

# AFT

## ARMY FITNESS TEST



The Army Fitness Test (AFT) is the official physical fitness test of record for all Soldiers on June 1, 2025, replacing the Army Combat Fitness Test.

Designed to increase warfighting readiness, reduce injury risk, and enhance the physical performance of the force.

### AFT Events

Three-Repetition  
Maximum Deadlift



Hand-Release  
Push-Up Arm  
Extension



Sprint-Drag-Carry



Plank



Two-Mile Run



**Combat Specialties:** Introduces one sex-neutral, age-normed standard that requires a total score of 350, with a minimum of 60 points per event.

**Combat Enabling Specialties:** Maintains sex- and age-normed scoring that requires a total score of 300.

April 23, 2025

Army Directive  
published on Army  
Publishing  
Directorate:  
[https://armypubs.ar  
my.mil/](https://armypubs.ar<br/>my.mil/)

May 2025

Execution Order  
published with  
Implementation  
Guidance

June 1, 2025

AFT becomes official  
test of record

Jan. 1, 2026

New scoring  
standards for  
Soldiers in 21 combat  
military occupational  
specialties (MOS)  
take effect for the  
active component

June 1, 2026

New scoring  
standards for  
Soldiers in 21  
combat military  
occupational  
specialties (MOS) for  
the Reserve and  
National Guard

### Combat Specialties

11A. Infantry Officer  
11B. Infantryman  
11C. Indirect Fire Infantryman (Mortarman)  
11Z. Infantry Senior Sergeant  
12A. Engineer, General Engineer  
12B. Combat Engineer  
13A. Field Artillery Officer  
13F. Fire Support Specialist  
18A. Special Forces Officer  
180A. Special Forces Warrant Officer  
18B. Special Forces Weapons Sergeant

18C. Special Forces Engineer Sergeant  
18D. Special Forces Medical Sergeant  
18E. Special Forces Communications Sergeant  
18F. Special Forces Intelligence Sergeant  
18Z. Special Forces Senior Sergeant  
19A. Armor Officer  
19C. Bradley Crew member  
19D. Cavalry Scout  
19K. M1 Armor Crewman  
19Z. Armor Senior Sergeant

Combat Specialties will start prepping for Combat AFT standards after June 1, 2025

For more information  
Scan the QR code.



# Testing For Combat

**Ian Pickup**



## **Testing For Combat:**

*Army Combat Fitness Test (Version 2)* United States Army, 2020-02-18 The Army Combat Fitness Test is the means to validate a Soldier and unit's physical readiness training it shows how effective this training is in preparing Soldiers for the combat tasks they have to perform This publication supplements the Army's physical testing doctrine for the initial operation capability period Fiscal Year 20 01 October 2019 to 30 September 2020 The principal audience is leaders at all organizational levels *Live Fire Testing* United States. General Accounting Office, 1987 **Combat Fitness Test: Testing to Reality**, 2009 For it is conspicuous that what the machine has failed to do right up to the present moment is decrease by a single pound the weight the individual has to carry on his back in war S L A Marshall's words still ring true today and as an expeditionary force in readiness the United States Marine Corps must be ready to conduct combat operations with these heavy loads in any climate and place An aggressive combat conditioning program measured by analogous and realistic evaluations is critical to this readiness Every Marine must train and be ready to meet the challenges of combat from the outset and sustain those operations indefinitely until victory is achieved The Marine Corps Combat Fitness Test CFT must evaluate Marines under a prescribed weight load to provide consistency with doctrinal Marine Corps combat training and philosophy and accurately assess the combat functional fitness of every Marine **Fire Controlman, Vol. 4, Fire-Control Maintenance Concepts, Naval Education and Training Command, April 1997**, 1997 **Manuals Combined: U.S. Navy FIRE CONTROLMAN Volumes 01 - 06 & FIREMAN**, Over 1 600 total pages 14097 FIRE CONTROLMAN SUPERVISOR Covers Fire Controlman supervisor responsibilities organization administration inspections and maintenance supervision and training combat systems subsystems and their maintenance and weapons exercises 14098 FIRE CONTROLMAN VOLUME 01 ADMINISTRATION AND SAFETY Covers general administration technical administration electronics safety and hazardous materials as they pertain to the FC rating 14099A FIRE CONTROLMAN VOLUME 02 FIRE CONTROL SYSTEMS AND RADAR FUNDAMENTALS Covers basic radar systems fire control systems and radar safety as they relate to the Fire Controlman rating 14100 FIRE CONTROLMAN VOLUME 03 DIGITAL DATA SYSTEMS Covers computer and peripheral fundamentals and operations configurations and hardware operator controls and controlling units components and circuits central processing units and buses memories input output and interfacing instructions and man machine interfaces magnetic tape storage magnetic disk storage CD ROM storage printers data conversion devices and switchboards 14101 FIRE CONTROLMAN VOLUME 04 FIRE CONTROL MAINTENANCE CONCEPTS Introduces the Planned Maintenance System and discusses methods for identifying and isolating system faults liquid cooling systems used by Fire Controlmen battery alignment purpose equipment and alignment considerations and radar collimation 14102 FIRE CONTROLMAN VOLUME 05 DISPLAY SYSTEMS AND DEVICES Covers basic display devices and input devices associated with Navy tactical data systems as used by the FC rating 14103 FIRE CONTROLMAN VOLUME 06 DIGITAL

