

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

N Colangelo



Testing For Combat:

Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Testing For Combat**

In some sort of inundated with displays and the cacophony of instant connection, the profound energy and mental resonance of verbal artistry frequently diminish into obscurity, eclipsed by the constant onslaught of sound and distractions. However, located within the musical pages of **Testing For Combat**, a charming perform of literary splendor that impulses with natural emotions, lies an remarkable trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, this enchanting opus manuals readers on an emotional odyssey, delicately revealing the latent potential and profound impact embedded within the elaborate internet of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is key themes, dissect their charming writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

<https://archive.kdd.org/results/virtual-library/HomePages/studies%20in%20medieval%20and%20renaissance%20history%20volume%20ix.pdf>

Table of Contents Testing For Combat

1. Understanding the eBook Testing For Combat
 - The Rise of Digital Reading Testing For Combat
 - Advantages of eBooks Over Traditional Books
2. Identifying Testing For Combat
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Testing For Combat
 - User-Friendly Interface
4. Exploring eBook Recommendations from Testing For Combat

- Personalized Recommendations
- Testing For Combat User Reviews and Ratings
- Testing For Combat and Bestseller Lists
- 5. Accessing Testing For Combat Free and Paid eBooks
 - Testing For Combat Public Domain eBooks
 - Testing For Combat eBook Subscription Services
 - Testing For Combat Budget-Friendly Options
- 6. Navigating Testing For Combat eBook Formats
 - ePub, PDF, MOBI, and More
 - Testing For Combat Compatibility with Devices
 - Testing For Combat Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Testing For Combat
 - Highlighting and Note-Taking Testing For Combat
 - Interactive Elements Testing For Combat
- 8. Staying Engaged with Testing For Combat
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Testing For Combat
- 9. Balancing eBooks and Physical Books Testing For Combat
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Testing For Combat
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Testing For Combat
 - Setting Reading Goals Testing For Combat
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Testing For Combat

- Fact-Checking eBook Content of Testing For Combat
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Testing For Combat Introduction

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