

Your strength starts **here**



Build strength and endurance as you train for the ACFT

To ensure that every Soldier is combat-ready, the Army Combat Fitness Test (ACFT) is designed to measure your strength and endurance. You'll have 51 to 54 minutes to complete six events. To help you train for the ACFT, U.S. Army Master Fitness Trainers have developed a training guide you can download [here](#).

Do not begin this physical exercise program before talking to a physician and passing a routine physical examination. Training strong and healthy is your goal, and your doctor is part of your team.

3 Repetition Maximum Deadlift

5 min.



STRENGTH IN ACTION

- Tests lower body and back strength
- Lifting heavy loads
- Moving personnel and equipment
- Jumping, bounding and tolerating landings

GOAL

Deadlift at least 140 lbs. in 3 repetitions

SCORE

MOD	140 lbs.	SIG	180 lbs.	HVY	200 lbs.
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HOW TO TRAIN

Sumo Squat Alternate Staggered Squat Jump
Forward Lunge

MINIMUM REST 2 MINUTES

Standing Power Throw

3 min.



STRENGTH IN ACTION

- Tests upper and lower body's explosive power
- Lifting and loading equipment
- Throwing equipment over an obstacle
- Helping a buddy climb a wall
- Employing progressive levels of force in man-to-man contact

GOAL

Throw a 10-lb. medicine ball at least 4.5 meters

SCORE

MOD	4.5 m	SIG	6.5 m	HVY	8 m
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HOW TO TRAIN

Power Jump Tuck Jump
Overhead Push-press

MINIMUM REST 3 MINUTES

Hand-release Push-up

2 min.



STRENGTH IN ACTION

- Tests upper body's muscular endurance
- Pushing away an opponent or pushing a disabled vehicle
- Pushing up from the ground to evade and maneuver
- Low-crawling, prone shooting, taking cover

GOAL

Complete at least 10 proper hand-release push-ups

SCORE

MOD	10 reps	SIG	20 reps	HVY	30 reps
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HOW TO TRAIN

Supine Chest Press Incline Bench
8-count Push-up Quadraplex

MINIMUM REST 3 MINUTES

Sprint-Drag-Carry

 3:35



STRENGTH IN ACTION

- Tests muscular power, endurance and anaerobic capacity
- Reacting quickly to direct or indirect threats
- Building a hasty fighting position
- Rescuing a buddy and carrying them to safety

GOAL

Complete 5 exercises: Sprint 25 m X 2, drag 90 lbs. for 25 m X 2, lateral 25 m X 2, carry 80 lbs. for 25 m X 2, sprint 25 m X 2

SCORE

MOD	3:00	SIG	2:30	HVY	2:10
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HOW TO TRAIN

Straight-leg Deadlift 300-meter Shuttle Run
Bent Over Row

MINIMUM REST 4 MINUTES

Leg Tuck

 2 min.



STRENGTH IN ACTION

- Tests muscular strength and endurance
- Climbing a wall
- Climbing over obstacles, onto ledges or up a rope

GOAL

Complete one or more leg tucks

SCORE

MOD	1X	SIG	3X	HVY	5X
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HOW TO TRAIN

Bent Leg Raise Alternating Grip Pull-up
Leg Tuck and Twist

MINIMUM REST 5 MINUTES

GET A BUDDY



Need help sticking to the plan? Work out with a friend for extra motivation.

2 Mile Run

 21:07



STRENGTH IN ACTION

- Tests aerobic endurance
- Distance marching with your ruck
- Movement when dismounted
- Infiltration

GOAL

Run 2 miles

SCORE

MOD	21:00	SIG	19:00	HVY	18:00
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HOW TO TRAIN

Sprint Intervals Hill Repeats
Release Run

TOTAL TEST TIME: 51 - 54 MINUTES

You can do this.

Always remember that your strength will serve others. And it will become unstoppable when combined with the strength of other Soldiers who are committed to the same bigger purpose: protecting the homeland, saving lives and restoring communities.

With over 130 careers, the Guard has a future for everyone. Now it's time to find yours: Start exploring [careers](#).

In accordance with U.S. Army Combined Arms Center, "The Army Combat Fitness Test Handbook 18-37," dated September 2018, and FM 7-22 Army Physical Readiness Training, dated October 2012.

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