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**HOLISTIC HEALTH AND FITNESS TESTING**

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**October 2020**

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This publication supersedes TC 21-21, dated 25 June 1991, and Appendix A of FM 7-22, dated 26 October 2012.

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**Headquarters, Department of the Army**

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## Holistic Health and Fitness Testing

1. This publication eliminated the Leg Tuck event as part of the Army Combat Fitness Test (ACFT).
2. This publication added the alternate aerobic event “2.5-Mile Walk” as part of the ACFT.
3. This publication eliminated pull-up bars as standard equipment required to execute the ACFT.
4. As proponent for the ACFT and its scorecard, this publication modifies and prescribes DA Form 705-TEST (*Army Combat Fitness Test Scorecard*) in accordance with Headquarters, Department of the Army (HQDA) Execution Order (EXORD) 153-22 Army Combat Fitness Test (ACFT), dated 24 Mach 2022.
5. A caret (^) denotes changed material.
6. ATP 7-22.01, 1 October 2020, is changed as follows:

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**01 August 2022**

By Order of the Secretary of the Army:

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## Holistic Health and Fitness Testing

1. This publication eliminated the Leg Tuck event as part of the Army Combat Fitness Test (ACFT).
2. This publication added the alternate aerobic event “2.5-Mile Walk” as part of the ACFT.
3. This publication changed the length of the alternate aerobic endurance event “Swim” from 1,000 meters to 1,000 meters to conform to the measure of most pools in the United States and the Army.
4. As proponent for the ACFT and its scorecard, this publication modifies number of and prescribes DA Form 705-TEST (*Army Combat Fitness Test Scorecard*).
5. A plus sign (+) denotes changed material.
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## Preface

\*ATP 7-22.01, *Holistic Health and Fitness Testing*, comprises the Army's physical testing doctrine and is a companion to the physical readiness domain described in FM 7-22, *Holistic Health and Fitness*, and ATP 7-22.02, *Holistic Health and Fitness Drills and Exercises*. This publication establishes physical fitness test administration and evaluation procedures for the Occupational Physical Assessment Test (OPAT), Army Combat Fitness Test (ACFT), Combat Water Survival Test (CWST), and Army Physical Fitness Test (APFT).

The OPAT certifies that Army recruits are physically ready to begin initial entry training. The ACFT measures a Soldier's physical ability to execute combat-related tasks. The ACFT validates the Soldier's and unit's physical readiness training; it demonstrates how effectively that training prepares Soldiers for the physical tasks that every Soldier has to be ready to perform. The CWST certifies that Soldiers have the ability to operate in and around water and maritime environments. The APFT is the legacy test used to validate Soldier physical readiness until it is phased out with full implementation of the ACFT.

The principal audience for this doctrine is leaders at all organizational levels. All leaders are trainers. Leaders include officers, warrant officers, noncommissioned officers, and those Department of the Army (DA) Civilians in leadership positions. Trainers and educators throughout the Army will also use this publication.

Commanders, staffs, and subordinates at all levels ensure that holistic health and fitness (H2F) testing is properly administered in accordance with requirements outlined in this publication. Commanders, staffs, and subordinates ensure that their decisions and actions comply with applicable United States, international, and in some cases host-nation laws and regulations. Commanders at all levels ensure that their Soldiers operate in accordance with the law of war and the rules of engagement. (See FM 6-27/MCTP 11-10C.)

Terms included in the glossary are not codified Army terms. They are included only for clarity for the reader. This publication is not a proponent for any Army doctrine terms.

\*This publication prescribes DA Form 705-TEST (*Army Combat Fitness Test Scorecard*), DA Form 705 (*Army Physical Fitness Test Scorecard*), and DA Form 7888 (*Occupational Physical Assessment Test Scorecard*).

This doctrine and the regulations that support it apply to the Active Army, the Army National Guard/Army National Guard of the United States, and the United States Army Reserve unless otherwise stated.

The proponent for this publication is the United States Army Center for Initial Military Training (CIMT), United States Army Training and Doctrine Command (TRADOC). Submit comments and recommendations for improvement of this publication on DA Form 2028 (*Recommended Changes to Publications and Blank Forms*). To contact CIMT:

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# Introduction

Physical readiness is a cornerstone of Soldier readiness, and by extension, Army readiness. As one of the five domains of the Army Holistic Health and Fitness (H2F) System, physical readiness is the ability to meet the physical demands of any duty or combat role.

ATP 7-22.01 establishes the Army's doctrine for the physical testing of Soldiers. It presents a summary of tasks, conditions, and standards required to administer, grade, and score the Occupational Physical Assessment Test (OPAT), Army Combat Fitness Test (ACFT), Army Physical Fitness Test (APFT) and Combat Water Survival Test (CWST). Demonstrations for exercises are posted on the Central Army Registry website at [https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect\\_date=5%2F1%2F2020&search\\_terms=CIMT](https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect_date=5%2F1%2F2020&search_terms=CIMT). (Copy and paste this address after accessing the Central Army Registry website if the demonstrations do not populate.) Additional support for H2F test events and exercises are located on the Army Combat Fitness Test website at <https://www.army.mil/acft/>.

^Chapter One, "Occupational Physical Assessment Test," covers test administration, event standards, grading, scoring, and equipment requirements to conduct the OPAT.

^Chapter Two, "Army Combat Fitness Test," covers test administration, event standards, grading, scoring, and equipment requirements to conduct the ACFT and the ACFT (Modified).

Chapter Three, "Combat Water Survival Test," covers test administration, event standards, grading, scoring, and equipment requirements for the CWST.

^Chapter Four, "Army Physical Fitness Test," covers test administration, event standards, grading, scoring, and equipment requirements for the APFT.

Appendix A contains the Preparation Drills and Preparation Drills (Modified). Soldiers and recruits conduct these drills prior to executing H2F testing events to include the OPAT, ACFT, and CWST.

Appendix B provides additional training drills and exercises designed to improve individual recruit performance on the OPAT events, otherwise known as OPAT improvement.

Appendix C contains the Recovery Drills and Recovery Drills (Modified). Soldiers and recruits conduct these drills at the conclusion of H2F testing events.

Appendix D provides tasks, conditions, and standards related to Army Water Survival Training. Soldiers complete this training to prepare for the CWST.

+Appendix E provides detailed equipment and field specifications required for valid, record ACFT testing.

Use table introduction-1 to convert metric to standard lengths and weights in all chapters and appendixes.

**Table Introduction-1. Metric to standard conversions**

|               | <b><i>Metric</i></b> | <b><i>Standard</i></b> |
|---------------|----------------------|------------------------|
| <b>weight</b> | .4 kilograms         | 1 pound                |
|               | 2.3 kilograms        | 5 pounds               |
|               | 4.5 kilograms        | 10 pounds              |
|               | 22.6 kilograms       | 50 pounds              |

**Table introduction-1. Metric to standard conversions (*continued*)**

|               | <b><i>Metric</i></b> | <b><i>Standard</i></b> |
|---------------|----------------------|------------------------|
| <b>length</b> | 2.5 centimeters      | 1 inch                 |
|               | 12.7 centimeters     | 5 inches               |
|               | 25.4 centimeters     | 10 inches              |
|               | 127 centimeters      | 50 inches              |
|               | 30 meters            | 32 yards               |
|               | 400 meters           | 437 yards              |
|               | 731 meters           | 800 yards              |
|               | 3.2 kilometers       | 2 miles                |
|               | 4 kilometers         | 2.5 miles              |
|               | 10 kilometers        | 6.2 miles              |

## Chapter 1

# Occupational Physical Assessment Test

The Occupational Physical Assessment Test (OPAT) is a battery of four events used to assess a recruit's capabilities to engage in physically demanding Army training. As an assessment, the OPAT measures physical capacity in the three major areas of physical readiness: upper- and lower-body power, lower-body strength, and aerobic endurance. Recruits take four OPAT test events: Standing Long Jump (known as SLJ), Seated Power Throw (known as PWT), Strength Deadlift (known as SDL), and the Interval Aerobic Run (known as IAR). Recruiters can administer the Standing Long Jump, Seated Power Throw, and Strength Deadlift in any order. The Interval Aerobic Run is always the last test event.

### TEST ADMINISTRATION

1-1. The purpose of the OPAT is to certify that individual recruits and cadet candidates are physically prepared to begin training. The OPAT predicts whether Trainees or cadet candidates can safely and effectively engage in the physical training required for their military occupational specialty (MOS) school or area of concentration. Training for the OPAT improves an individual's physical and mental readiness for initial training. As a pre-training measurement, the OPAT is not appropriate for Soldiers who have more than six-month's time in service (or have taken a record ACFT). Soldiers exceeding a period of six-month time in service will be considered trained and should have passed an ACFT.

1-2. Individuals must achieve a physical demand category (known as PDC) (heavy, significant, or moderate) equal to or greater than the physical demand category required for their MOS or area of concentration prior to shipping to initial training. Individuals are authorized unlimited re-tests after an appropriate training interval. This interval depends upon the physical condition of the individual and the amount of improvement required in his or her OPAT score. Individuals should have achieved substantial improvements in OPAT performance after committing to a 30-day conditioning program that follows the OPAT improvement and Future Soldier Program (known as FSP). If the logistics of re-testing make it unfeasible to test at a later date, a Soldier can re-test on the same day. Test results are valid for up to 90 days. See appendix B for more on OPAT improvement.

1-3. All OPAT test events—Standing Long Jump, Seated Power Throw, Strength Deadlift, and the Interval Aerobic Run—must be administered on the same day. Soldiers must complete all four events within one hour. The test period is defined as the period that elapses from the start to the finish of the four events: for example, from the first trial on the Standing Long Jump to the last shuttle of the Interval Aerobic Run. Individuals are authorized to take up to five minutes to recover between events but may elect to proceed sooner with the next event if they are ready.

1-4. Graders—an event supervisor, grader, officer in charge (OIC), or noncommissioned officer in charge (NCOIC)—administer the OPAT. A minimum of two Soldiers are required to administer an OPAT: OIC, NCOIC or event supervisor, and grader. Graders record OPAT scores on DA Form 7888 (*Occupational Physical Assessment Test Scorecard*) (see paragraph 1-22). Graders maintain one scorecard for each individual. The recruiter, OIC, or NCOIC keeps the scorecard and enters scores into the Army Recruiting Information Support System (ARISS). Typically, recruiters grade and monitor the progress of individuals.

1-5. The Army physical fitness uniform (APFU), Army combat uniform (ACU), or civilian fitness attire equivalent to the APFU is permitted for wear during the OPAT. Devices or equipment that offer any potential for unfair advantage during testing are unauthorized. This includes nasal strips, weightlifting gloves, braces

for the spine or extremities, elastic bandages, or sunglasses. Electronic devices are also not authorized (electronic music players and cell phones). AR 670-1 specifies components of the APFU ensemble.

## SUPERVISION

1-6. The success of any physical fitness testing program depends on obtaining valid and accurate test results. Therefore, the OPAT must be administered to the standard in this doctrine to accurately evaluate individual potential and to control attrition from initial military training and first unit of assignment. Supervision provides for standardization in the following areas:

- Test preparation.
- Control of performance factors.
- Training of test personnel to increase awareness and enforcement of event standards.
- Test scoring.

## PREPARATION

1-7. Preparation for the OPAT is designed to secure the most accurate evaluation of personnel participating in the test. Preparatory requirements include the following:

- Selecting and training of event supervisors, graders, timers, demonstrators, and support personnel.
- Inventorying the equipment.
- Securing the test site.

## PLANNING

1-8. The OIC or NCOIC ensures that testing is consistent with regard to events, scoring, equipment, and facilities. Testing is planned to permit each individual to perform at his or her maximal level. The OIC or NCOIC ensures the following:

- Individuals are not tested when fatigued, injured, or ill.
- Individuals do not participate in fatiguing activities before taking OPAT.
- If the testing is conducted outdoors, weather and environmental conditions do not inhibit physical performance.
- DD Form 2977 (*Deliberate Risk Assessment Worksheet*) is completed and approved.

## DUTIES

1-9. OPAT personnel must be familiar with all aspects of administration of the OPAT. Their essential duties consist of supervising individuals and laying out the test area. The OIC or NCOIC are responsible for the administration of the OPAT. When test personnel required to administer the OPAT are limited, the OIC or the NCOIC may perform the duties of an event demonstrator, back-up timer, or both. Responsibilities of the OIC or NCOIC include the following:

- Completing and documenting a DD Form 2977.
- Administering the test.
- Conducting recovery upon completion of the test.
- Procuring all necessary equipment and supplies.
- Inspection and certification that OPAT test equipment (hex bars, bumper plates, etc.) meets established testing standards.
- Reserving and arranging test area.
- Training of event supervisors, graders to score and time the events, event demonstrators, and support personnel.
- Ensuring tests are properly administered and that events are explained, demonstrated, and scored according to standard.
- Documenting and reporting test results.



