

# 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

**VM Jensen**



## **Testing For Combat:**

## The Enigmatic Realm of **Testing For Combat**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Testing For Combat** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

<https://ftp.thebrandexperience.com/About/browse/index.jsp/Virtual%20Collaboration%20Guide.pdf>

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