



STRENGTH STARTS HERE

Get Guard fit as you train for the AFT

The AFT is designed to increase warfighting readiness, reduce injury risk and enhance the physical performance of the force.

The five events 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.

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

SCORING

View and download a guide to [AFT Grading Scales](#).

All information displayed is in accordance with Army Directive ARMY DIR 2025-06/Army Fitness Test. The DCS, G-3/5/7, in coordination with Commanding General, U.S. Army Training and Doctrine Command, will publish a new scorecard and accompanying score standards to implement this directive.

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

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