

Strength starts **here**



Get Guard fit as you train for the ACFT

The Army Combat Fitness Test (ACFT) is designed to measure your strength and endurance. You'll have up to 70 minutes to complete six events that are scored according to age range and gender.

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 (MDL)



GOAL

Deadlift the maximum weight possible three times

HOW TO TRAIN

- Sumo Squat
- Forward Lunge
- Alternate Staggered Squat Jump

5 min.

MINIMUM REST 2 MINUTES

Sprint-Drag-Carry (SDC)



GOAL

Conduct five 50-meter shuttles for time: sprint, drag, lateral, carry and sprint

HOW TO TRAIN

- Straight-Leg Deadlift
- Bent Over Row
- 300-Meter Shuttle Run

4:48

MINIMUM REST 4 MINUTES

Standing Power Throw (SPT)



GOAL

Throw a 10-pound medicine ball backward and overhead for distance

HOW TO TRAIN

- Power Jump
- Overhead Push-Press
- Tuck Jump

3 min.

MINIMUM REST 3 MINUTES

Plank (PLK)



GOAL

Maintain a plank position for as long as possible

HOW TO TRAIN

- Bent Leg Raise
- Leg Tuck and Twist
- Side Bridge

4:20

MINIMUM REST 5 MINUTES

Hand-Release Push-Up (HRP)



GOAL

Complete as many repetitions as you can in 2 minutes

HOW TO TRAIN

- Supine Chest Press
- 8-Count Push-Up
- Incline Bench
- Quadraplex

2 min.

MINIMUM REST 3 MINUTES

2 Mile Run (2MR)



GOAL

Run 2 miles

HOW TO TRAIN

- Sprint Intervals
- Release Run
- Hill Repeats

25 min.

TOTAL TEST TIME 70 MINUTES

SCORING

View and download a guide to **ACFT Grading Scales**.

With over 130 careers, the Guard has a future for everyone. 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; FM 7-22 Army Physical Readiness Training, dated October 2012; and Army Directive 2022-05, dated 23 March 2022.