

## CAN YOU PASS THE ARMY COMBAT FITNESS TEST?

Active-duty soldiers are required to take the ACFT twice a year, while Reserve and National Guard soldiers take it annually. The six events are each scored on a 100-point scale. The minimum passing score is 360 points, with at least 60 points required in each event.



### THREE REPETITION MAXIMUM DEADLIFT

**EVENT:** Simulates lifting heavy loads safely and effectively, including extracting an injured soldier. Participants use a 60-pound hex bar rather than an Olympic bar.

**FITNESS:** Requires well-conditioned back and leg muscles and tests strength, balance, and flexibility.

**SCORING:** Perform three deadlift repetitions, with lifts between 140 pounds to 340 pounds scored 60 to 100 points, respectively.



### STANDING POWER THROW

**EVENT:** Participants heave a 10-pound medicine ball backward over their head, simulating tasks requiring quick, explosive movements to maneuver equipment.

**FITNESS:** Requires muscle power, balance, and flexibility.

**SCORING:** Scores of 60 to 100 points are awarded for throws between 4.5 meters and 12.5 meters, respectively.



### HAND RELEASE PUSH-UP

**EVENT:** Represents the repetitive and sustained pushing used in combat tasks. Participants begin with their body touching the ground, perform a push-up by fully extending their elbows, then lower their body back to the ground where they fully extend both arms out to the side into a T position before returning to the original starting position.

**FITNESS:** Tests chest, shoulder, and core strength.

**SCORING:** Complete as many hand-release push-ups as possible within two minutes. Ten pushups scores 60 points, and 60 repetitions scores 100 points.



### SPRINT-DRAG-CARRY

**EVENT:** Tests the skills needed for high-intensity tasks such as carrying ammunition, reacting to fire, and extracting a soldier. The event has five steps spanning 250 total meters: 1. Sprint to a 25-meter line and back; 2. Drag a 90-pound sled to the line and back; 3. Perform a lateral movement to the line and back; 4. Carry two 40-pound kettlebells to the line and back; 5. Sprint to the line and back.

**FITNESS:** Endurance, muscular strength, and agility.

**SCORING:** Complete all three tasks in the quickest time possible, with three minutes scoring 60 points and 1:33 scoring 100 points.



### LEG TUCK

**EVENT:** Participants must bring their knees to their elbows from a vertical "dead hang" position on a climbing bar. If participants are unable to complete the event, they can instead perform a timed plank.

**FITNESS:** Assesses the strength and endurance of a soldier's grip, arm, shoulder, and trunk muscles that help in climbing over obstacles and walls.

**SCORING:** Complete as many leg tucks as possible while maintaining a vertical posture. One repetition scores 60 points, while 20 repetitions scores 100 points. In the alternative assessment, maintaining the plank for 2:09 scores 60 points and 4:20 scores 100 points.



### TWO-MILE RUN

**EVENT:** Measures the skills required for conducting continuous operations and ground movements on foot, including ruck marches.

**FITNESS:** Measures aerobic endurance.

**SCORING:** Participants are timed on a flat track or running surface. A 21-minute completion time scores 60 points, while a 13:30 time scores 100 points.