1-10. ^Event supervisors are responsible for administration and scoring of test events. When test personnel required to administer the OPAT are limited, the event supervisor may perform the duties of the timer. Event supervisor responsibilities include—

- Administering one or more test events.
- Ensuring necessary equipment is on hand for each event.
- Reading OPAT event instructions.
- Conducting OPAT event demonstrations.
- Supervising event scoring to standard.
- Answering questions on scoring discrepancies and informing the OIC or NCOIC.
- Enforcing test standards.
- Recording the correct number of repetitions in the raw score block on DA Form 7888.
- Recording initials in initials box on DA Form 7888.
- Receiving training, conducted by the OIC or NCOIC, to ensure scoring is to standard.
- Training demonstrators who are responsible for demonstrating the events to standard.
- Training timers and back-up timers who are responsible for timing and scoring the OPAT to standard.

1-11. Support personnel assist in preventing unsafe acts to ensure smooth execution of the OPAT. The use of support personnel depends on local policy and unit standard operating procedures. Medical support on site is not required unless specified by local policy. The OIC, the NCOIC, or both have a plan for medical support if required.

## **TEST SITE**

1-12. The OIC and NCOIC select a test site. The test events are designed to be performed indoors if necessary. The test site will meet the following requirements:

- A site free of any significant hazards.
- A briefing area for the reading of event instructions.
- A preparation area (can be same as briefing area).
- A flat, dry area for the Standing Long Jump, Seated Power Throw, Strength Deadlift, and Interval Aerobic Run.
- A flat, solid surface with measured, 20-meter running lanes with at least a 5-meter buffer on either end for a total of 30 meters.

1-13. The OIC and NCOIC use sound judgment when selecting the Interval Aerobic Run lanes. The selected test sites should be free of significant hazards such as traffic, slippery surfaces, and areas where heavy pollution is present. The straight portion of a running track may be used for the Interval Aerobic Run.

## **EQUIPMENT**

1-14. The minimum equipment requirements for each event are listed in paragraphs 1-15 through 1-18.

### **OPAT EQUIPMENT SAFETY INSPECTIONS**

Prior to executing the OPAT, the event OIC or NCOIC visually inspects all equipment for serviceability. Particular attention should be given to the hexagon bar for stress cracks and other defects, especially at welded seams on the hexagon bar frame. These defects compromise the load-bearing capability of the bar and present a potential safety hazard to the user.

## STANDING LONG JUMP

- 1-15. The requirements for Standing Long Jump are—
- 1 x 20-meter fiberglass reinforced tape measure.
  - 1 x measuring rod (polyvinyl chloride [commonly known as PVC] pipe).
  - Standing Long Jump testing mat with pre-printed distances are authorized but not required.

## SEATED POWER THROW

- 1-16. The requirements for Seated Power Throw are—
- 1 x 20-meter fiberglass reinforced tape measure (same one used for the Standing Long Jump).
  - 1 x chalk or tape restraining line.
  - 1 x 4.4-pound (2 kilogram) medicine ball, textured rubber surface, solid fill.

## STRENGTH DEADLIFT

1-17. There are many configurations of weight plates that will satisfy the Strength Deadlift. The following weight plates allow maximum flexibility relative to the bar's weight. Most bars range in weight from 40 to 60 pounds. The OIC or NCOIC must weigh the hex bar to determine the proper weight. Graders must vary weight plate configurations to achieve the highest weight an individual can lift between 120 and 220 pounds. One solution for the Strength Deadlift weight plate requirements is—

- 1 x hexagon bar (40–600 pounds).
- 2 x barbell collars.
- 2 x 45-pound bumper plates.
- 2 x 35-pound bumper plates.
- 2 x 25-pound bumper plates.
- 4 x 15-pound bumper plates.
- 4 x 10-pound bumper plates.

See table 1-1 for the plate arrangement for each Strength Deadlift.

**^Table 1-1. Plate arrangement for each Strength Deadlift weight level using a 40-50-60-pound hex bar**

| <i>Plates for 40lb Hex Bar</i>                  | <i>40lb Bar + Plates</i> | <i>Plates for 50lb Bar</i>                      | <i>50lb Bar + Plates</i> | <i>Plates for 60lb Hex Bar</i>    | <i>60lb Bar + Plates</i> | <i>Target Weights</i> |
|---|--------------------------|---|--------------------------|-----------------------------------|--------------------------|-----------------------|
| $2 \times 25 + 2 \times 15 = 80$                | $40 + 80 =$              | $2 \times 35 = 70$                              | $50 + 70 =$              | $4 \times 15 = 60$                | $60 + 60 =$              | 120                   |
| $2 \times 45 = 90$                              | $40 + 90 =$              | $2 \times 25 + 2 \times 15 = 80$                | $50 + 80 =$              | $2 \times 35 = 70$                | $60 + 70 =$              | 130                   |
| $2 \times 35 + 2 \times 15 = 100$               | $40 + 100 =$             | $2 \times 45 = 90$                              | $50 + 90 =$              | $2 \times 25 + 2 \times 15 = 80$  | $60 + 80 =$              | 140                   |
| $2 \times 25 + 2 \times 15 = 110$               | $40 + 110 =$             | $2 \times 35 + 2 \times 15 = 100$               | $50 + 100 =$             | $2 \times 45 = 90$                | $60 + 90 =$              | 150                   |
| $2 \times 35 + 2 \times 25 = 120$               | $40 + 120 =$             | $2 \times 25 + 2 \times 15 = 110$               | $50 + 110 =$             | $2 \times 35 + 2 \times 15 = 100$ | $60 + 100 =$             | 160                   |
| $2 \times 45 + 4 \times 10 = 130$               | $40 + 130 =$             | $2 \times 35 + 2 \times 25 = 120$               | $50 + 120 =$             | $2 \times 25 + 2 \times 15 = 110$ | $60 + 110 =$             | 170                   |
| $2 \times 45 + 2 \times 25 = 140$               | $40 + 140 =$             | $2 \times 45 + 4 \times 10 = 130$               | $50 + 130 =$             | $2 \times 35 + 2 \times 25 = 120$ | $60 + 120 =$             | 180                   |
| $2 \times 45 + 4 \times 15 = 150$               | $40 + 150 =$             | $2 \times 45 + 2 \times 25 = 140$               | $50 + 140 =$             | $2 \times 45 + 4 \times 10 = 130$ | $60 + 130 =$             | 190                   |
| $2 \times 45 + 2 \times 35 = 160$               | $40 + 160 =$             | $2 \times 45 + 4 \times 15 = 150$               | $50 + 150 =$             | $2 \times 45 + 2 \times 25 = 140$ | $60 + 140 =$             | 200                   |
| $2 \times 45 + 2 \times 25 + 2 \times 15 = 170$ | $40 + 170 =$             | $2 \times 45 + 2 \times 35 = 160$               | $50 + 160 =$             | $2 \times 45 + 4 \times 15 = 150$ | $60 + 150 =$             | 210                   |
| $2 \times 45 + 2 \times 35 + 2 \times 10 = 180$ | $40 + 180 =$             | $2 \times 45 + 2 \times 25 + 2 \times 15 = 170$ | $50 + 170 =$             | $2 \times 45 + 2 \times 35 = 160$ | $60 + 160 =$             | 220                   |

\* The officer in charge or noncommissioned officer in charge adjusts weight plates based on the weight of the Hex Bar – 40-50-60 pounds.

## INTERVAL AEROBIC RUN

1-18. The requirements for Interval Aerobic Run are—

- 1 x digital stop watch.
- 10 x field cones.
- 1 x loudspeaker for playback of the audio recording of OPAT Interval Aerobic Run procedures.

## TEST EVENTS

1-19. The OPAT has four events designed to test, measure, and evaluate an individual’s muscular strength, power and aerobic endurance. These events consist of the Standing Long Jump, Seated Power Throw, Strength Deadlift, and Interval Aerobic Run. Individuals may execute the first three events in any order, but they must execute the Interval Aerobic Run as the final event.

## TEST EVENT INSTRUCTIONS

1-20. Prior to the execution of the OPAT, the OIC, NCOIC or grader should conduct a dynamic warm-up to ensure individuals are adequately prepared to perform at a maximum level for each of the four OPAT events. This warm-up may include exercises from the Preparation Drill and other stability or movement drills discussed in appendix A.

1-21. Prior to or on the test day, event supervisors brief individuals on the purpose and organization of the test. Event supervisors read the instructions aloud to all individuals taking the OPAT.

You are about to take the Occupational Physical Assessment Test or OPAT. The OPAT will measure your upper- and lower-body power, lower-body strength, and aerobic capacity. The results of the OPAT will serve as a guide in determining your physical capabilities. At this time the test administrator will hand you your OPAT scorecard. You are to carry your scorecard with you to each event. Before each test event, hand your scorecard to the grader. After you complete the event, the grader will record your score, initial the card, and return it to you. Listen closely to the test instructions. Ask questions before or during the test if the instructions are not clear to you. Do your best on each event. What are your questions about the OPAT?

## SCORECARD

1-22. DA Form 7888 records demographic information and scores on all four OPAT events. The individual being tested will sign the scorecard after verifying agreement with each recorded event score. The OPAT grader will sign the card and verify the MOS qualification level. See figure 1-1 on page 1-6 for page 1 of DA Form 7888. See paragraph 1-43 for discussion and illustration of page 2 of DA Form 7888—the Interval Aerobic Run tracking sheet.

| OCCUPATIONAL PHYSICAL ASSESSMENT TEST SCORECARD                                     |   |         |                   |                |                |                  |         |         |          |     |
|---|---|---------|-------------------|----------------|----------------|------------------|---------|---------|----------|-----|
| For use of this form see ATP 7-22.01; the proponent agency is TRADOC.               |   |         |                   |                |                |                  |         |         |          |     |
| <b>PRIVACY ACT STATEMENT</b>  |   |         |                   |                |                |                  |         |         |          |     |
| <b>AUTHORITY:</b>   | 10 USC 7013, Secretary of the Army; Army Regulation 145-1, Senior Reserve Officers' Training Corps Program; Organization, Administration, and Training; Army Regulation 350-1, Army Training and Leader Development; Army Regulation 601-210, Regular Army and Reserve Components Enlistment Program; Public Law 113-66, The National Defense Authorization Act for Fiscal Year 2014.   |         |                   |                |                |                  |         |         |          |     |
| <b>PRINCIPAL PURPOSE:</b>   | The Occupational Physical Assessment Test (OPAT) evaluates the physical fitness and ability of recruits and cadet candidates to achieve the physical demand category required for entry into a given military occupational specialty or area of concentration. For additional information, see the System of Records Notice DoD 0005, Defense Training Records, <a href="https://www.federalregister.gov/documents/2020/12/28/2020-26548/privacy-act-of-1974-system-of-records">https://www.federalregister.gov/documents/2020/12/28/2020-26548/privacy-act-of-1974-system-of-records</a> . |         |                   |                |                |                  |         |         |          |     |
| <b>ROUTINE USES:</b>  | There is no specific routine uses anticipated for this form; however, it may be subject to a number of proper and necessary routine uses identified in the system of records notice(s) specified in the purpose statement above.  |         |                   |                |                |                  |         |         |          |     |
| <b>DISCLOSURE:</b>  | Disclosure of PII is voluntary. However, failure to provide identifying information to the recruiter or OPAT grader will disqualify a recruit from enlistment or a cadet from acceptance into the Reserve Officer Training Corps.   |         |                   |                |                |                  |         |         |          |     |
| <b>RECRUIT/SOLDIER</b>  |   |         |                   |                |                |                  |         |         |          |     |
| ID #:   | NAME: (Last, First, Middle Initial)   |         |                   | UNIT/LOCATION: |                |                  |         |         |          |     |
| 12673091  | MURRAY, THOMAS R.   |         |                   | 23AZ347        |                |                  |         |         |          |     |
| DATE: (YYYYMMDD)  | GENDER:   | AGE:    |                   |                |                |                  |         |         |          |     |
| 20210618  | MALE  | 22      |                   |                |                |                  |         |         |          |     |
| <b>TEST EVENTS</b>  |   |         |                   |                |                |                  |         |         |          |     |
| STANDING LONG JUMP: Distance to closest 10cm (circle highest score)                 |   |         |                   |                |                |                  |         |         |          |     |
| TRIAL 1   | 163   | CM      | TRIAL 2           | 158            | CM             | TRIAL 3          | 182     | CM      | INITIALS | WJM |
| SEATED POWER THROW: Distance to closest 10cm (circle highest score)                 |   |         |                   |                |                |                  |         |         |          |     |
| TRIAL 1   | 401   | CM      | TRIAL 2           | 481            | CM             | TRIAL 3          | 455     | CM      | INITIALS | WJM |
| STRENGTH DEADLIFT: Circle the highest weight successfully lifted for 3 repetitions. |   |         |                   |                |                |                  |         |         |          |     |
| WARM-UP / FORM CHECK WEIGHT: No more than 100 lbs.                                  | 120 lbs   | 140 lbs | 160 lbs           | 180 lbs        | 190 lbs        | 200 lbs          | 210 lbs | 220 lbs | INITIALS | WJM |
| INTERVAL AEROBIC RUN: Record Level and Shuttle completed.                           |   |         |                   |                |                |                  |         |         |          |     |
| LEVEL #:  | SHUTTLE #:  |         | TOTAL # SHUTTLES: |                | INITIALS       |                  |         |         |          |     |
| 7   | 4   |         | 55                |                | WJM            |                  |         |         |          |     |
| SIGNATURE OF RECRUIT/SOLDIER  |   |         |                   |                |                | DATE: (YYYYMMDD) |         |         |          |     |
| Thomas R. Murray  |   |         |                   |                |                | 20210618         |         |         |          |     |
| <b>PRINCIPAL GRADER</b>   |   |         |                   |                |                |                  |         |         |          |     |
| PRINTED NAME: (Last, First, MI)   |   |         | GRADE/RANK        |                | UNIT/LOCATION: |                  |         |         |          |     |
| Morrow, William J.  |   |         | SSG / E6          |                | 1-503          |                  |         |         |          |     |
| SIGNATURE:  |   |         | DATE: (YYYYMMDD)  |                |                |                  |         |         |          |     |
| William J. Morrow   |   |         | 20210618          |                |                |                  |         |         |          |     |
| COMMENTS:   |   |         |                   |                |                |                  |         |         |          |     |
| This was Murray's second OPAT attempt.  |   |         |                   |                |                |                  |         |         |          |     |

