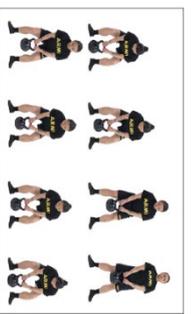


3 REPETITION MAXIMUM DEADLIFT (MDL)

3 Phases	1- Preparatory "Get Set" 2- Upward Movement "Go" 3- Downward Movement
Safety Stop (Reps Will Not count)	1. One or both knees moving together during movement 2. Moving hips above shoulders during up movement 3. Back or shoulders rounding out during movement 4. Losing Balance (including steps fwd. or bwd) ***Safety Stops on <u>first rep</u> will not count as attempt instead graders will stop and explain deficiency
Attempt Terminated	1. Dropping bar to ground 2. Removing hands from the bar between reps 3. Failing to touch the bar to the ground between reps 4. No continuous movement (resting on ground) 5. Safety Stops on second or third reps
Execution	Execute 3 continuous reps with the same weight. If the Soldier fails to complete 3 continuous reps under control, they are permitted 1 retest at the same or lower weight. If 3 continuous reps are completed on the 1st attempt, the soldier can attempt at a higher weight. The max number of attempts on the MDL is two.

PREPARATION EXERCISES FOR MDL



Sumo Squat : In straddle stance, feet wider than shoulders and toes pointed out. Squat down leading with hips and until upper legs are parallel with ground and remove to starting position



Straight Leg Deadlift: In straddle stance feet shoulder width apart; slight bend in knees hip hinge while keeping the back straight and head in neutral position



Forward Lunge: From straddle stance step forward allowing the leg to bend until the parallel to the ground. Alternate legs.

ADDITIONAL EXERCISES-[HTTPS://WWW.ARMY.MIL/ACFT/](https://www.army.mil/acft/)

REFERENCE: ACFT IOC OCT 2019

ALWAYS READY, ALWAYS THERE



**ARMY COMBAT FITNESS TEST (ACFT)
QUICK REFERENCE CARD**

Points	MDL	SPT	HRP	SDC	LTK	2MR
100	340	12.5	60	1:33	20	13:30
99		12.4	59	1:36		13:39
98		12.2	58	1:39	19	13:48
97	330	12.1	57	1:41		13:57
96		11.9	56	1:43	18	14:06
95	320	11.8	55	1:45		14:15
94		11.6	54	1:46	17	14:24
93		11.5	53	1:47		14:33
92	310	11.3	52	1:48	16	14:42
91		11.2	51	1:49		14:51
90	300	11.0	50	1:50	15	15:00
89		10.9	49	1:51		15:09
88	290	10.7	48	1:52	14	15:18
87		10.6	47	1:53		15:27
86	280	10.4	46	1:54	13	15:36
85		10.3	45	1:55		15:45
84	270	10.1	44	1:56	12	15:54
83		10.0	43	1:57		16:03
82	260	9.8	42	1:58	11	16:12
81		9.7	41	1:59		16:21
80	250	9.5	40	2:00	10	16:30
79		9.4	39	2:01		16:39
78	240	9.2	38	2:02	9	16:48
77		9.1	37	2:03		16:57
76	230	8.9	36	2:04	8	17:06
75		8.8	35	2:05		17:15
74	220	8.6	34	2:06	7	17:24
73		8.5	33	2:07		17:33
72	210	8.3	32	2:08	6	17:42
71		8.2	31	2:09		17:51
70	200	8.0	30	2:10	5	18:00
69		7.8	28	2:12		18:12
68	190	7.5	26	2:18	4	18:24
67		7.2	24	2:22		18:36
66		6.8	22	2:26		18:48
65	180	6.5	20	2:30	3	19:00
64		6.2	18	2:35		19:12
63	160	5.8	16	2:40	2	19:24
62		5.4	14	2:45		20:12
61		4.9	12	2:50		20:36
60	140	4.5	10	3:00	1	21:00

STANDING POWER THROW (SPT)

2 Phases	1- Preparatory 2- Throwing - Soldier must be stationary prior to throw/ soldier may jump during throw w/ 1 or both feet/
Faults	1. Stepping on/over the start line lane during the throw 2. Falling to the ground

Soldiers will have two record attempts on the SPT. Soldiers are permitted several preparatory movements flexing at the trunk, knees, and hips while lowering the ball between their legs. If a Soldier faults on the first record throw, they will receive a raw score of 0.0 meters. If a Soldier faults on the second record throw, they will receive a raw score of 0.0 meters. This Soldier will be allowed one additional attempt to score on the SPT. Once the Soldier has attempted two record throws, they will move onto the SPT lane to retrieve the medicine balls for the next Soldiers, and then return to the back of the line.



ADDITIONAL EXERCISES-[HTTPS://WWW.ARMY.MIL/ACFT/](https://www.army.mil/acft/)

Over head push-press: From straddle stance hold (KB's) or other weight at chest, extend weight overhead fully extending elbows, lower weight while slightly bending knees to help absorb weight and return to starting position.



