AFT ARMY FITNESS TEST

U.S. ARMY

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/

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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

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June 1, 2026
New scoring standards for Soldiers in 21 combat military occupational specialties (MOS) for the Reserve and National Guard

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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](#)

United States Army

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 **Fire Controlman, Vol. 4, Fire-Control Maintenance Concepts, Naval Education and Training Command, April 1997** ,1997 **Electronics Technician 1 & C** United States. Naval Education and Training Command,1976 **TECOM, Industry Testing** ,1994

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 **Electronics Technician 1 & C** Norman D. East,1987 **Research, development, test, and evaluation** United States. Congress. House. Committee on Appropriations. Subcommittee on Department of Defense,1974 **Yuma Proving Ground Multipurpose Installation, Diversification of Mission and Changes to Land Use Draft Range Wide EIS** ,2001

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   Data Systems Technician 1 & C Timothy D. Glennon,1986   *Data Systems Technician 1 & C, Volume 2* Timothy D. Glennon,1983   **Live Fire Testing of the F-22** National Research Council,Division on Engineering and Physical Sciences,Commission on Engineering and Technical Systems,Committee on the Study of Live Fire Survivability Testing of the F-22 Aircraft,1995-07-17 The Live Fire Test Law mandates realistic survivability and lethality testing of covered systems or programs A provision of the law permits the Secretary of Defense to waive tests if live fire testing would be unreasonably expensive and impractical Though no waiver was requested before the F 22 program entered engineering and manufacturing development the Defense Department later asked that Congress enact legislation to permit a waiver to be granted retroactively Rather than enact such legislation Congress requested a study to explore the pros and cons of full scale full up testing for the F 22 aircraft program The book discusses the origin of testing requirements evaluates the practicality affordability and cost benefit of live fire tests and examines the role of testing modeling and data bases in vulnerability assessment   Infantry Journal ,1921   *Research, development, test, and evaluation, [September 17, 1973* United States. Congress. House. Committee on Appropriations. Subcommittee on Department of Defense,1978   *Health Status of Vietnam Veterans* ,1989   **Tao of Soldiering** Nihar Kuanr,2020-03-30 Soldiering is all about the growth and development of human potential in the military organization The approach to soldiering in China is apparently distinct as compared to Indian or Western military and the shaping of soldiery in China has taken a very unique and somewhat enigmatic course In the context of PLA in the ongoing reform era a clear shift in the approach to HRM is apparent One of the most important objectives of the ongoing reforms and restructuring of PLA is to appreciably augment its potential and efficiency for the effective prosecution of Integrated Joint operations IJO for winning Local Wars under Informationised

Condition LWUIC This book attempt has been made to take a holistic look at soldiering and development of human potential in PLA thus progressing understanding in the broadly interpreted field of HRM in the context of the Chinese military The author argues that PLA has been adopting a very systematic methodical and focussed approach towards identifying the key issues and addressing them in a time bound manner to enhance the quality of its personnel to include the enlisted personnel NCOs officers and higher leadership However success or failure of HR policies depends as much on several tangible factors educational qualification technological prowess economic and social background as on various intangible aspects influence of culture belief system traditional practices political and ideological factors impinging on the morale motivation and value system The book would enable interested readers to comprehend and grasp the nuances of the development of human potential in the military in general and PLA in specific Various HRD themes like organizational culture leadership efficient decision making etc analyzed in the book can find application in general context as well *Department of Defense Appropriations* United States. Congress. House. Committee on Appropriations. Subcommittee on Department of Defense,1973 Hearings on Military Posture and H.R. 12564, Department of Defense Authorization for Appropriations for Fiscal Year 1975 United States. Congress. House. Committee on Armed Services,1974 **Full Stack Testing** Gayathri Mohan,2022-06-06 Testing is a critical discipline for any organization looking to deliver high quality software This practical book provides software developers and QA engineers with a comprehensive one stop guide to testing skills in 10 different categories You ll learn appropriate strategies concepts and practical implementation knowledge you can apply from both a development and testing perspective for web and mobile applications Author Gayathri Mohan offers examples of more than 40 tools you can use immediately You ll acquire the skills to conduct exploratory testing test automation cross functional testing data testing mobile testing and visual testing as well as tests for performance security and accessibility You ll learn to integrate them in continuous integration pipelines to gain faster feedback Once you dive into this guide you ll be able to tackle challenging development workflows with a focus on quality With this book you will Learn how to employ various testing types to yield maximum quality in your projects Explore new testing methods by following the book s strategies and concepts Learn how to apply these tools at work by following detailed examples Improve your skills and job prospects by gaining a broad exposure to testing best practices

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