Soldier will also sign the scorecard after verifying agreement with each recorded event score. (ATP 7-22.01, Chapter 2)

Review Summary:

In order to make the most of the time required to conduct the Army Combat Fitness Test (ACFT), a "Review/Summary" will be covered at the end of the TLO; not in each separate Enabling Learning Objective (ELO) or Learning Step/Activity (LSA).

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)*

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. Prior to executing the ACFT, all equipment should be visibly inspected for serviceability by the event OIC or NCOIC. Particular attention should be given to the hexagon bar for stress cracks at all welded seams, torn fabric or stitching on the nylon sled or pull strap, and loose connections on pull-up bars. Defects may compromise the load bearing capability of equipment and present a potential safety hazard to the user.

- C. 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.

D. 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: When should all equipment should be visibly inspected for serviceability by the event OIC or NCOIC?

ANSWER: Prior to executing the ACFT, all equipment should be visibly inspected for serviceability by the event OIC or NCOIC. (ATP 7-22.01, Chapter 2)

QUESTION: Why is proper inspeciton and maintenance of ACFT equipment important?

ANSWER: Defects may compromise the load bearing capability of equipment and present a potential safety hazard to the user. (ATP 7-22.01, Chapter 2)

QUESTION: Inspections prior to the ACFT, particular attention should be given to

ANSWER: Particular attention should be given to the hexagon bar for stress cracks at all welded seams, torn fabric or stitching on the nylon sled or pull strap, and loose connections on pull-up bars. (ATP 7-22.01, Chapter 2)

Review Summary:

In order to make the most of the time required to conduct the Army Combat Fitness Test (ACFT), a "Review/Summary" will be covered at the end of the TLO; not in each separate Enabling Learning Objective (ELO) or Learning Step/Activity (LSA).

ELO C - LSA 3. Learning Step / Activity ELO C - LSA 3. Conduct an After Action Review (AAR).

Method of Instruction: Discussion (Small or Large Group)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:8)*

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 7-0, Appendix D.

B. Informal AARs also occur as training unfolds and when required. The best training ensures that leaders identify faulty execution early enough in an event to be corrected on the spot. No units or Soldiers should depart a training event without the confidence that they can execute tasks to the published standard.

C. Informal evaluations are conducted by leaders either internal, or external to the unit. They occur as training, or unit activities are executed. They are conducted on the spot and require little to no supporting resources. They provide a quick and informal means of providing immediate feedback to individual Soldiers or small units on their performance to sustain or improve that performance.

D. The Informal AAR format is:

- (1) Review what was supposed to happen.
- (2) Establish what happened.
- (3) Determine what was right or wrong with what happened.
- (4) Determine how to perform the task differently next time.

Check on Learning:

QUESTION: What regulation covers Army After Action

Reviews (AAR)?

ANSWER: FM 7-0, Appendix D. (FM 7.0, Appendix D)

QUESTION: When do informal AARs occur?

ANSWER: Informal AARs also occur as training unfolds and when required. The best training ensures that leaders identify faulty execution early enough in an event to be corrected on the spot. No units or Soldiers should depart a training event without the confidence that they can execute tasks to the published standard. (FM 7.0, Appendix D)

QUESTION: What is the Informal AAR format?

ANSWER: (1) Review what was supposed to happen; (2) Establish what happened; (3) Determine what was right or wrong with what happened; (4) Determine how to perform the task differently next time. (FM 7.0, Appendix D)

Review Summary:

In order to make the most of the time required to conduct the Army Combat Fitness Test (ACFT), a "Review/Summary" will be covered at the end of the TLO; not in each separate Enabling Learning Objective (ELO) or Learning Step/Activity (LSA).

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)
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 or Plank station. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

QUESTION: TRUE OR FALSE. For the HRP, SDC, and LTK or Plank 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. (ATP 7-22.01, Chapter 2)

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) or Plank (PLK), and 2 Mile Run (2MR) . (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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

ANSWER: 10 lbs. (ATP 7-22.01, Chapter 2)

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

ANSWER: 60 lbs. or 50 lbs. (ATP 7-22.01, Chapter 2)

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). (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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 (ATP 7-22.02, Chapter 3)

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

ANSWER: TRUE. (ATP 7-22.01, Chapter 2)

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% (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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. (ATP 7-22.01, Chapter 2)

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

ANSWER: FM 7-0, Appendix D. (FM 7.0, Appendix D)

QUESTION: What Army System is used to record ACFT results?

ANSWER: DTMS (ATP 7-22.01, Chapter 2)

QUESTION: Who signs the ACFT Scorecards following the 2-Mile Run?

ANSWER: After the 2-Mile Run, the grader will convert the raw scores to point scores, total the points, and sign the card. The Soldier will also sign the scorecard after verifying agreement with each recorded event score. (ATP 7-22.01, Chapter 2)

**Review/
Summary**

During this lesson we discussed the preparation for, administration of, and after-test actions of the Army Combat Fitness Test (ACFT). Are there any questions on the instruction and conduct of the ACFT?

SECTION V. STUDENT EVALUATION

Testing Requirements

1. 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.
2. 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 or Plank there will be a programmed rest of 10-minutes that starts when the last Soldier completes the Leg Tuck or Plank.
3. Except for 10-minutes rest after the Leg Tuck or Plank, 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 or Plank remains the same for all scenarios.
4. 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 120-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.
5. 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)
805P-H2F0001R / Version 1.5 ©**

Sequence	Media Name	Media Type
None		

Appendix B - Assessment Statement and Assessment Plan

Assessment Statement: ACFT results will be recorded on ACFT Scorecard (see Appendix D, Student Handouts). One scorecard will be maintained for each Soldier. The scorecard will be kept in a central location in the unit and will accompany the individual military personnel records jacket at the time of permanent change of station.

