

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.



Army Pt Manual 7

United States Government US Army

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the text 'United States Government US Army'.

Army Pt Manual 7 :

Field Manuals United States. War Department,1980-08-02 *Field Manual FM 7-22 Army Physical Readiness Training with Change 1 3 May 2013* United States Government US Army,Us Army,2013-05-25 This FM provides Soldiers and leaders with the doctrine of Army PRT It is a product of our history forged out of the great battles from the past to the present Its doctrinal concepts also reflect emerging trends in current physical culture This FM will impact the Army in a manner of importance toward the continuation of our national strength and security The purpose of Army PRT is not merely to make our Soldiers look fit but to actually make them physically ready for the conduct of full spectrum operations Soldier physical readiness is acquired through the challenge of a precise progressive and integrated physical training program A well conceived plan of military physical readiness training must be an integral part of every unit training program This field manual prescribes doctrine for the execution of the Army Physical Readiness Training System Terms that have joint or Army definitions are identified in both the Glossary and the text This publication prescribes DA Form 705 Army Physical Fitness Test Scorecard The proponent for this publication is the United States Army Training and Doctrine Command TRADOC The preparing agency is the United States Army Physical Fitness School *Physical Training, Women's Army Corps* United States. Department of the Army,1965 ACFT Army Combat Fitness Test For Dummies Angie Papple Johnston,2021-01-20 The best standalone resource for the Army Combat Fitness Test As the Army prepares to shift to the new Army Combat Fitness Test ACFT from the Army Physical Fitness Test hundreds of thousands of new and current servicemembers will have to pass a more rigorous and demanding set of physical events to prove they have what it takes to meet the physical demands of an army job Utilizing the accessible and simple approach that has made the For Dummies series famous the world over ACFT For Dummies is packed with everything you need to train for and ultimately crush the ACFT Topics include An overview of the test including how it fits into your army role How the test is administered location equipment etc Instructions on how to perform each of the six events How the ACFT is scored Training for the ACFT on your own time The importance of recovery including essential stretches How to build your own workout routine Videos for each of the six events with tips for how to train for them The ACFT For Dummies prepares readers to tackle the new tougher Army fitness test with practical examples and concrete strategies that will push each servicemember to new heights Monthly Catalog of United States Government Publications United States. Superintendent of Documents,1992 *Army Correspondence Course Program* United States. Department of the Army,1979 **Operator's and Organizational Maintenance Manual (including Repair Parts and Special Tools List)** ,1981 **Technical Manual** United States Department of the Army,1959

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 the 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.

Field Manual FM 7-22 Army Physical Readiness Training October 2012

United States Government US Army, 2012-11-07 Soldier physical readiness is acquired through the challenge of a precise, progressive, and integrated physical training program. A well

conceived plan of military physical readiness training must be an integral part of every unit training program This field manual prescribes doctrine for the execution of the Army Physical Readiness Training System This publication comprises the print portion of Army physical readiness training Companion portions are available on the internet Terms that have joint or Army definitions are identified in both the Glossary and the text This publication prescribes DA Form 705 Army Physical Fitness Test Scorecard The proponent for this publication is the United States Army Training and Doctrine Command TRADOC The preparing agency is the United States Army Physical Fitness School

Unveiling the Magic of Words: A Review of "**Army Pt Manual 7** "

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Army Pt Manual 7** ," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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