COMMUNICATIONS Covers the fundamentals of data communications the Link 11 and Link 4A systems and local area networks 14104A FIREMAN Provides information on the following subject areas engineering administration engineering fundamentals the basic steam cycle gas turbines internal combustion engines ship propulsion pumps valves and piping auxiliary machinery and equipment instruments shipboard electrical equipment and environmental controls **Yuma Proving Ground Multipurpose Installation, Diversification of Mission and Changes to Land Use Draft Range Wide EIS**, 2001 *Electronics Technician 1 & C* United States. Naval Education and Training Command, 1976 **Preparing for Army Combat Fitness Test** National Strength & Conditioning Association, The ACFT will change how people need to train and prepare to test for the Army and this is the book we've been waiting for Nate and Rob have the combination of experience and knowledge needed to train soldiers to meet the physical demands of the job and succeed in this assessment Hunter Schurrer Coach and Founder of The Performance Syndicate The ACFT was a great step in establishing readiness standards as the tactical landscape evolves to produce and maintain healthier soldiers This book serves as a map The context given and breadth of provided programs will prove to be nothing less than a trailhead for every soldier looking to start or improve their path of performance and wellness Vernon Griffith CSCS D TSAC F D Coach Author and Speaker Assess your readiness and train for the Army Combat Fitness Test ACFT The Army's revised physical test provides a more diverse measurement of a soldier's physical abilities than its predecessor but if you are one of the 200 000 annual recruits or the 1 2 million active duty soldiers who must pass these new protocols this diverse test may bring anxiety and uneasiness Enter **Preparing for the Army Combat Fitness Test** Backed by the expertise of the National Strength and Conditioning Association this authoritative guide breaks down the requirements of the ACFT and prepares you for each of its six events You'll find descriptions of each event instructions on how to perform each test safely and effectively and scoring standards for each You will also learn how to self assess your current readiness and choose a training program to maximize your performance outcomes You'll find a variety of sample plans from 4 to 24 weeks so you can pick a plan based on the time remaining until your test date Training programs are accompanied by execution guidelines for over 100 exercises so you can safely and effectively execute the exercises assigned within your training program The ACFT does not have to feel overwhelming and cause anxiety With a solid plan and a commitment to training you can show up on test day with confidence *Review of Department of Defense Test Protocols for Combat Helmets* National Research Council, Division on Engineering and Physical Sciences, Board on Army Science and Technology, Committee on Review of Test Protocols Used by the DoD to Test Combat Helmets, 2014-03-31 Combat helmets have evolved considerably over the years from those used in World War I to today's Advanced Combat Helmet One of the key advances was the development of aramid fibers in the 1960s which led to today's Kevlar based helmets The Department of Defense is continuing to invest in research to improve helmet performance through better design and materials as well as better manufacturing processes *Review of the Department of Defense Test Protocols*