+Figure 1-1. Sample OPAT scorecard, DA Form 7888, page 1

## GRADING STANDARDS

1-23. Individuals are graded against established standards for each of the four OPAT test events and scored according to the weight, distance, or number of intervals required to pass each test event. Scores are categorized at three levels from highest to lowest: heavy (black), significant (gray) and moderate (gold). To receive a qualifying score at each category level, individuals must follow proper testing protocols and meet required distances and/or quantities for each test event.

## STANDING LONG JUMP

1-24. Figure 1-2 and figure 1-3 illustrate the Standing Long Jump.



**Figure 1-2. Standing Long Jump**



**Figure 1-3. Proper technique to execute the Standing Long Jump**

1-25. ^The Standing Long Jump is a forward jump for maximal distance measured in centimeters. Figure 1-2 and figure 1-3 illustrate a breakdown of the event as an individual executes it:

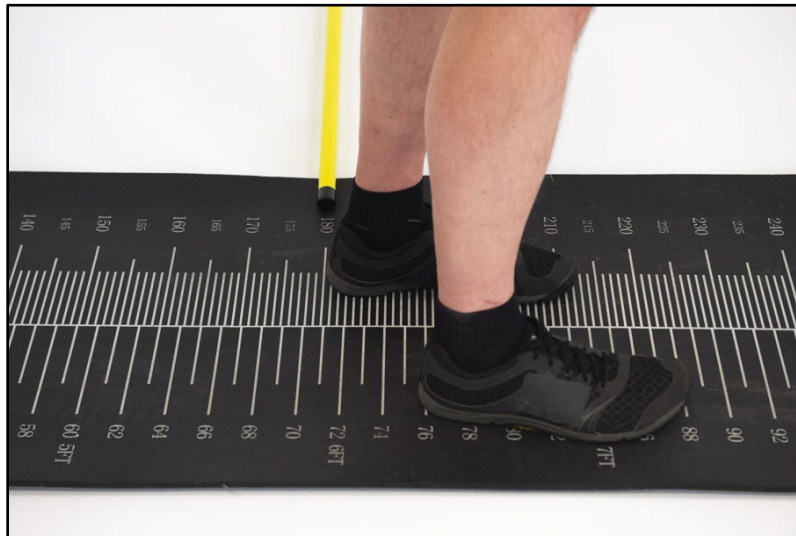
- The starting position is standing behind the take-off line.
- The individual may perform counter movements prior to the jump—crouching, swinging the arms, and rocking from heels to toes, but the feet cannot leave the ground.
- The individual jumps as far forward as possible.
- After landing, the individual's feet must not move. The event grader measures the jump from the take-off line to the back of the rear-most foot. If the individual steps backwards before regaining control, the grader measure the jump to the back of the rear-most foot.
- The individual may perform two practice jumps followed by three maximum effort, record jumps.
- The event grader records the three record jumps and circles the longest jump.

1-26. If the individual falls forward or backwards after landing during the record attempts, he or she will repeat the jump. See figure 1-4 on page 1-8.



**Figure 1-4. Falling backwards during the Standing Long Jump**

1-27. The jump is measured and recorded to the nearest centimeter (see figure 1-5). DA Pam 611-21 lists the standards by MOS bracket. See also table 1-2.



**Figure 1-5. Standing Long Jump measurement taken from the rear-most foot**

**Table 1-2. Standing Long Jump bracket standards**

| <b><i>Black</i></b> | <b><i>Gray</i></b> | <b><i>Gold</i></b> |
|---------------------|--------------------|--------------------|
| 160 cm              | 140 cm             | 120 cm             |
| Cm      centimeter  |                    |                    |

1-28. The event supervisor reads the OPAT instructions prior to the start of the Standing Long Jump event.

### Standing Long Jump

The purpose of the Standing Long Jump is to assess lower-body power. You will stand behind the take-off line with your feet parallel and shoulder-width apart. You will jump as far as possible with a two-foot take-off and landing. You are allowed to rock on your toes and heels, but your feet cannot leave the ground before the jump. The jump begins by moving both arms forward and backward (arm counter-movements) while bending at the knees and hips. Do not move your feet after landing. After landing if you move your feet you may be asked to repeat the jump. If you fall backwards or forwards, you will repeat the jump. You may perform two sub-maximal practice jumps followed by three maximum effort jumps. The jump is scored to the nearest centimeter from the heel closest to the take-off line. Watch this demonstration. What are your questions about the Standing Long Jump?

### SEATED POWER THROW

1-29. Figure 1-6 and figure 1-7 illustrate the Seated Power Throw. Figure 1-8 illustrates improper position.

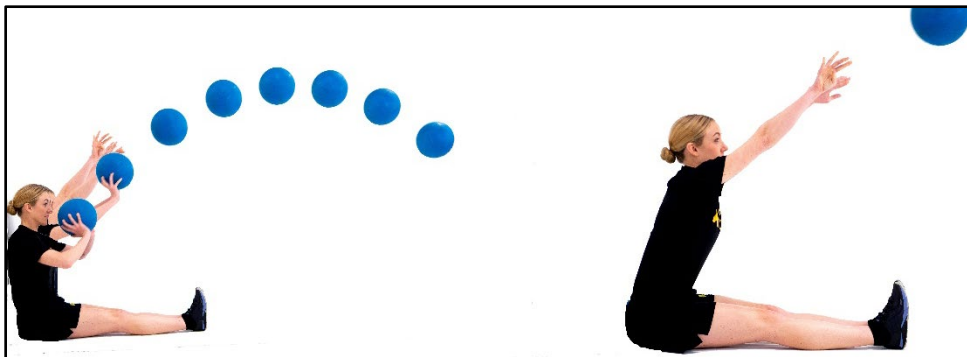


Figure 1-6. Seated Power Throw



Figure 1-7. Proper hand position for the Seated Power Throw



Figure 1-8. Improper hand position for the Seated Power Throw



1-30. The Seated Power Throw is a forward throw from a seated position that is measured in centimeters. An individual will conduct the event using the following breakdown:

- The starting position for the Seated Power Throw is the sitting position with legs on the ground straight out in front and feet behind the restraining line.
- From the starting position, holding the ball in both hands in front of the chest, the individual will push the ball up and away from the chest to throw it as far as possible.
- The individual may lean backwards and forwards during the throw to increase distance.
- The individual will be offered two practice throws.
- After the practice throws, the individual will perform three maximal effort throws.

1-31. The Seated Power Throw is measured and recorded to the nearest ten (10) centimeters from the restraining line to where the ball first contacts the ground. In figure 1-9, the measurement would be 4.00 meters or 400 centimeters.



**Figure 1-9. Measuring the mid-point of where the ball first contacts the ground**

1-32. DA Pam 611-21 and table 1-3 lists the MOS bracket standards for the Seated Power Throw.

**Table 1-3. Seated Power Throw bracket standards**

| <i>Black</i>                       | <i>Gray</i> | <i>Gold</i> |
|------------------------------------|-------------|-------------|
| 450 cm                             | 400 cm      | 350 cm      |
| cm                      centimeter |             |             |

1-33. The event supervisor reads the instructions prior to the start of the Seated Power Throw event.

### Seated Power Throw

The purpose of the Seated Power Throw is to assess upper-body power. During the test, you will sit on the floor with your legs extended straight out in front of you resting on the ground. Your heels will be behind the restraining line. You will hold the medicine ball with two hands. On the command, “GO,” bring the medicine ball to your chest with your elbows comfortably at your sides. You will pause briefly, then push-throw the medicine ball upwards and away from you at a 45-degree angle. To maximize the distance of the throw, you may lean backwards and forwards at the waist and follow through by flexing your wrists. Do not throw the medicine ball like shooting a basketball. The distance of your throw will be measured from the restraining line to the spot the ball lands. You will be offered two practice throws. After the practice throws, you will perform three maximal effort throws. The throw is measured to the nearest ten centimeters from the wall to where the ball contacts the ground. Watch this demonstration. What are your questions about the Seated Power Throw?

### STRENGTH DEADLIFT

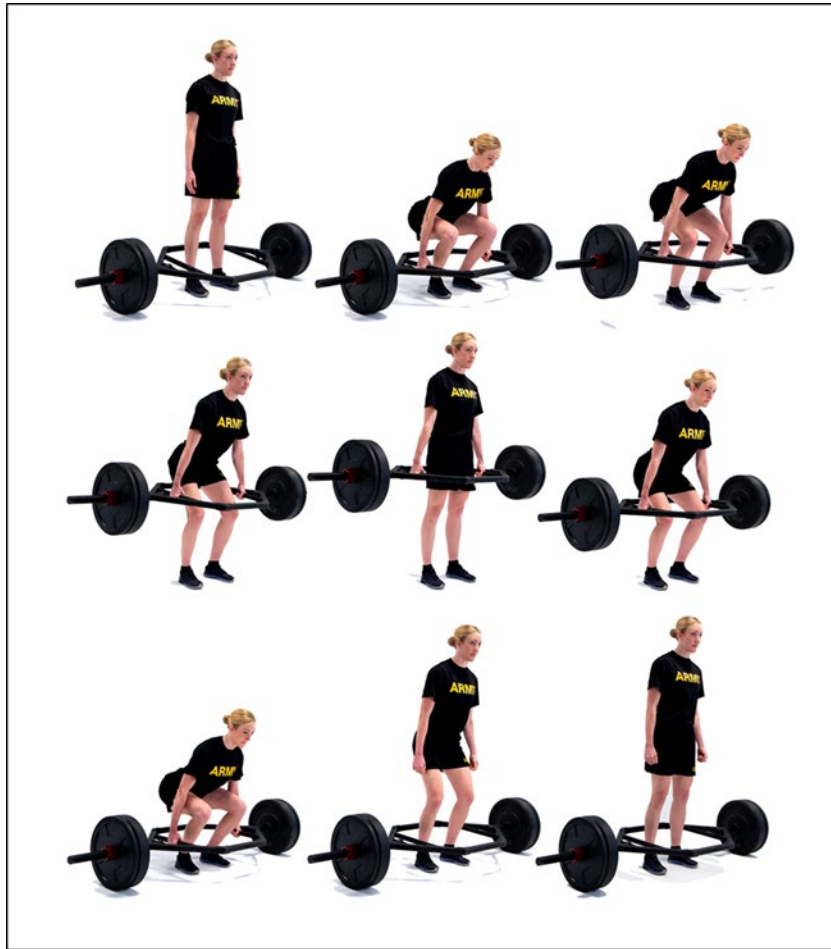
1-34. Figure 1-10 and figure 1-11 on page 1-12 illustrate the Strength Deadlift.