Individual Soldiers are not authorized to self-administer the ACFT for record test purposes.

Assessment Plan: None.

Appendix C - Practical Exercises and Solutions

PRACTICAL EXERCISE(S)/SOLUTION(S) FOR LESSON 805P-H2F0001R Version 1.5 ©

Appendix D - Student Handouts

**Administer the Army Combat Fitness Test (ACFT)
805P-H2F0001R / Version 1.5 ©**

Sequence	Media Name	Media Type
1	ACFT Individual Task (Mar 2021)	PDF
2	ACFT Events	PDF
3	ACFT Scorecard (Page 1)	PDF
4	ACFT Scorecard (Page 2-3)	PDF
5	ACFT Instructions	PDF
6	ACFT Equipment	PDF
7	CALL Handbook	PDF

Appendix E - TRAINER'S LESSON OUTLINE

Administer the Army Combat Fitness Test (ACFT)

805P-H2F0001R / Version 1.5 ©

Effective Date: 23 March 2021

1. The importance of this lesson: (Why)

Administer the Army Combat Fitness Test (ACFT)

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

Administer the Army Combat Fitness Test (ACFT) without error so that each testing Soldier completes the entire six (6) event test in 120 minutes or less without causing injury and test events are completed, scored and recorded on DA Form 705, ACFT Scorecard without error.

3. Tasks to be taught

<u>Task Number</u>	<u>Task Title</u>	<u>Task Type</u>
805P-COM-1120	Perform Preparation Drill (Modified)	Individual REINFORCED
805P-COM-1138	Perform The Recovery Drill (Modified)	Individual REINFORCED
805P-COM-1101	Perform the Preparation Drill (PD)	Individual REINFORCED
805P-COM-1102	Perform the Recovery Drill (RD)	Individual REINFORCED
805P-H2F-0028	Administer the Army Combat Fitness Test (ACFT)	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	Wear and Appearance of Army Uniforms and Insignia	26 Jan 2021
ATP 7-22.01	Holistic Health and Fitness Testing	01 Oct 2020
ATP 7-22.02	Holistic Health and Fitness Drills and Exercises	01 Oct 2020
FM 7-0	Train to win in a Complex World	05 Oct 2016
FM 7-22	Holistic Health and Fitness	01 Oct 2020
PAM 670-1	Guide to the Wear and Appearance of Army Uniforms and Insignia	26 Jan 2021

Additional Non-Standard References

None

5. Resources

TIME: Time of Instruction: 6 hrs 0 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>
1080-00-126-0286	Stopwatch
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-Polyester, White, 104 X 72 Inches, Solid, Plain, Flat
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 (ACFT), and ATP 7-22.02, Holistic Health and Fitness (H2F) Drills and Exercises.

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

(a) Sumo Squat: This exercise can be found in the CALL Handbook and from ATP 7-22.02, (Strength Training Circuit (STC)).

(b) Alternate Staggered Squat Jump: This exercise can be found in the CALL Handbook and from ATP 7-22.02 (Conditioning Drill 3 (CD3)).

(c) Forward Lunge: This exercise can be found in the CALL Handbook and from ATP 7-22.02 (Preparation Drill (PD)).

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

(a) Power Jump: This exercise can be found in the CALL Handbook and from ATP 7-22.02 (Conditioning Drill 1 (CD1)).

(b) Overhead Push-Press: This exercise can be found in the CALL Handbook and from ATP 7-22.02 (Strength Training Circuit (STC)).

(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)).

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

(a) Supine Chest Press: This exercise can be found in the CALL Handbook and from ATP 7-22.02 (Strength Training Circuit (STC)).

(b) Eight-Count Push-Up: This exercise can be found in the CALL Handbook and from ATP 7-22.02 (Conditioning

Drill 2 (CD2)).

(c) Incline Bench Press: This exercise can be found in the CALL Handbook ATP 7-22.02 (Free Weight Training (FW)).

(d) Quadraplex: This exercise can be found in the CALL Handbook and from ATP 7-22.02 (Four for the Core (4C)).

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

(a) 300-Meter Shuttle Run: This exercise can be found in the CALL Handbook and from ATP 7-22.02 (300-Meter Shuttle Run (300-SR)).

(b) Bent Over Row: This exercise can be found in the CALL Handbook and from ATP 7-22.02 (Strength Training Circuit (STC)).

(c) Straight-Leg Deadlift: This exercise can be found in the CALL Handbook and from ATP 7-22.02 (Strength Training Circuit (STC)).

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

(a) Bent-Leg Raise: This exercise can be found in the CALL Handbook and from ATP 7-22.02 (Four for the Core (4C)).

(b) Leg Tuck and Twist: This exercise can be found in the CALL Handbook and from ATP 7-22.02 (Conditioning Drill 1 (CD1)).

(c) Alternating Grip Pull-Up: This exercise can be found in the CALL Handbook and from ATP 7-22.02 (Climbing Drill 1 (CL1)).

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

(a) Sprint Intervals (30:60s & 60:120s): This exercise can be found in the CALL Handbook and from ATP 7-22.02, Running Drills (RUD)).

(b) Release Run: This exercise can be found in the CALL Handbook and from ATP 7-22.02.

(c) Hill Repeats (Up and Down): This exercise can be found in the CALL Handbook and from FM 7-22, Hill Repeats (HR)).

B. Additional ACFT Training Quick Reference Guide as developed by the U.S. Army Physical Fitness School. 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 Scale

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) or Plank (PLK):

(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, upperback, 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.