



# ARMY COMBAT FITNESS TEST

Field Test Period (Oct 2018 to Oct 2019)

## EVENT 1 : 3 Repetition Maximum Deadlift



Deadlift the maximum weight possible three times

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

## EVENT 2 : Standing Power Throw

Throw a 10lb medicine ball backward and overhead for distance

- Fitness Component: explosive power, balance, and flexibility
- Application to Common Soldier Tasks: lifting Soldiers up; jumping across and over obstacles
- Top three PRT activities: Power Jump, Overhead Push Press, Tuck Jump
- Field Test 60 and 100 point scores: 4.6 and 13.5 meters



## EVENT 3 : Hand-Release Push-Up



Complete as many Hand-Release Push-ups as possible in two minutes

- Fitness Component: muscular endurance
- Application to Common Soldier Tasks: moving obstacles; hand-to-hand combat; pushing loads and vehicles; getting to and from the ground
- Top three PRT activities: Supine Chest Press, Incline Bench Press, 8-Count Push-up
- Field Test 60 and 100 point scores: 10 and 70 reps

## EVENT 4 : Sprint-Drag-Carry

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

- Fitness Component; agility, anaerobic endurance, muscular endurance and muscular strength
- Application to Common Soldier Tasks: moving quickly under load, extracting a casualty, moving supplies
- Top three PRT activities: Straight-Leg Deadlift, Bent Over Row, 300M Shuttle Run
- Field Test 60 and 100 point scores: 3:35 and 1:40 minutes



## EVENT 5 : Leg Tuck



Complete as many leg tucks as possible in two minutes

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

## EVENT 6 : 2 Mile Run

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

- Fitness Component: aerobic endurance
- Application to Common Soldier Tasks: dismounted movement; ruck march; infiltration
- Top three PRT activities: Sprint Intervals (30:60s, 60:120s), Release Run, Hill Repeats
- Field test 60 and 100 point scores: 21:00 and 12:45 minutes



For Top Three PRT Activities see:

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

Army Physical Readiness Training application available for iOS and Android devices

ACFT Training Guide, DA EXORD 219-18, ANNEX C