**Figure 1-10. Strength Deadlift**

1-35. The Strength Deadlift is a three-repetition lift. Individuals perform two practice lifts prior to the record lifts to validate lifting technique. After the practice lifts, individuals will have up to two record attempts. They will choose any weight up to 220 pounds for the first record attempt. Graders will adjust weights on the hex bar in 10-pound increments so individuals can achieve a 3-repetition maximum lift. Individuals can move up or down in weight after the first record attempt to test at a higher weight or record a successful attempt. If a grader stops an attempt for reasons described in paragraph 1-36, individuals may attempt the same weight or move down in weight. An individual will conduct the event using the following procedures:

- The starting position is the Straddle Stance inside the hex bar with arms at the side.
- When told to begin, the individual will reach down to grasp the bar at its center with each hand, bending at the hips and knees and making sure the knees stay in line with the feet.
- The individual will keep the spine straight and grasp the bar with arms fully extended—elbows straight.
- On the command, “READY, LIFT,” the individual will lift the bar from the ground by straightening the knees and hips in a slow, smooth, continuous movement.
- After reaching the standing position with knees, hips and trunk straight, the individual will be given the command, “DOWN.” He or she will lower the bar to the ground in a controlled manner until the weights touch the ground.
- The individual will repeat these steps two more times to complete a successful record attempt.



**Figure 1-11. Proper technique to execute the Strength Deadlift**

1-36. If the individual selects a weight that is too high, demonstrates poor lifting form, or has pain or discomfort, the event grader will stop the lift. Poor lifting form includes the following:

- Rounding of the spine.
- Knees collapsing inwards.
- Failure to reach the standing position.
- Failure to touch the weights down on the ground.
- Uncontrolled movement, tilting of the hex bar or dropping the weights (see figure 1-12).



**Figure 1-12. Tilting of the hex bar**

1-37. DA Pam 611-21 and table 1-4 lists the MOS bracket standards for the Strength Deadlift.

**Table 1-4. Strength Deadlift bracket standards**

| <i>Black</i> | <i>Gray</i> | <i>Gold</i> |
|--------------|-------------|-------------|
| 160 pounds   | 140 pounds  | 120 pounds  |

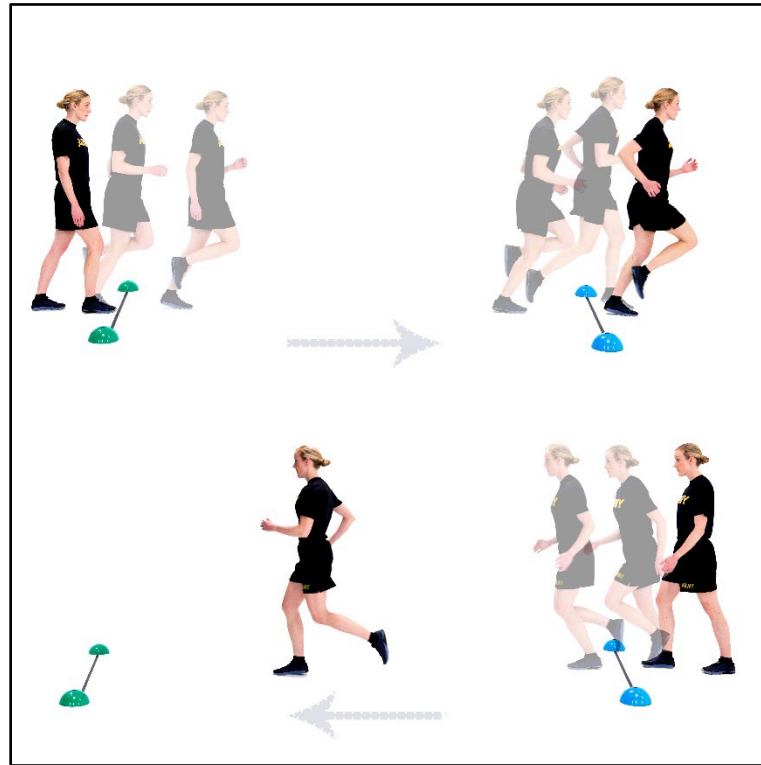
1-38. The event supervisor will read the OPAT instructions prior to the start of the Strength Deadlift event.

### **Strength Deadlift**

The purpose of the Strength Deadlift is to assess lower-body strength. Beginning with an unloaded bar or a loaded bar with less than 40 pounds. You will squat down, grasp the bar and complete a set of 2 practice deadlifts. These “check” lifts will be used to check for proper lifting form. After completing the check lifts, you will execute one record attempt at a weight of your choosing from 120 to 220 pounds. You will begin the record attempt by standing inside the bar with your feet about shoulder-width apart. Make sure your knees are in line with your toes, bend at the hips and knees, and grasp the bar with your arms at your sides and fully extended—elbows straight. On the command, “READY, LIFT,” lift the bar straight up by extending your knees and hips in a slow, smooth, and continuous movement. When you are standing with your hips and knees fully extended, you will be given the command, “DOWN.” You will lower the bar to the ground in a controlled manner. The weight plates must touch the ground. You will repeat this movement two more times for a three-repetition deadlift. If you show poor lifting technique or if you exhibit any pain or discomfort, the grader will direct you to put the bar down and stop performing the lift. You will be offered a short rest (not to exceed 1 minute) before re-attempting the same or lower weight. If you fail to complete that second attempt you will be given a chance to complete a second record attempt at a lower weight. If you are successful on the first attempt, you will be allowed a second attempt a heavier weight to increase your score. Watch this demonstration. What are your questions about the Strength Deadlift?

## **INTERVAL AEROBIC RUN**

1-39. Figure 1-13 illustrates the Interval Aerobic Run.



**Figure 1-13. Interval Aerobic Run**

1-40. The Interval Aerobic Run is the final event in the OPAT. An individual will conduct the event using the following instructions:

- The starting position is standing behind the start line.
- The test starts with a 5-second countdown ending with three beeps.
- On the third beep, the individual jogs slowly toward the opposite 20-meter line touching the line with one foot shortly before or at the same time as the next beep.
- If the individual reaches the 20-meter line before the next beep, he or she must cross the line, turn, and wait for the next beep.
- At the next beep, the individual runs to the opposite 20-meter line. He or she continues running back and forth; intervals between beeps get progressively shorter requiring the individual to run faster.
- If the individual fails to reach the line before the next beep, he or she must continue running to and touching that line before turning to run to the opposite line before the next beep.
- If the individual fails to reach the 20-meter line for two consecutive shuttles (beeps), but is successful on the third, his or her failures will be reset to zero.
- If the individual fails to reach the 20-meter line for three consecutive shuttles (beeps), he or she will be told to stop.

1-41. DA Pam 611-21 and table 1-5 lists the MOS bracket standards for the Interval Aerobic Run.

**Table 1-5. Interval Aerobic Run bracket standards**

| <b>Black</b>            | <b>Gray</b>             | <b>Gold</b>             |
|-------------------------|-------------------------|-------------------------|
| Level 6-2 (43 shuttles) | Level 5-8 (40 shuttles) | Level 5-4 (36 shuttles) |

1-42. The event supervisor reads the OPAT instructions prior to the start of the Interval Aerobic Run event.

### Interval Aerobic Run Instructions

The purpose of the Interval Aerobic Run is to assess aerobic capacity. This test involves running between two designated points that are 20 meters apart. The running pace is set by beeps at specific intervals. As the test progresses, the time between beeps gets shorter, requiring you to run faster. You will stand behind the starting line facing the second line 20 meters away. The test starts with a five-second countdown ending with three beeps. On the third beep you will slowly jog towards the opposite 20-meter line. You should touch the opposite line shortly before the next beep. If you arrive early, continue across the line, turn around, and wait for the next beep. After about one minute, the speed will increase to the next level as indicated by a beep-beep-beep. The time between beeps will now be closer together and you must run slightly faster. If you do not touch the line before the beep, you will be given a warning (example: "WARNING NUMBER 1," "WARNING NUMBER 2"). If you receive a warning, you must keep running and touch the line, turn, and reach the next line before the next beep. If you fail to touch the 20-meter line for three consecutive shuttles, you will be told to stop. If you fail to reach the line for one or two consecutive shuttles, and then successfully reach the line on the third shuttle, the count for warnings will return to zero. This is a continuous running test. You may not stop or rest at any point. Watch this demonstration. What are your questions about the Interval Aerobic Run?

1-43. ^Event graders use page 2 of DA Form 7888 for this event. (See figure 1-14 on page 1-16.) Instructions to event graders for properly tracking and scoring an individual's Interval Aerobic Run:

- Starting with Level 1, Shuttle 1 (1-1) mark a P (pass) in the box each time the individual reaches the line prior to the beep.
- Complete the first row, then move to row 2, then 3 and so on.
- Mark an F (fail) in each box when the individual fails to reach the 20-meter line prior to the beep.
- Ensure that if an individual fails to make the next line prior to the beep that they continue running to that line before turning to run to the next line; you cannot skip a shuttle.
- Stop the event when the individual quits or fails to reach the 20-meter for three consecutive shuttles.
- Record the Level and Shuttle and the total number of shuttles for the *last successful* shuttle on the front of the scorecard (see figure 1-1 on page 1-7).
- The total number of shuttles is the number on the right of each box.

1-44. ^In figure 1-14 on page 1-17, the last P (successful shuttle) is at Level 7, Shuttle 4. The score is 7-4 for a total of 55 shuttles.

- The shuttle failures (Fs) in the fifth and sixth rows do not impact the score. The individual was able to catch up.
- The three Fs that follow the last P do not count and are not included in the final score. The individual was not able to catch up to the beeps.
- In this example the last successful shuttle = 7-4, Level 7, Shuttle 4 for a total of 55 shuttles.

|         |    | Shuttle # |      |      |      |      |      |      |      |      |      |     |     |     |     |
|---------|----|-----------|------|------|------|------|------|------|------|------|------|-----|-----|-----|-----|
|         |    | 1         | 2    | 3    | 4    | 5    | 6    | 7    | 8    | 9    | 10   | 11  | 12  | 13  | 14  |
| Level # | 1  | P 1       | P 2  | P 3  | P 4  | P 5  | P 6  | P 7  |      |      |      |     |     |     |     |
|         | 2  | P 8       | P 9  | P 10 | P 11 | P 12 | P 13 | P 14 | P 15 |      |      |     |     |     |     |
|         | 3  | P 16      | P 17 | P 18 | P 19 | P 20 | P 21 | P 22 | P 23 |      |      |     |     |     |     |
|         | 4  | P 24      | P 25 | P 26 | P 27 | P 28 | P 29 | P 30 | P 31 | P 32 |      |     |     |     |     |
|         | 5  | P 33      | P 34 | F 35 | P 36 | P 37 | P 38 | F 39 | F 40 | P 41 |      |     |     |     |     |
|         | 6  | P 42      | P 43 | F 44 | F 45 | P 46 | P 47 | P 48 | P 49 | F 50 | P 51 |     |     |     |     |
|         | 7  | P 52      | P 53 | P 54 | P 55 | F 56 | F 57 | F 58 | 59   | 60   | 61   |     |     |     |     |
|         | 8  | 62        | 63   | 64   | 65   | 66   | 67   | 68   | 69   | 70   | 71   | 72  |     |     |     |
|         | 9  | 73        | 74   | 75   | 76   | 77   | 78   | 79   | 80   | 81   | 82   | 83  |     |     |     |
|         | 10 | 84        | 85   | 86   | 87   | 88   | 89   | 90   | 91   | 92   | 93   | 94  |     |     |     |
|         | 11 | 95        | 96   | 97   | 98   | 99   | 100  | 101  | 102  | 103  | 104  | 105 | 106 |     |     |
|         | 12 | 107       | 108  | 109  | 110  | 111  | 112  | 113  | 114  | 115  | 116  | 117 | 118 |     |     |
|         | 13 | 119       | 120  | 121  | 122  | 123  | 124  | 125  | 126  | 127  | 128  | 129 | 130 | 131 |     |
|         | 14 | 132       | 133  | 134  | 135  | 136  | 137  | 138  | 139  | 140  | 141  | 142 | 143 | 144 |     |
|         | 15 | 145       | 146  | 147  | 148  | 149  | 150  | 151  | 152  | 153  | 154  | 155 | 155 | 157 |     |
|         | 16 | 158       | 159  | 160  | 161  | 162  | 163  | 164  | 165  | 166  | 167  | 168 | 169 | 170 | 171 |
|         | 17 | 172       | 173  | 174  | 175  | 176  | 177  | 178  | 179  | 180  | 181  | 182 | 183 | 184 | 185 |

