

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
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

Valentine Korah



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 clime 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 *Electronics Technician 1 & C* United States. Naval Education and Training Command,1976 **Yuma Proving Ground Multipurpose Installation, Diversification of Mission and Changes to Land Use Draft Range Wide EIS** ,2001 **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

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

Fire Controlman, Vol. 4, Fire-Control Maintenance Concepts, Naval Education and Training Command, April 1997, 1997

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 An Introductory Guide to EC Competition Law and Practice Valentine Korah,1994 *Health Status of Vietnam Veterans* ,1989 **Boeing Magazine** ,1945

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