

ACFT
(ARMY COMBAT FITNESS TEST)

CPT Vogel, J3 Planner

NCOIC/OIC

- The ACFT NCOIC/OIC will complete the 2-day validation training ACFT NCOIC/OIC has the KSA to:
- Serve as a testing NCOIC/OIC to run a unit ACFT
- Validate a testing location
- Validate the testing equipment to standard o Grade the 6 ACFT test events to standard
- Administer a 90-day record ACFT
- Train ACFT Grader

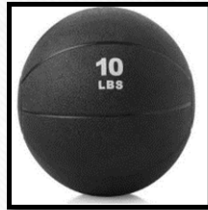
Grader

- The ACFT Grader will complete the 1 day validation training ACFT Graders has the Knowledge/Skills/Abilities (KSA) to:
- Validate a testing location
- Validate the testing equipment to standard
- Grade the 6 ACFT test events to standard
- ACFT Graders may be used to familiarize their unit with the ACFT and prepare Soldiers to take the test and/or receive training from the unit NCOIC/OIC.

ACFT Equipment Set Per Lane



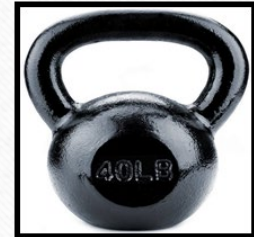
30m Measuring Tape:
QTY 1 (4lbs)



10lb Medicine
Ball:
QTY (10lbs)



Nylon Sled with Strap:
QTY 1



40lb Kettlebell:
QTY 2 (80lbs)



Bumper Plates:
10lb- QTY 4 (40lbs)
15lb- QTY 2 (30lbs)
25lb- QTY 2 (50lbs)
35lb- QTY 2 (70lbs)
45lb- QTY 8 (360lbs)



Barbell Collar:
QTY 1 pair (4lbs)



60lb Hexagon Bar/Trap-Bar:
QTY 1

Additional Required Equipment

Not included in the sets. (Units will have to get themselves.)

- Stopwatches
- Dome cones
- Triangle cones
- 5' - 6' PCV pipes 1 per every 2 lanes (Measuring SPT)
- Rags
- If using 1 lane, then unit will have to get another measuring wheel.
- (Recommend item but NOT needed) Hand clickers to count push-ups.

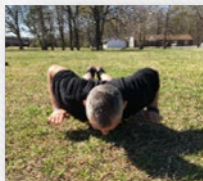
#1 Strength Deadlift
5 minutes



#2 Standing Power Throw
3 minutes



#3 Hand Release Push-Up
2 minutes



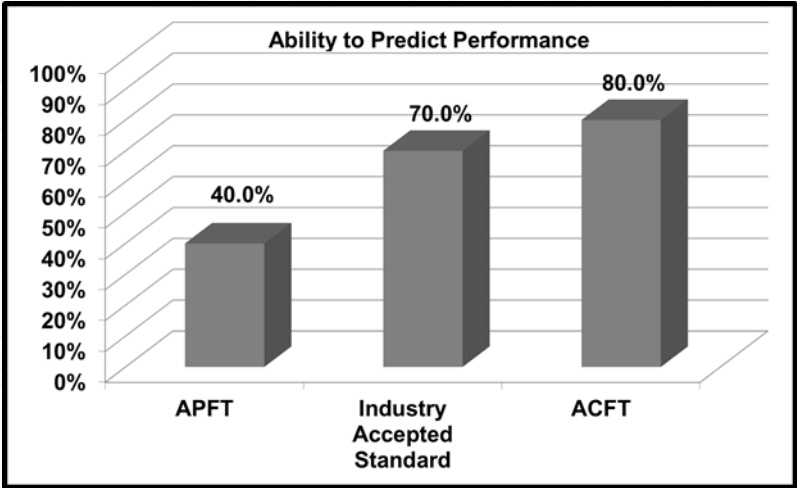
#4 Sprint, Drag, Carry
4 minutes



#5 Leg Tuck
~2 minute



#6 2.0-Mile Run
18-21 minutes



- Time standard to complete the ACFT is 120 minutes from the time you start the Preparation Drill, to the time you cross the 2 mile finish line.
- If completing one or two Soldiers, then you will have 5 minutes in between each event.

Video Demonstration

- ACFT

Alternate Events

- The three alternate events will be **5,000-meter row**, **12,000-meter bike** or a **1,000-meter swim**.
- Each event will be completed in a set time, targeted at 25 mins or less.
- During the IOC period the cycle ergometer/rower must be an approved model from the following list: (Precor, Lifefitness, Monark, or Concepts 2)
- The swim event requires a swimming pool with a 25-50 meter lane and a minimum depth of 1 meter.

Temporary Substitute for the Leg Tuck (The Plank)

- During ACFT 2.0 Transition Period (FY21), if a Soldier is unable to complete one Leg Tuck (LTK), they will be authorized the option of conducting a 2 minute Plank (PLK) which will take place right after the Leg Tuck (LTK).
- The Plank is a pass-fail test event that consists of maintaining a proper plank position for 2-minutes; Soldiers who test to standard for 2-minutes will receive a score of 60-points for the core strength-endurance test event.



2-MIN PLANK



PASS

ACFT 2.0 Scoring

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



Expected level of performance score for Soldiers in heavy physical demand unit/MOS



Expected level of performance score for Soldiers in significant physical demand unit/MOS



Required level of performance Score for all Soldiers (Army minimum)

The ACFT 2.0 PASS Standard for all MOS/AOC/Units is GOLD

References

- FM 7-22 Holistic Health and Fitness (October 2020)
- ATP 7-22.01 Holistic Health and Fitness Testing (October 2020)
(Pages 2-1 to 2-30)
- ATP 7-22.02 Holistic Health and Fitness Drills and Exercises (October 2020)
- All references and ACFT Binder Paperwork can be found on the J5 ACFT Sharepoint page.

Civilian Partnerships

- Takedown Gym, Brainerd
- Nutritional Weight and Wellness, St. Paul
- Anytime Fitness, Little Falls
- Titleboxing, Arden Hills
- Crossfit, Apple Valley

POC Information

- CPT Vogel, Nicholas J
- Nicholas.j.vogel.mil@mail.mil
- 612.220.7457

Questions?