Instructions for completing the Interval Aerobic Run (IAR) tracking sheet:

- The starting position is the runner standing behind the take-off line. The test begins with a 5-second countdown and three beeps.
- At the conclusion of the three beeps, the runner moves toward the opposite 20-meter line; the goal is to reach the 20-meter line shortly before next beep. The runner must touch on or over the line on each shuttle.
- If the runner reaches the 20-meter line shortly before or on the beep, the runner must touch a foot on or over the line, turn and run to the opposite line.
- If the runner reaches the 20-meter line before the next beep, the runner must cross the line, turn and wait for the next beep.
- As this back and forth shuttle pattern continues, time intervals for each level decrease, causing the runner to run faster to complete the 20-meters.
- If the runner fails to reach the line before the beep, the runner must continue running to the line, touch on or over the line before turning to run the next line.
- Starting with Level 1, Shuttle 1 (1-1) mark a P (pass) in the box each time the runner reaches the line prior to the beep.
- Mark an F (fail) in each box for every shuttle when the runner fails to reach a 20-meter line prior to the beep.
- Complete row 1 (Level 1), then row 2 (Level 2), then 3 (Level 3) and so on.
- There is no penalty for failing one shuttle. There is no penalty for failing two consecutive shuttles if the runner can "catch up" and reach the third 20-meter shuttle line before the beep; if the runner is successful on the third, the shuttle failure count is reset. If the runner fails to make the 20-meter line before the beep, the runner must continue running to that line and touch on or over the line before turning to start the next shuttle.
- The IAR test is terminated when the runner:
  - (1) stops running,
  - (2) turns to start another shuttle before reaching the 20-meter line, or
  - (3) fails to reach the 20-meter line for three consecutive shuttles.
- On the front of the DA Form 7888, record the Level (from 1 to 17 in the left column) and Shuttle (from 1 to 14 along the top row) and total number of shuttles (from the "box" with the last successful shuttle / "P") - example: Level 7 - Shuttle 4 = 55 total shuttles.

Figure 1-14. Sample Interval Aerobic Run tracking sheet, DA Form 7888, page 2

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## Chapter 2

# ^Army Combat Fitness Test

^This chapter directs the testing instructions, protocols and standards for the six events of the ACFT and the testing instructions, protocols and standards for the four alternate aerobic endurance test events available to Soldiers on permanent profile. ACFT protocols and standards are important for the safety of the Soldier and the readiness of the Army. Soldiers and graders must know the testing protocols and standards to successfully pass the ACFT.

### ADMINISTRATION

2-1. Paragraphs 2-2 through 2-26 discuss the proper administration of the ACFT. They include supervising the ACFT, preparing the training site, developing qualified graders, and selecting and inspecting the equipment required to execute the ACFT. All aspects of ACFT administration are a unit commander's responsibility. The Army Combat Fitness Test website at <https://www.army.mil/acft/> provides detailed descriptions and instructional videos for each testing event. Video demonstration drills by name are available at [https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect\\_date=5%2F1%2F2020&search\\_terms=CIMT](https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect_date=5%2F1%2F2020&search_terms=CIMT)—the Central Army Registry website. (Copy and paste this address after accessing the Central Army Registry website if the demonstrations do not populate.)

### ^SUPERVISION

2-2. ^The ACFT consists of six test events: the 3 Repetition Maximum Deadlift (known as MDL), the Standing Power Throw (known as SPT), the Hand-Release Push-Up (known as HRP), the Sprint-Drag-Carry (known as SDC), the Plank (known as PLK) and the 2-Mile Run (known as 2MR).

2-3. ^The ACFT aims to accurately reflect baseline Soldier physical readiness linked to warrior tasks and battle drills (known as WTBD) and Common Soldier Tasks (CSTs). Soldier baseline readiness is the ability to meet the physical demands of any combat or duty position in order to accomplish the mission. The ACFT predicts a Soldier's ability to perform warrior tasks and high demand CSTs. The test events have a high correlation with these physically demanding tasks. The ACFT assesses all components of physical readiness required to build movement lethality—muscular strength, muscular endurance, aerobic endurance, explosive power, and anaerobic endurance as well as speed, agility, flexibility, balance, and coordination.

2-4. ^An ACFT-focused training program incorporates all aspects of fitness, including mental toughness. Just as Soldiers have to carefully manage energy output across different moments in combat, so too will Soldiers have to plan their pacing strategies to avoid under-performing on one of the later events in the ACFT. For example, Soldiers who are accustomed to relatively fast run times on the Army Physical Fitness Test (known as APFT) will have to think and train differently to match these times on the ACFT.

2-5. ^The ACFT tests a Soldier's ability to move while fatigued—his or her ability to maintain concentration and sustain movement effectiveness. Soldiers unaccustomed to intense levels of physical exertion for extended durations will be more likely to fatigue and perform at a suboptimal level during later ACFT events.

2-6. ^The success of any physical fitness testing program depends on obtaining valid and accurate test results. Therefore, leaders must administer the ACFT to standard to accurately evaluate individual Soldier

and unit physical readiness. Supervision of the ACFT is necessary to ensure the objectives of the physical fitness program are met. Proper supervision provides for standardization in the following:

- (Preparing Soldiers to test) Test preparation.
- (Managing the testing site) Control of testing environment.
- Training of test personnel to increase awareness and enforcement of event standards.
- Administering and scoring the Test.

## **^PREPARATION**

2-7. ^Preparation for the ACFT enables leaders to provide the most accurate evaluation of personnel participating in the test. Preparatory requirements include:

- Selecting and training the OICs or NCOICs, graders, timers, and support personnel.
- Conducting equipment inventory and inspection.
- Securing a proper test site.

## **^PLANNING**

2-8. ^Support personnel assist in preventing unsafe acts to ensure smooth operation of the ACFT. The use of support personnel depends on local policy and unit standard operating procedures. Medical support on site is not required unless specified by local policy. The OIC or NCOIC will have a plan for medical support (if required).

2-9. ^The commander ensures that testing is consistent with regard to events, scoring, uniform, equipment, and facilities. The commander schedules testing to enable Soldiers to perform at their maximal level. Planning for the ACFT should ensure the following:

- Soldiers have been properly trained for the events using physical training programs described in FM 7-22 and ATP 7-22.02.
- Soldiers have been briefed before the test and know the proper procedures and standards for the test events.
- Soldiers are not tested when fatigued, ill, or on temporary profile for a physically limiting condition.
- Soldiers do not participate in fatiguing duties before taking the test.
- Weather and environmental conditions do not degrade or adversely affect physical performance.
- Uniform is appropriate for weather and environmental conditions.
- DD Form 2977 is completed and approved.

## **^DUTIES**

2-10. ^ACFT personnel must be familiar with all aspects of the administration of the ACFT. These personnel supervise Soldiers and manage the testing site. Each test will have an OIC or NCOIC and one grader for every four Soldiers tested. Individual Soldiers are not authorized to self-administer the ACFT for record test purposes.

2-11. The OIC and NCOIC are responsible for administering the ACFT. During the week prior to test day, the OIC or NCOIC briefs Soldiers on the purpose, organization, and protocols of the test. The OIC or NCOIC posts the ACFT testing manual for Soldiers to review. The OIC or NCOIC explains test administration, to include demonstrating test event execution and answering questions about administrative procedures. They

remind Soldiers about scorecard management, scoring standards, and testing sequence. Responsibilities include—

- Administering and conducting the test.
- Managing the 2-hour time clock.
- Procuring and inspecting all testing equipment and supplies.
- Arranging and laying out test area.
- Training and validating graders and support personnel.
- Ensuring test events are administered in accordance with this doctrine and scored to standard.
- Reporting test results in the Digital Training Management System (also known as DTMS).

2-12. ^Each lane will have a grader. Event graders are responsible for scoring events to standard. The graders count the number of repetitions out loud, time events, measure distances, and correct event performances. When Soldiers complete an ACFT event, the grader records the number of correct repetitions to standard, distances, or times on the DA Form 705-TEST (*Army Combat Fitness Test Scorecard*) and initials the scorecard. After entering the Soldier's 2-Mile Run time on the DA Form 705-TEST, the grader converts the raw scores for all the events into point scores for each event, enters the total on the DA Form 705-TEST, and initials each event. The grader confirms the scores with the tested Soldier who signs the DA Form 705-TEST to confirm the scores are accurate. The grader then returns all signed test forms to the OIC or NCOIC. The grader's responsibilities include—

- Receiving training conducted by the OIC or NCOIC.
- Administering one or more test events.
- Ensuring necessary equipment is on hand and serviceable for each lane.
- Scoring events to standard.
- Controlling two adjacent lanes during the Standing Power Throw and Sprint-Drag-Carry to ensure Soldier and grader safety and eliminating interference between lanes.
- Measuring the Standing Power Throw distance. The grader also confirms correct foot and hand touch at the 25-meter turn line during the Sprint-Drag-Carry.
- Recording the correct number of repetitions, distances, weight, and times in the raw score block on DA Form 705-TEST.
- Addressing and resolving questions on scoring discrepancies and informing the OIC or NCOIC.
- Recording initials and signatures on DA Form 705-TEST.

2-13. ^The OIC supervises the ACFT and the NCOIC manages the test, to include keeping a running clock. An individual grader test each Soldier on the MDL, HRP and PLK. On the SPT and SDC, two graders will work together to measure distance and time. When testing individual Soldiers or a small group, if the OIC or NCOIC has only one grader available, the OIC or NCOIC may serve as the second grader. For example, the OIC will time the Hand-Release Push-Up, Sprint-Drag-Carry, Plank, and 2-Mile Run; score the Standing Power Throw; and observe the 25-meter line in the Sprint-Drag-Carry.

2-14. ^When OICs, NCOICs, or graders time events, they use the event-specific timing standards as covered in paragraphs 2-36 through 2-123.

## **^TEST SITE**

2-15. Each unit has a designated ACFT test site and a designated ACFT grader team. A 16-lane site provides the capacity to test 64 Soldiers (4 Soldiers per lane) every 120 minutes or less.

2-16. ^The OIC or NCOIC selects an outdoor grass or artificial turf test site that is flat and free of debris. The test site includes the start and finish point for the 2-Mile Run. A test site has the following:

- An area of approximately 37 meters by 40-50 meters for up to 16 lanes for field-based events. One lane is 25 meters long and 2.5 to 3.0 meters wide.
- Each lane requires approximately 4.0 meters for the sled turn-around and approximately 8.0 meters for staging equipment and running through the finish.
- A site free of any significant hazards.

- An area to conduct Preparation Drills, Recovery Drills, and the 3 Repetition Maximum Deadlift.

2-17. The surface used for the Sprint-Drag-Carry may be standard or modified. Other surfaces are restricted:

- Standard: Sprint-Drag-Carry may be performed on properly maintained grass or artificial turf with a standard 90-pound nylon sled. When the surface does not meet the standard definition, it will be classified as modified.
- Modified: Sprint-Drag-Carry may be performed on wood (for example a gym floor), packed dirt (for example a baseball infield or parade field), vinyl, or smooth concrete (for example a motor pool or hangar bay) with 180-pounds on the nylon sled. The sled weight will be adjusted by the ACFT OIC or NCOIC during set-up when a modified surface is used.
- Restricted: Sprint-Drag-Carry will not be performed on unimproved dirt or gravel surfaces, rubberized track or gym floors, ice, or snow.

2-18. Standard surfaces are preferred. All surfaces must be level. When environmental conditions prohibit outdoor testing, Soldiers may use an indoor surface for the Sprint-Drag-Carry. Indoor Sprint-Drag-Carry lanes must have enough space on either end of the 25-meter lane for Soldiers to turn or sprint across the finish line. No other adjustments to Sprint-Drag-Carry standards and scoring are authorized.

2-19. The OIC or NCOIC must use sound judgment when selecting the Sprint-Drag-Carry surface and the site of the 2-Mile Run. When environmental conditions prohibit outdoor testing, Soldiers may use an indoor track for the 2-Mile Run. There is no requirement to survey running courses. Selected test sites should be free of significant hazards such as traffic, slippery road surfaces, and areas where heavy air pollution is present. A generally flat, measured running course has a solid, improved surface that is not more than 3-percent uphill grade and no overall decline (start and finish must be at the same altitude).

