

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.army.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

**United States. General Accounting
Office**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the United States General Accounting Office text.

Testing For Combat:

Live Fire Testing United States. General Accounting Office, 1987 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 *Yuma Proving Ground Multipurpose Installation, Diversification of Mission and Changes to Land Use Draft Range Wide EIS* ,2001 Publications Combined: Army Combat Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More ,2019-03-05 Over 600 total pages CONTENTS Army Combat Fitness Test Training Guide Version 1 2 FIELD TESTING MANUAL Army Combat Fitness Test Version 1 4 Army Combat Fitness Test CALL NO 18 37 September 2018 FM 7 22 ARMY PHYSICAL READINESS TRAINING October 2012 IOC TESTING ACFT EQUIPMENT LIST 1 X LANE REQUIREMENT Version 1 1 4 September 2018 ACFT Field Test Highlight Poster Final OVERVIEW The Army will replace the Army Physical Fitness Test APFT with the Army Combat Fitness Test ACFT as the physical fitness test of record beginning in FY21 To accomplish this the ACFT will be implemented in three phases Phase 1 Initial Operating Capability IOC includes a limited user Field Test with approximately 60 battalion sized units from across all components of the Army While the ACFT is backed by thorough scientific research and has undergone several revisions there are still details that have not been finalized The ACFT requires a testing site with a two mile run course and a flat field space approximately 40 x 40 meters The field space should be grass well maintained and cut or artificial turf that is generally flat and free of debris While maintaining testing standards and requirements commanders will make adjustments for local conditions when necessary The start and finish point for the two mile run course must be in close proximity to the Leg Tuck station When test events are conducted indoors the surface must be artificial turf only Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint Drag Carry When environmental conditions prohibit outdoor testing an indoor track may be used for the 2 Mile Run The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes There should not be more than 4 Soldiers per testing group for the SPT HRP and SDC The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group Concerns related to Soldiers graders or commanders will be addressed prior to test day The number of lanes varies by number of Soldiers testing A 16 lane ACFT site will have the following ACFT specific test equipment requirements 16 hexagon trap bars 60 pounds each with a set of locking collars While all NSN approved hexagon bars must weigh 60 pounds there is always a small manufacturer's production tolerance The approved weight tolerance for the hexagon bar is 2 pounds 58 62 pounds Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars On average hexagon bar collars weigh 2 0

pounds per pair and are considered incidental to the total weight of the MDL weight Approximately 3 000 lbs of bumper plates 16 x 10 lb medicine ball 16 x nylon sled with pull straps 32 x 40 lb kettle bells Permanent or mobile pull up bars 16 x pull up bars at approximately 7 5 feet off the ground with step ups for shorter Soldiers Common unit equipment for set up and grading 16 stop watches 8 x 25m tape measures 8 x wooden or PVC marking sticks for the SPT One stick for every two lanes 70 x 18 traffic cones 50 field dome cones A soft flat dry test area approximately 40m x 40m on grass or artificial turf half of a soccer or football field A site that is free of any significant hazards A preparation area can be same as briefing area to conduct Preparation Drill A generally flat measured running course with a solid improved surface that is not more than 3 percent uphill grade and has no overall decline start and finish must be at the same altitude **Fire Controlman, Vol. 4,**

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