for Combat Helmets considers the technical issues relating to test protocols for military combat helmets At the request of the DOD Director of Operational Test and Evaluation this report evaluates the adequacy of the Advanced Combat Helmet test protocol for both first article testing and lot acceptance testing including its use of the metrics of probability of no penetration and the upper tolerance limit used to evaluate backface deformation The report evaluates appropriate use of statistical techniques in gathering data adequacy of current helmet testing procedures procedures for the conduct of additional analysis of penetration and backface deformation data and scope of characterization testing relative to the benefit of the information obtained

**The Army Combat Fitness Test** U. S. Army,2020-02-29 Our nation s greatest assets our Soldiers face a dynamic competitive and lethal operational environment OE that has evolved in recent years one in which our adversaries will employ a mix of traditional unconventional and hybrid strategies Our Army s physical readiness program must evolve to keep pace with the demands of modern war our physical fitness test must evolve as well Based on results of years of scientific study the Secretary and Chief of Staff of the Army have directed replacement of the Army Physical Fitness Test APFT While the legacy APFT is an acceptable test for measuring general fitness it does not adequately assess the domains of combat physical fitness The six event Army Combat Fitness Test ACFT was developed to better predict a Soldier s readiness for the demands of the modern battlefield Like combat the ACFT is both age and gender neutral The desired end states of ACFT implementation are an increase in physical readiness

Electronics Technician 1 & C Norman D. East,1987  
*Data Systems Technician 1 & C, Volume 2* Timothy D. Glennon,1983 **Data Systems Technician 1 & C** Timothy D. Glennon,1986 Fire Controlman Second Class Robert L. Haskell,1985 *Testing* ,1924 *Testing* Charles Osgood Reid,1924 **Infantry Journal** ,1928 **Health Status of Vietnam Veterans** ,1989 **Bronze Age Combat** Raphael Hermann,Marion Uckelmann,Rachel Crellin,Quanyu Wang,Andrea Dolfini,2020 Using original experimental methodologies and the best replica weapons to hand five researchers set out to unlock Bronze Age combat Their results of the first truly detailed and systematically described combat experiments with replica Late Bronze Age swords spears and shields are presented in this book **Boeing Magazine** ,1945

Testing For Combat: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Testing For Combat : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Testing For Combat : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and suspenseful novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

<https://ftp.thebrandexperience.com/data/publication/index.jsp/circular%20economy%20tutorial.pdf>

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### **Testing For Combat Introduction**