## ^EQUIPMENT

### ACFT EQUIPMENT SAFETY INSPECTIONS

Prior to executing the ACFT, all equipment should be visibly inspected for serviceability by the event OIC or NCOIC. Particular attention should be given to the hexagon bar for stress cracks at all welded seams, torn fabric or stitching on the nylon sled or pull strap, and loose connections on pull-up bars. Defects may compromise the load bearing capability of equipment and present a potential safety hazard to the user.

2-20. Specifications for ACFT equipment are described in Appendix E. Paragraphs 2-21 through 2-26 detail the minimum equipment requirements for a single lane and a 16-lane set for the ACFT.

## ^3 REPETITION MAXIMUM DEADLIFT

2-21. Table 2-1 illustrates arrangement for a 3 Repetition Maximum Deadlift:

- Single lane:
  - 1 x hexagon bar weighing 60 pounds.
  - 2 x barbell collars.
- To equip a single lane with the minimum weight (the 120-pound lane):
  - 1 x hexagon bar weighing 60 pounds.
  - 4 x 15-pound bumper plates.
- To equip a single lane with the maximum weight (the 340-pound lane):
  - 1 x hexagon bar weighing 60 pounds.
  - 4 x 45-pound bumper plates.
  - 2 x 35-pound bumper plates.
  - 4 x 15-pound bumper plates.

- To equip 16 lanes for the Maximum Deadlift using the plate arrangement in table 2-1 requires approximately 4,000 pounds:
  - 42 x 45-pound bumper plates.
  - 24 x 35-pound bumper plates.
  - 22 x 25-pound bumper plates.
  - 22 x 15-pound bumper plates.
  - 10 x 10-pound bumper plates.

Units are encouraged to purchase 36 5-pound bumper or cast iron plates to make changing weights easier and safer.

**^Table 2-1. Standard plate arrangement for 16 lanes**

| <b>Plates (lb)*</b>   | <b>Plates + Hex Bar (lb)</b> | <b>Weight Level (lb)</b> |
|---|------------------------------|--------------------------|
| 4 x 15 = 60   | 60 + 60 =                    | 120                      |
| 2 x 35 = 70   | 70 + 60 =                    | 130                      |
| 2 x 25 + 2 x 15   | 80 + 60 =                    | 140                      |
| 2 x 45 = 90   | 90 + 60 =                    | 150                      |
| 4 x 25 = 100  | 100 + 60 =                   | 160                      |
| 2 x 45 + 2 x 10 = 110   | 110 + 60 =                   | 170                      |
| 4 x 25 + 2 x 10 = 120   | 120 + 60 =                   | 180                      |
| 2 x 35 + 4 x 15 = 130   | 130 + 60 =                   | 190                      |
| 2 x 45 + 2 x 25 = 140   | 140 + 60 =                   | 200                      |
| 2 x 35 + 2 x 25 + 2 x 15 = 150  | 150 + 60 =                   | 210                      |
| 2 x 45 + 2 x 35 = 160   | 160 + 60 =                   | 220                      |
| 2 x 45 + 2 x 25 + 2 x 15 = 170  | 170 + 60 =                   | 230                      |
| 4 x 45 = 180  | 180 + 60 =                   | 240                      |
| 2 x 45 + 2 x 35 + 2 x 15 = 190  | 190 + 60 =                   | 250                      |
| 2 x 45 + 2 x 35 + 4 x 10 = 200  | 200 + 60 =                   | 260                      |
| 4 x 45 + 2 x 15 = 210   | 210 + 60 =                   | 270                      |
| 4 x 35 + 2 x 25 + 2 x 15 = 220  | 220 + 60 =                   | 280                      |
| 4 x 45 + 2 x 25 = 230   | 230 + 60 =                   | 290                      |
| 4 x 35 + 4 x 25 = 240   | 240 + 60 =                   | 300                      |
| 4 x 45 + 2 x 35 = 250   | 250 + 60 =                   | 310                      |
| 4 x 45 + 2 x 25 + 2 x 15 = 260  | 260 + 60 =                   | 320                      |
| 4 x 45 + 2 x 35 + 2 x 10 = 270  | 270 + 60 =                   | 330                      |
| 4 x 45 + 2 x 35 + 2 x 15 = 280  | 280 + 60 =                   | 340                      |
| *plate arrangement will change if the weight of the hex bar does not weigh 60 lb. |                              |                          |
| lb    pound   |                              |                          |

*Note: Accessory equipment such as chalk, powder, weight/lifting belts or wrist straps are not authorized.*

## STANDING POWER THROW

2-22. The Standing Power Throw consists of—

- Single Lane:
  - 1 x 10-pound medicine ball.

- 1 x 25-meter measuring tape (also used for Sprint-Drag-Carry).
- 1 x measuring stick.
- 12 x field cones (also used for Sprint-Drag-Carry) placed at the start line, finish line, and 5-meter points in each lane.
- 1 x hand towel.
- 16-Lane set:
  - 16 x 10-pound medicine balls.
  - 8 x 25-meter measuring tapes (also used for Sprint-Drag-Carry) placed between 2 lanes.
  - 8 x measuring sticks.
  - 110 x field cones (also used for Sprint-Drag-Carry).
  - 16 x hand towels.

### **^HAND-RELEASE PUSH-UP**

2-23. The Hand-Release Push-Up consists of—

- Single Lane:
  - 2 x stopwatches used by the OIC or NCOIC and back-up timer (also used for Sprint-Drag-Carry, Plank, and 2-Mile Run).
- 16-Lane set:
  - 2 x stopwatches used by the OIC or NCOIC and back-up timer (also used for Sprint-Drag-Carry, Plank, and 2-Mile Run); time for the Hand-Release Push-Up is controlled by the OIC or NCOIC for all lanes.
  - Foam or rubber mats are optional. Reference para 2-88 for guidance.

### **SPRINT-DRAG-CARRY**

2-24. The Sprint-Drag-Carry consists of—

- Single Lane:
  - 1 x nylon sled and pull strap.
  - 2 x 45-pound bumper plates (4 x 45-pound bumper plates for a modified surface).
  - 2 x 40-pound kettlebells.
  - 2 x stopwatches used by the OIC or NCOIC and by the lane grader.
- 16-Lane set:
  - 16 x nylon sleds and pull straps.
  - 32 x 45-pound bumper plates.
  - 32 x 40-pound kettlebells.
  - 17 x stopwatches used by the OIC or NCOIC and by the lane graders.

### **+PLANK**

2-25. The Plank consists of —

- Single lane:
  - 1 x stopwatch.
  - Foam or rubber mats are optional. Reference paragraph 2-88 for guidance.
- 16 Lane set:
  - 16 x stopwatch used by the graders.
  - Foam or rubber mats are optional. Reference paragraph 2-88 for guidance.

## 2-MILE RUN

2-26. The 2-Mile Run consists of —

- 2 to 17 x stopwatches (one for the OIC or NCOIC and one for each grader).

## INSTRUCTIONS

2-27. ^Before completing the Preparation Drill, event supervisors read the instructions aloud to all Soldiers taking the ACFT.

You are about to take the Army Combat Fitness Test or ACFT, a test that will measure your upper- and lower-body muscular endurance, muscular strength, aerobic endurance, anaerobic endurance, and explosive power. The results of this test will give you and your commanders an indication of your state of physical readiness and will act as a guide in determining your physical training needs. After selecting a lane with your preferred weight for the 3 Repetition Maximum Deadlift event, you will be assigned to a different lane for the next four events. You will rest and recover while other Soldiers complete their turns. After the last Soldier completes the Plank event, there will be a 10-minute recovery period for all tested Soldiers before the start of the 2-Mile Run. Do the best you can on each of the events.

2-28. The OIC or NCOIC hands out one DA Form 705-TEST to each Soldier at this time. The OIC or NCOIC instructs the Soldiers to fill in the appropriate spaces with the required personal data. Event supervisors read the instructions aloud to all Soldiers taking the ACFT.

In the appropriate spaces, print in ink the personal information required on the scorecard.

2-29. The OIC or NCOIC gives Soldiers time to complete the required information. Next, the OIC or NCOIC explains procedures for scorecard use during testing. Event supervisors read the instructions aloud to all Soldiers taking the ACFT.

You are to carry this card with you to the first event, the Maximum Deadlift, and give it to the grader. The Maximum Deadlift grader will record your Maximum Deadlift weight and return the card to you to take to the Standing Power Throw lane grader. The Standing Power Throw lane grader will maintain control of the card for the duration of the ACFT. The grader will record your raw score and scaled score, initial the card, and return it to you after completing the ACFT. You must sign the scorecard before departing the test area acknowledging your raw scores are correct.

2-30. To maintain control, encourage cohesion, and improve awareness of event standards, the OIC or NCOIC or the event supervisors conclude with the following statement.

You will continue to observe the ACFT test area and follow instructions from the OIC or NCOIC throughout the test. During the events, you may conduct your choice of preparation activities. During the test you may observe all events and offer appropriate verbal motivation to Soldiers testing. It is your responsibility to complete proper preparation and know the event standards prior to taking the ACFT. What are your questions about the event standards?

## SCORECARD AND SCORING SCALE

2-31. In order to pass the ACFT, Soldiers must attain a score of at least 60 points on each event and an overall score of at least 360 points. The maximum score a Soldier can attain on the ACFT is 600 points. There is no extended scoring scale.

2-32. ^The grader records ACFT results on the DA Form 705-TEST (see figures 2-1 and 2-2 below). The ACFT is performance normed for age and gender. To convert raw scores to scaled scores, refer to the ACFT event score conversion tables posted to the Army Combat Fitness Test website at <https://www.army.mil/acft>.

2-33. Soldiers who fail to achieve the minimum passing score on any event are considered test failures. Soldiers must not start the test if they are ill, injured, or on a temporary profile that limits them physically. By starting the test, Soldiers acknowledge they are ready to test and that they understand the test standards. If a Soldier becomes ill or injured during the ACFT and fails to achieve the minimum passing score, he or she is considered a test failure.

2-34. ^The DA Form 705-TEST DA Form will be used to record demographic information and scores on all events for a tested individual. Height and weight information is not required for a valid scorecard or ACFT. The Soldier will also sign the scorecard verifying the event raw scores are correct. The Digital Training Management System (known as DTMS) is the system of record to document ACFT results. See FM 7-0 for details on the Digital Training Management System available at <https://dtms.army.mil/>.