Power Jump : From straddle stance, Squat down leading with hips and touch the ground, jump from the ground swinging arms overhead and extending, land so fly into squat position and touch the ground, return to starting position



PREPARATION EXERCISES FOR SPT

HAND RELEASE PUSH-UP (HRP)

Reps Will Not Count	<ol style="list-style-type: none"> Not maintaining straight body alignment while moving Failing to fully extend elbows at up position Failing to bring the hands back to starting position Failing to keep feet within a boots width apart
Event Terminated	<ol style="list-style-type: none"> Bending or flexing while in front leaning & rest Lifting foot or hand off the ground Placing knee on the ground from front lean and rest No continuous movement (resting on ground) Repeating hand release movement
Execution	Soldier pushes up from the ground to the up position (front leaning rest). After elbows are fully extended the Soldier will lower the body back to the ground and immediately move both arms out to into the T position and then return the hands under the shoulder.



ADDITIONAL EXERCISES-[HTTPS://WWW.ARMY.MIL/ACFT/](https://www.army.mil/acft/)

Reps Will Not Count	<ol style="list-style-type: none"> Not touching both knees or thighs to the elbows at the same time. Failing to flex elbows during upward movement Failing to straighten elbows during down movement Active swinging of the legs to assist up movement Crossing the feet and ankles
Event Terminated	<p>The event will be terminated when the Soldier voluntarily stops or involuntarily drops from the bar.</p> <p>Using the vertical posts to rest or push from will also be grounds for termination</p>
Execution	Soldier will flex at the elbows, knees, hips, and waist to lift the knees. Flexing the elbows assists with this movement. The right and left knees or thighs must touch the right and left elbows, respectively. The grader must observe both knees or thighs in contact with both elbows for the Soldier to receive credit for the repetition. The Soldier will return under control to the straight-arm position, elbows straight, to complete each repetition.

SPRINT DRAG CARRY (SDC)

50M Sprint		50M Drag		50M Lateral		50M Carry		50M Sprint	
Sprint	Sprint 25m; touch the 25m line with foot and hand; turn and sprint back to the start line. Failure to touch the 25m line with hand and foot will result in call back								
Drag	Grasp strap handles, pull sled across 25m line; turn the sled around and pull back across the start line. Failure to pull entire sled across the 25m line will result in call back								
Lateral	Lateral for 25m, touch the 25m turn line with foot and hand, and perform the lateral back. Failure to touch the 25m line with hand and foot will result in call back								
Carry	Grasp the handles of the 2-40-pound kb's and run to the 25m turn line; step on or over the 25m turn line with one foot; turn and run back to the start line. Drops will resume from the point the KBs were dropped. Failure to touch the 25m line with foot will result call back								
Sprint	Repeat 1st Sprint								

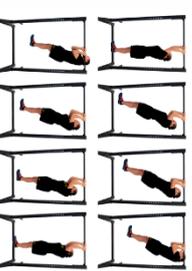
PREPARATION EXERCISES FOR LTK



Bent Leg Raise: From the supine position with hands placed under the small of back raise knees to 90 degrees and then fully extend legs out before returning to the starting position



Leg Tuck and Twist: From reclined seated position with hands on ground and legs fully extended 8-12 in. off the ground. Alternate drawing knees in towards the left and right shoulders returning to the starting position after each rotation



Alternating Grip Pull-Up-From a straight arm hang, flex the elbows raising the body up until the head is above the bar and alternate sides

ADDITIONAL EXERCISES-[HTTPS://WWW.ARMY.MIL/ACFT/](https://www.army.mil/acft/)

PREPARATION EXERCISES FOR SDC



Straight Leg Deadlift: In straddle stance feet shoulder width apart; slight bend in knees hip hinge while keeping the back straight and head in neutral position



Bent Over Row: From the forward leaning Stance hold KBs or weight in front of legs. Bend elbows to pull the kettle bells toward the chest then return to starting position



Shuttle Run: Repeat 25 meters practicing touching the end line with one hand and one foot.

ADDITIONAL EXERCISES-[HTTPS://WWW.ARMY.MIL/ACFT/](https://www.army.mil/acft/)

2 MILE RUN

The two mile run can be completed on an indoor or outdoor track, or an improved surface such as a road or sidewalk. The 2MR cannot be tested on unimproved terrain. There is a programmed 10-minute rest between the LTK and the 2MR. The rest period begins when the last Soldier in the group completes the LTK. The start and finish line will be near the same location as the test site for the other five test events. Out-and-back or lap track courses are authorized

ALTERNATE CARDIO EVENTS

Modified aerobic events assess the aerobic and muscular endurance of Soldiers with permanent medical profiles that cannot perform the 2-mile run. The profiled Soldier must complete the modified event in a time equal or less than 25 minutes in order to receive a pass for the ACFT MOD event. The alternate events include:

5,000 Meter Row- 15,000 Meter Bike- 1,000 Meter Swim

ADDITIONAL EXERCISES-[HTTPS://WWW.ARMY.MIL/ACFT/](https://www.army.mil/acft/)