

Preparing for the Army Combat Fitness Test: A Comprehensive Guide

The Army Combat Fitness Test (ACFT) is a comprehensive assessment of a Soldier's physical readiness for combat. The test consists of six events: the deadlift, standing power throw, hand-release push-ups, sprint-drag-carry, leg tuck, and two-mile run.



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by NSCA -National Strength & Conditioning Association

★★★★☆ 4.7 out of 5

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To prepare for the ACFT, Soldiers should focus on developing their strength, power, endurance, and mobility. This guide will provide you with everything you need to know to prepare for and pass the ACFT.

The ACFT Events

- **Deadlift:** The deadlift is a full-body exercise that tests strength and power. Soldiers must lift a barbell from the ground to a standing position.

- **Standing power throw:** The standing power throw is a test of power and coordination. Soldiers must throw a 10-pound medicine ball as far as possible.
- **Hand-release push-ups:** Hand-release push-ups are a test of upper body strength and endurance. Soldiers must complete as many push-ups as possible in two minutes.
- **Sprint-drag-carry:** The sprint-drag-carry is a test of speed, agility, and endurance. Soldiers must sprint 50 meters, drag a 90-pound sled 50 meters, and then carry a 40-pound sandbag 50 meters.
- **Leg tuck:** The leg tuck is a test of core strength and flexibility. Soldiers must hang from a bar and raise their knees to their chest as many times as possible in two minutes.
- **Two-mile run:** The two-mile run is a test of cardiovascular endurance. Soldiers must run two miles as fast as possible.

Training for the ACFT

To prepare for the ACFT, Soldiers should focus on developing their strength, power, endurance, and mobility. This can be achieved through a variety of training exercises, including:

- **Strength training:** Strength training exercises help to build muscle and strength. Examples of strength training exercises include squats, deadlifts, pull-ups, and push-ups.
- **Power training:** Power training exercises help to develop explosive power. Examples of power training exercises include plyometrics, medicine ball throws, and sprints.

- **Endurance training:** Endurance training exercises help to improve cardiovascular fitness. Examples of endurance training exercises include running, swimming, and cycling.
- **Mobility training:** Mobility training exercises help to improve flexibility and range of motion. Examples of mobility training exercises include stretching, yoga, and tai chi.

In addition to these specific training exercises, Soldiers should also focus on eating a healthy diet and getting enough sleep. A healthy diet will provide the body with the nutrients it needs to recover from training and build muscle. Getting enough sleep will help to reduce fatigue and improve performance.

Taking the ACFT

The ACFT is a challenging test, but it is also a fair one. Soldiers who are prepared will be able to pass the test and demonstrate their physical readiness for combat.

Here are some tips for taking the ACFT:

- **Warm up properly:** Warming up before the test will help to prevent injuries and improve performance.
- **Pace yourself:** Don't try to do too much too soon. Pace yourself throughout the test so that you have enough energy to finish strong.
- **Don't give up:** The ACFT is a challenging test, but don't give up. Keep pushing yourself until you cross the finish line.

The ACFT is an important assessment of a Soldier's physical readiness for combat. By following the tips in this guide, Soldiers can prepare for and pass the ACFT and demonstrate their commitment to being the best that they can be.

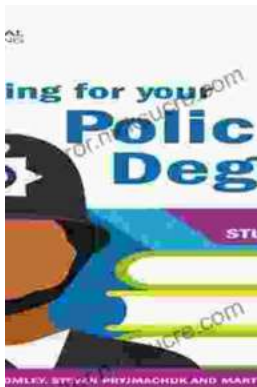


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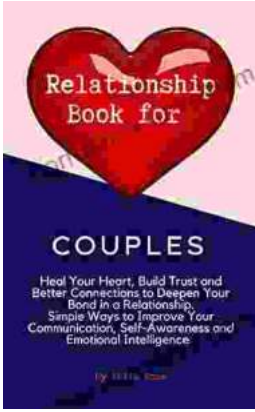
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