| ARMY COMBAT FITNESS TEST SCORECARD  |   |  |  | FOR OFFICIAL USE ONLY  |  |  |  |  |
|---|---|--|--|--|--|--|--|--|
| NOTE: To convert raw scores to scaled scores, refer to the ACFT event score conversion tables posted to the Army Combat Fitness Test website at <a href="https://www.army.mil/acft">https://www.army.mil/acft</a> .<br>Body Composition Testing will NOT be conducted on the same day as the ACFT. To avoid illness and injury, height and weight should be recorded at least 7 days before or at least 7 days after the ACFT when feasible.  |   |  |  | NAME (Last, First, MI)<br><b>HENNING, GEORGE A.</b>  |  |  |  |  |
| PRINCIPAL PURPOSE: The Army Combat Fitness Test (ACFT) assesses a Soldier's combat fitness capability. Fitness test standards are adjusted for age and gender. For additional information, see the System of Records Notice 0006, Defense Training Records. <a href="https://www.federalregister.gov/documents/2020/12/28/2020-26548/defense-training-records-system-of-records">https://www.federalregister.gov/documents/2020/12/28/2020-26548/defense-training-records-system-of-records</a> |   |  |  | GENDER <input checked="" type="checkbox"/> MALE <input type="checkbox"/> FEMALE  |  |  |  |  |
| DISCLOSURE: Voluntary. However, failure to provide identifying information may prevent ability to remain in the military.   |   |  |  | UNIT/LOCATION<br><b>A/1-503 IN</b>   |  |  |  |  |
| PRIVACY ACT STATEMENT   |   |  |  |  |  |  |  |  |
| AUTHORITY: 10 USC 7013, Department of the Army; 10 USC 671, Members not to be assigned outside United States before completing training; 10 USC 14503, Discharge of officers with less than six years of commissioned service or found not qualified for promotion to first lieutenant or lieutenant (junior grade); Army Regulation 350-1, Army Training and Leader Development.   |   |  |  |  |  |  |  |  |
| ROUTINE USES: There is no specific routine uses anticipated for this form; however, it may be subject to a number of proper and necessary routine uses identified in the system of records notice(s) specified in the purpose statement above.  |   |  |  |  |  |  |  |  |
| TEST ONE  |   |  |  | TEST TWO   |  |  |  |  |
| DATE (YYYYMMDD)<br><b>20220511</b>  | MOS<br><b>11C</b>   | PAY GRADE<br><b>E5</b>   | AGE<br><b>25</b>   | DATE (YYYYMMDD)<br><b>20221014</b>   | MOS<br><b>11C</b>  | PAY GRADE<br><b>E5</b>   | AGE<br><b>26</b>   |  |
| BODY COMPOSITION DATE:  |   |  |  | BODY COMPOSITION DATE:   |  |  |  |  |
| HEIGHT (inches)<br><b>70</b>  | WEIGHT<br><b>171 lbs.</b>   | <input checked="" type="checkbox"/> GO <input type="checkbox"/> NOGO         | BODY FAT<br><b>20 %</b>  | <input checked="" type="checkbox"/> GO <input type="checkbox"/> NOGO   | HEIGHT (inches)<br><b>70</b>   | WEIGHT<br><b>174 lbs.</b>  | <input checked="" type="checkbox"/> GO <input type="checkbox"/> NOGO             |  |
| 3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))   |   |  |  | 3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))  |  |  |  |  |
| 1ST ATTEMPT<br><input type="checkbox"/> <b>160</b>  | 2ND ATTEMPT<br><input checked="" type="checkbox"/> <b>220</b>     | POINTS<br><b>74</b>  | GRADER INITIALS<br><small>GREEN, JAVAN<br/>ETL, MARK E.<br/>24037889</small> | 1ST ATTEMPT<br><input type="checkbox"/> <b>180</b>   | 2ND ATTEMPT<br><input checked="" type="checkbox"/> <b>240</b>        | POINTS<br><b>78</b>  | GRADER INITIALS<br><small>GREEN, JAVAN<br/>ETL, MARK E.<br/>24037889</small>     |  |
| STANDING POWER THROW (distance thrown - check longest (meters - centimeters))   |   |  |  | STANDING POWER THROW (distance thrown - check longest (meters - centimeters))  |  |  |  |  |
| 1ST THROW<br><input type="checkbox"/> <b>6.8</b>  | 2ND THROW<br><input checked="" type="checkbox"/> <b>7.4</b>       | POINTS<br><b>67</b>  | GRADER INITIALS<br><small>GREEN, JAVAN<br/>ETL, MARK E.<br/>24037889</small> | 1ST THROW<br><input type="checkbox"/> <b>7.1</b>   | 2ND THROW<br><input checked="" type="checkbox"/> <b>8.0</b>          | POINTS<br><b>70</b>  | GRADER INITIALS<br><small>GREEN, JAVAN<br/>ETL, MARK E.<br/>24037889</small>     |  |
| HAND-RELEASE PUSH-UP (number of correctly performed repetitions)  |   |  |  | HAND-RELEASE PUSH-UP (number of correctly performed repetitions)   |  |  |  |  |
| REPETITIONS<br><b>27</b>  | POINTS<br><b>68</b>   | GRADER INITIALS<br><small>GREEN, JAVAN<br/>ETL, MARK E.<br/>24037889</small> |  | REPETITIONS<br><b>32</b>   | POINTS<br><b>72</b>  | GRADER INITIALS<br><small>GREEN, JAVAN<br/>ETL, MARK E.<br/>24037889</small> |  |  |
| SPRINT - DRAG - CARRY (overall event time (minutes - seconds))  |   |  |  | SPRINT - DRAG - CARRY (overall event time (minutes - seconds))   |  |  |  |  |
| TIME<br><b>2:35</b>   | POINTS<br><b>64</b>   | GRADER INITIALS<br><small>GREEN, JAVAN<br/>ETL, MARK E.<br/>24037889</small> |  | TIME<br><b>2:10</b>  | POINTS<br><b>70</b>  | GRADER INITIALS<br><small>GREEN, JAVAN<br/>ETL, MARK E.<br/>24037889</small> |  |  |
| PLANK (maintain proper straight line position (minutes - seconds))  |   |  |  | PLANK (maintain proper straight line position (minutes - seconds))   |  |  |  |  |
| TIME<br><b>2:09</b>   | POINTS<br><b>60</b>   | GRADER INITIALS<br><small>GREEN, JAVAN<br/>ETL, MARK E.<br/>24037889</small> |  | TIME<br><b>2:58</b>  | POINTS<br><b>90</b>  | GRADER INITIALS<br><small>GREEN, JAVAN<br/>ETL, MARK E.<br/>24037889</small> |  |  |
| 2 - MILE RUN (overall event time (minutes - seconds))   |   |  |  | 2 - MILE RUN (overall event time (minutes - seconds))  |  |  |  |  |
| TIME<br><b>20:15</b>  | POINTS<br><b>61</b>   | GRADER INITIALS<br><small>GREEN, JAVAN<br/>ETL, MARK E.<br/>24037889</small> |  | TIME<br><b>19:04</b>   | POINTS<br><b>64</b>  | GRADER INITIALS<br><small>GREEN, JAVAN<br/>ETL, MARK E.<br/>24037889</small> |  |  |
| 5K ROW / 1K SWIM / 12K BIKE / 2.5M WALK (circle or use the drop-down list) (overall time to reach required distance (minutes - seconds))  |   |  |  | 5K ROW / 1K SWIM / 12K BIKE / 2.5M WALK (circle or use the drop-down list) (overall time to reach required distance (minutes - seconds)) |  |  |  |  |
| <b>n/a</b>  | TIME<br><input type="checkbox"/> GO <input type="checkbox"/> NOGO | POINTS (60/0)<br><b>n/a</b>  | GRADER INITIALS<br><b>n/a</b>  | <b>n/a</b>   | TIME<br><input type="checkbox"/> GO <input type="checkbox"/> NOGO    | POINTS (60/0)<br><b>n/a</b>  | GRADER INITIALS<br><b>n/a</b>  |  |
| SOLDIER SIGNATURE<br><small>HENNING, GEO<br/>REG, ARKON 11<br/>1803789</small>  |   |  |  | DATE<br><b>20220511</b>  | TOTAL POINTS<br><b>394</b>   |  | SOLDIER SIGNATURE<br><small>HENNING, GEO<br/>REG, ARKON 11<br/>1803789</small>   |  |
| OIC/NCOIC NAME (Last, First, MI)<br><b>BAKER, JOHN A.</b>   |   |  |  | PAY GRADE<br><b>E7</b>   | <input checked="" type="checkbox"/> GO <input type="checkbox"/> NOGO | OIC/NCOIC NAME (Last, First, MI)<br><b>BROWN, LAURAM.</b>                    |  |  |
| OIC/NCOIC SIGNATURE<br><small>BAKER, JOHN<br/>ALEXANDER, J.<br/>12355628</small>  |   |  |  | DATE<br><b>20220511</b>  | DATE<br><b>20221014</b>  |  | OIC/NCOIC SIGNATURE<br><small>BROWN, LAUR<br/>AMICHELLE, J.<br/>25523889</small> |  |

^Figure 2-1. Sample ACFT scorecard (DA Form 705-TEST) front

| ARMY COMBAT FITNESS TEST SCORECARD  |  |  |   | FOR OFFICIAL USE ONLY  |  |  |   |
|---|--|--|---|--|--|--|---|
| For use of this form, see ATP 7-22.01, the proponent agency is TRADOC.  |  |  |   | NAME (Last, First, MI)<br><b>HENNING, GEORGE A.</b>  |  |  |   |
| NOTE: To convert raw scores to scaled scores, refer to the ACFT event score conversion tables posted to the Army Combat Fitness Test website at <a href="https://www.army.mil/acft">https://www.army.mil/acft</a> .   |  |  |   | GENDER <input checked="" type="checkbox"/> MALE <input type="checkbox"/> FEMALE  |  |  |   |
| Body Composition Testing will NOT be conducted on the same day as the ACFT. To avoid illness and injury, height and weight should be recorded at least 7 days before or at least 7 days after the ACFT when feasible.   |  |  |   | UNIT/LOCATION<br><b>A/1-503 IN</b>   |  |  |   |
| PRIVACY ACT STATEMENT   |  |  |   |  |  |  |   |
| AUTHORITY: 10 USC 7013, Department of the Army, 10 USC 671. Members not to be assigned outside United States before completing training; 10 USC 14503. Discharge of officers with less than six years of commissioned service or found not qualified for promotion to first lieutenant or lieutenant (junior grade); Army Regulation 350-1, Army Training and Leader Development.   |  |  |   |  |  |  |   |
| PRINCIPAL PURPOSE: The Army Combat Fitness Test (ACFT) assesses a Soldier's combat fitness capability. Fitness test standards are adjusted for age and gender. For additional information, see the System of Records Notice 0005, Defense Training Records, <a href="https://www.federalregister.gov/documents/2020/12/28/2020-20548/privacy-act-of-1974-system-of-records">https://www.federalregister.gov/documents/2020/12/28/2020-20548/privacy-act-of-1974-system-of-records</a> . |  |  |   |  |  |  |   |
| ROUTINE USES: There is no specific routine uses anticipated for this form; however, it may be subject to a number of proper and necessary routine uses identified in the system of records notice(s) specified in the purpose statement above.  |  |  |   |  |  |  |   |
| DISCLOSURE: Voluntary. However, failure to provide identifying information may prevent ability to remain in the military.   |  |  |   |  |  |  |   |
| TEST THREE  |  |  |   | TEST FOUR  |  |  |   |
| DATE (YYYYMMDD)<br><b>20230511</b>  | MOS<br><b>11C</b>  | PAY GRADE<br><b>E5</b>   | AGE<br><b>26</b>  | DATE (YYYYMMDD)<br><b>20231014</b>   | MOS<br><b>11C</b>  | PAY GRADE<br><b>E6</b>   | AGE<br><b>27</b>  |
| BODY COMPOSITION DATE:  |  |  |   | BODY COMPOSITION DATE:   |  |  |   |
| HEIGHT (inches)<br><b>70</b>  | WEIGHT<br><b>171</b> lbs. <input checked="" type="checkbox"/> GO <input type="checkbox"/> NOGO | BODY FAT<br><b>17</b> % <input checked="" type="checkbox"/> GO <input type="checkbox"/> NOGO |   | HEIGHT (inches)<br><b>70</b>   | WEIGHT<br><b>173</b> lbs. <input checked="" type="checkbox"/> GO <input type="checkbox"/> NOGO | BODY FAT<br><b>19</b> % <input checked="" type="checkbox"/> GO <input type="checkbox"/> NOGO |   |
| 3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))   |  |  |   | 3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))  |  |  |   |
| 1ST ATTEMPT<br><input checked="" type="checkbox"/> <b>270</b>   | 2ND ATTEMPT<br><input type="checkbox"/> <b>220</b>   | POINTS<br><b>86</b>  | GRADER INITIALS<br><small>GREEN LEARN (E7E, NAME 1, 24577889)</small> | 1ST ATTEMPT<br><input type="checkbox"/> <b>180</b>   | 2ND ATTEMPT<br><input checked="" type="checkbox"/> <b>240</b>                                  | POINTS<br><b>79</b>  | GRADER INITIALS<br><small>GREEN LEARN (E7E, NAME 1, 24577889)</small> |
| STANDING POWER THROW (distance thrown - check longest (meters ; centimeters))   |  |  |   | STANDING POWER THROW (distance thrown - check longest (meters ; centimeters))  |  |  |   |
| 1ST THROW<br><input type="checkbox"/> <b>7.0</b>  | 2ND THROW<br><input checked="" type="checkbox"/> <b>7.7</b>                                    | POINTS<br><b>64</b>  | GRADER INITIALS<br><small>GREEN LEARN (E7E, NAME 1, 24577889)</small> | 1ST THROW<br><input type="checkbox"/> <b>7.1</b>   | 2ND THROW<br><input checked="" type="checkbox"/> <b>8.0</b>                                    | POINTS<br><b>64</b>  | GRADER INITIALS<br><small>GREEN LEARN (E7E, NAME 1, 24577889)</small> |
| HAND-RELEASE PUSH-UP (number of correctly performed repetitions)  |  |  |   | HAND-RELEASE PUSH-UP (number of correctly performed repetitions)   |  |  |   |
| REPETITIONS<br><b>39</b>  | POINTS<br><b>83</b>  | GRADER INITIALS<br><small>GREEN LEARN (E7E, NAME 1, 24577889)</small>                        |   | REPETITIONS<br><b>33</b>   | POINTS<br><b>78</b>  | GRADER INITIALS<br><small>GREEN LEARN (E7E, NAME 1, 24577889)</small>                        |   |
| SPRINT - DRAG - CARRY (overall event time (minutes ; seconds))  |  |  |   | SPRINT - DRAG - CARRY (overall event time (minutes ; seconds))   |  |  |   |
| TIME<br><b>2:13</b>   | POINTS<br><b>65</b>  | GRADER INITIALS<br><small>GREEN LEARN (E7E, NAME 1, 24577889)</small>                        |   | TIME<br><b>2:01</b>  | POINTS<br><b>74</b>  | GRADER INITIALS<br><small>GREEN LEARN (E7E, NAME 1, 24577889)</small>                        |   |
| PLANK (maintain proper straight line position (minutes ; seconds))  |  |  |   | PLANK (maintain proper straight line position (minutes ; seconds))   |  |  |   |
| TIME<br><b>3:09</b>   | POINTS<br><b>92</b>  | GRADER INITIALS<br><small>GREEN LEARN (E7E, NAME 1, 24577889)</small>                        |   | TIME<br><b>2:58</b>  | POINTS<br><b>90</b>  | GRADER INITIALS<br><small>GREEN LEARN (E7E, NAME 1, 24577889)</small>                        |   |
| 2 - MILE RUN (overall event time (minutes ; seconds))   |  |  |   | 2 - MILE RUN (overall event time (minutes ; seconds))  |  |  |   |
| TIME<br><b>17:15</b>  | POINTS<br><b>79</b>  | GRADER INITIALS<br><small>GREEN LEARN (E7E, NAME 1, 24577889)</small>                        |   | TIME<br><b>n/a</b>   | POINTS<br><b>n/a</b>   | GRADER INITIALS<br><small>GREEN LEARN (E7E, NAME 1, 24577889)</small>                        |   |
| SK ROW / 1K SWIM / 12K BIKE / 2.5M WALK (circle or use the drop down list) (overall time to reach required distance (minutes ; seconds))  |  |  |   | SK ROW / 1K SWIM / 12K BIKE / 2.5M WALK (circle or use the drop down list) (overall time to reach required distance (minutes ; seconds)) |  |  |   |
| SK ROW / 1K SWIM / 12K BIKE / 2.5M WALK<br><b>n/a</b>   | TIME<br><input type="checkbox"/> GO <input type="checkbox"/> NOGO                              | POINTS (60/0)<br><b>n/a</b>  | GRADER INITIALS<br><b>n/a</b>   | SK ROW / 1K SWIM / 12K BIKE / 2.5M WALK<br><b>n/a</b>  | TIME<br><input checked="" type="checkbox"/> GO <input type="checkbox"/> NOGO                   | POINTS (60/0)<br><b>60</b>   | GRADER INITIALS<br><small>GREEN LEARN (E7E, NAME 1, 24577889)</small> |
| SOLDIER SIGNATURE<br><b>BAKER, JOHN A.</b>  | DATE<br><b>20230511</b>  | TOTAL POINTS<br><b>469</b>   |   | SOLDIER SIGNATURE<br><b>BROWN, LAURA M.</b>  | DATE<br><b>20231014</b>  | TOTAL POINTS<br><b>449</b>   |   |
| OIC/NCOIC NAME (Last, First, MI)<br><b>BAKER, JOHN A.</b>   | PAY GRADE<br><b>E7</b>   | <input checked="" type="checkbox"/> GO <input type="checkbox"/> NOGO                         |   | OIC/NCOIC NAME (Last, First, MI)<br><b>BROWN, LAURA M.</b>   | PAY GRADE<br><b>E6</b>   | <input checked="" type="checkbox"/> GO <input type="checkbox"/> NOGO                         |   |
| OIC/NCOIC SIGNATURE<br><small>BAKER, JOHN A. (E7E, NAME 1, 12345678)</small>  | DATE<br><b>20230511</b>  |  |   | OIC/NCOIC SIGNATURE<br><small>BROWN, LAURA M. (E6E, NAME 1, 24577889)</small>  | DATE<br><b>20231014</b>  |  |   |