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manuals with just a few clicks. These resources, available in PDF, Microsoft Word, and PowerPoint formats, cater to a wide range of interests, including literature, technology, science, history, and much more. One notable platform where you can explore and download free Testing For Combat PDF books and manuals is the internet's largest free library. Hosted online, this catalog compiles a vast assortment of documents, making it a veritable goldmine of knowledge. With its easy-to-use website interface and customizable PDF generator, this platform offers a user-friendly experience, allowing individuals to effortlessly navigate and access the information they seek. The availability of free PDF books and manuals on this platform demonstrates its commitment to democratizing education and empowering individuals with the tools needed to succeed in their chosen fields. It allows anyone, regardless of their background or financial limitations, to expand their horizons and gain insights from experts in various disciplines. One of the most significant advantages of downloading PDF books and manuals lies in their portability. Unlike physical copies, digital books can be stored and carried on a single device, such as a tablet or smartphone, saving valuable space and weight. This convenience makes it possible for readers to have their entire library at their fingertips, whether they are commuting, traveling, or simply enjoying a lazy afternoon at home. Additionally, digital files are easily searchable, enabling readers to locate specific information within seconds. With a few keystrokes, users can search for keywords, topics, or phrases, making research and finding relevant information a breeze. This efficiency saves time and effort, streamlining the learning process and allowing individuals to focus on extracting the information they need. Furthermore, the availability of free PDF books and manuals fosters a culture of continuous learning. By removing financial barriers, more people can access educational resources and pursue lifelong learning, contributing to personal growth and professional development. This democratization of knowledge promotes intellectual curiosity and empowers individuals to become lifelong learners, promoting progress and innovation in various fields. It is worth noting that while accessing free Testing For Combat PDF books and manuals is convenient and cost-effective, it is vital to respect copyright laws and intellectual property rights. Platforms offering free downloads often operate within legal boundaries, ensuring that the materials they provide are either in the public domain or authorized for distribution. By adhering to copyright laws, users can enjoy the benefits of free access to knowledge while supporting the authors and publishers who make these resources available. In conclusion, the availability of Testing For Combat free PDF books and manuals for download has revolutionized the way we access and consume knowledge. With just a few clicks, individuals can explore a vast collection of resources across different disciplines, all free of charge. This accessibility empowers individuals to become lifelong learners, contributing to personal growth, professional development, and the advancement of society as a whole. So why not unlock a world of knowledge today? Start exploring the vast sea of free PDF books and manuals waiting to be discovered right at your fingertips.

## FAQs About Testing For Combat Books

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*japara suitor sends aged care stocks flying the sydney morning herald* - Dec 26 2022

web apr 30 2021 not for profit catholic healthcare organisation calvary lobbed an indicative non binding proposal on friday for shares in japara at 1 04 each a 30 per cent premium to thursday s closing

[calvary welcomes japara calvary health care](#) - Aug 02 2023

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web jun 15 2021 a bidding battle has broken out for aged care operator japara healthcare after the bolton clarke group pitched in a 326 million takeover bid pipping an earlier offer from its not for profit

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web 25th october 2021 calvary is delighted to announce it has cleared the final stage in its 100 acquisition of aged care provider japara healthcare limited following a ruling today by the court in favour of the scheme of arrangement last week japara shareholders voted in favour of the scheme

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recognize each other's strengths become better listeners communicate clearly identify their values build trust set goals and more

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web students will make a marshmallow sculpture by sticking toothpicks into marshmallows and building up from a base i gave each student 20 marshmallows and a handful of toothpicks next i had them make a base by sticking 4 toothpicks into 4 marshmallows and making a square then they could build their sculpture up from there

11 creative marshmallow and toothpick stem challenges - Dec 05 2022

web mar 15 2022 stem challenges can be low cost ways to incorporate learning concepts in your classroom or maker space one classic favorite of mine are marshmallow and toothpick challenges we started a creator club a few weeks ago our kids meet once a week to do hands on learning projects we have kids from 4k to 4th grade

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web activity structure challenge build the tallest freestanding structure you can with 25 marshmallows and 30 toothpicks step 1 become familiar with the building materials have your students practice using the materials a little bit by building two dimensional and then three dimensional shapes

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web that is because the sugary surface of the marshmallow covers a wide area as you compact the sugar the area becomes denser this allows less water to get into the dense material and that causes it to sink the more you squash the marshmallow the lower and faster it will sink in the oil you have a substance that is denser than the marshmallow

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web first press one marshmallow onto the end of a toothpick until you have six toothpicks with marshmallows on them lay the toothpicks in a star type shape as per the picture below now it is time to start building the hexagon start using extra toothpicks between the marshmallows

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web build with 20 marshmallows and 25 toothpicks start with what you know what shapes can you make with your marshmallows and toothpicks which of these shapes are strongest wobble them to find out think of a plan and begin building

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marshmallow building challenge for preschoolers sensory fun marshmallow

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this science lesson plan think like an engineer take the marshmallow amp toothpick build with 20 marshmallows and 25

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web are you looking for an engaging stem activity that teaches students about building structures simply provide students

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