▲Figure 2-2. Sample ACFT scorecard (DA Form 705-TEST) back

## ACFT EVENTS

2-35. The following section outlines the tasks, conditions, and standards to properly execute all six events in the ACFT. The protocols and instructions in paragraphs 2-36 through 2-95 provide the test OIC or NCOIC and graders the proper format to successfully execute the ACFT to standard.

## ▲PROTOCOLS AND STANDARDS

2-36. Soldiers complete the six events of the ACFT in order on the same day during a test period not to exceed 120 minutes to include Preparation Drill and 3 Repetition Maximum Deadlift preparation. This time limit applies to all ACFT scenarios, to include permanent profile Soldiers as well as Soldiers testing individually or in pairs. The 2 hour test period is the time that elapses from the start of the Preparation Drill to the start of the 2-Mile Run (from the first Bend and Reach to the start of the 2-Mile Run or the alternate aerobic test events).

2-37. Paragraphs 2-38 through 2-93 outline the protocols and performance standards to properly execute the six-event ACFT. These paragraphs include illustrations and instructions to perform each event as a visual guide to both graders and test takers to ensure all Soldiers follow standardized procedures when administering or taking the ACFT. The Central Army Registry website provides video demonstration drills by name at [https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect\\_date=5%2F1%2F2020&search\\_terms=CIMT](https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect_date=5%2F1%2F2020&search_terms=CIMT). (Copy and paste this address after accessing the Central Army Registry website if the demonstrations do not populate.) The Army Combat Fitness Test website at <https://www.army.mil/acft/> provides detailed descriptions and instructional videos for each testing event.

2-38. The 2-hour running clock begins at the start of the Preparation Drill and ends at the start of the 2-Mile Run. The test period should not exceed two hours (120 minutes) to include the Preparation Drill and 3 Repetition Maximum Deadlift warm-up. The test OIC will inform the unit commander if the time standard has not been met.

2-39. The only authorized grip for the 3 Repetition Maximum Deadlift and the “Carry” sequence of the Sprint-Drag-Carry is the closed grip. The closed grip requires that Soldiers wrap their thumb around the bar in the opposite direction of the fingers.

2-40. Soldiers must attempt all six events. They cannot stop if they fail an event prior to completing all the events. This ensures best effort and gives commanders an opportunity to redirect training and build tenacity.

2-41. Starting with the Standing Power Throw test event, Soldiers rotate as groups of four (also known as a stack) through each lane. Fewer than four Soldiers per lane is authorized; however, the OIC or NCOIC should move Soldiers to create as many groups of four Soldiers as possible. Each event will have a common start, directed by the OIC or NCOIC. Once every Soldier in the formation has completed the event, the next event starts. The first five test events proceed in this fashion. After the Plank—there is a programmed rest of 10 minutes.

2-42. Except for 10 minutes to recover after the Plank, there is no programmed rest between events nor a required amount of rest per Soldier. The exception is when one or two Soldiers are being tested. In those cases, 5 minutes of rest are programmed between the first five events. After the Plank event, there is a programmed rest 10 minutes before starting the 2-mile Run

2-43. There are no test event re-starts. Incorrectly performed repetitions are not counted. The grader records and initials the correctly completed number of repetitions, distances, and times. Soldiers sign their scorecards before leaving the test site, acknowledging that they concur with the scores recorded by their grader. The OIC or NCOIC resolve questions within the 120-minute time limit for execution of the ACFT. Video recording of the test for training purposes is permitted, but the OIC or NCOIC will not use the video to adjudicate event scores. A video cannot substitute for direct observation by a properly trained grader.

2-44. Soldiers can only wear prescribed APFU components during the ACFT. Any piece of clothing not prescribed as a component of the APFU is not permitted for wear during the ACFT. Neither are devices or equipment that offer any potential for unfair advantage during testing. Soldiers cannot wear the following items: nasal strips, back braces, elastic bandages, kinesiology tape, or limb braces. Biometric measuring devices such as watches, heart rate monitors, step counters, and fitness trackers are permitted. The wearing and carrying of other electronic devices is not permitted. These include electronic music players and cell phones. AR 670-1 specifies the components of the APFU. To protect the hands, Soldiers may use gloves that conform to AR 670-1 for any event and at any time of year in any climate.

2-45. The Preparation Drill is a dynamic warm-up that properly prepares the body for more intense activity such as the ACFT. The 2-hour running clock begins with the start of the Preparation Drill. The principal instructor for the Preparation Drill will not be one of the Soldiers who is about to be tested. Soldiers who are about to take the ACFT will conduct the exercises in the Preparation Drill to at their own pace in order to avoid undue fatigue. See appendix A for more information on Preparation Drills. After completing the Preparation Drill and the Maximum Deadlift warm-up, the first event (the Maximum Deadlift) will begin. Upon completion of all ACFT events, Soldiers will conduct the Recovery Drill as either a collective or individual activity. See Appendix C for more on Recovery Drills.

### **^3 REPETITION MAXIMUM DEADLIFT**

2-46. The 3 Repetition Maximum Deadlift measures lower body muscular strength required to safely and effectively lift heavy loads from the ground. For example, the Maximum Deadlift is a strong predictor of a Soldier’s ability to lift and carry a casualty on a litter and to lift and move personnel and equipment. This test event requires well-conditioned back and leg muscles that assist Soldiers in load carriage and in avoiding injuries to the upper and lower back.

2-47. The 3 Repetition Maximum Deadlift (also known as MDL) is the first ACFT event. A 10-minute warm-up for the Maximum Deadlift event should follow the warm-up listed below. Soldiers should know their goal weight for the test and should have lifted that weight in training. They should be confident that they can lift

their goal weight while maintaining energy for the subsequent ACFT events. The recommended Maximum Deadlift preparation sets are—

- 8–10 repetitions at 25 percent goal weight or with empty bar (rest 2 minutes).
- 6 repetitions at 40 percent goal weight (rest 3 minutes).
- 4 repetitions at 50 percent goal weight (rest 4 minutes or until Maximum Deadlift event starts).
- Optional: 1 repetition at 80 percent goal weight (rest until Maximum Deadlift event starts).

2-48. After completing the 10-minute Maximum Deadlift warm-up, Soldiers arrange themselves in a stack behind the weight they intend to lift. To even the distribution of Soldiers in each lane (the NCOIC should try to have 5-6 Soldiers per MDL lane), graders can change the weights on the Maximum Deadlift bars or move Soldiers to other lanes IOT evenly distribute Soldiers across all MDL lanes. Once the Soldiers are aligned in their stacks

- NCOIC gives the command “GET READY” and the first Soldier in each stack assumes the ready position standing in front of the hexagon bar.
- Once all Soldiers are in the ready position, the NCOIC, gives the command “GRADERS READY.”
- After a visual signal from the graders that they are, the NCOIC gives the command, “THE MAXIMUM DEADLIFT STARTS NOW.”
- Each Grader gives the Soldier the command, “GET SET,” and the Soldier assumes the start position by stepping inside the hexagon bar. The Grader gives the command “GO” to start an attempt. (see 2-55 below)
- The Soldier is allowed two attempts of the Maximum Deadlift.
- Graders record each attempt and circle the maximum weight successfully lifted on the DA Form 705-TEST.
- After completing the Maximum Deadlift, Soldiers are directed by the OIC or NCOIC to a lane for the Standing Power Throw.
- After Soldier 1 completes the MDL, each Grader gives the command “NEXT SOLDIER MOVE FORWARD” and repeats the MDL testing procedures until all Soldiers have completed the event.

### **3 REPETITION MAXIMUM DEADLIFT TESTING STANDARDS**

2-49. Figure 2-3 and figure 2-4 illustrate the 3 Repetition Maximum Deadlift.





**Figure 2-3. Maximum Deadlift**



**Figure 2-4. Proper technique to execute the Maximum Deadlift**

2-50. A successful Maximum Deadlift attempt is three continuous repetitions to standard. An “attempt” is any set of MDL repetitions.

2-51. A Maximum Deadlift repetition consists of three parts: preparatory phase, upward movement, and downward movement:

- Preparatory phase: on the command, “GET SET,” the Soldier steps inside the hex bar, feet shoulder width apart, and locates the mid-point of the hex bar handles. The Soldier bends at the knees and hips, reaches down, and grasps the center of the handles using a closed grip. Arms are fully extended, back is flat, head aligns with the spine or is slightly extended, and heels are in contact with the ground. Each repetition begins from this position.
- Upward movement phase: on the command, “GO,” the Soldier lifts the bar by straightening the hips and knees in order to reach the Straddle Stance. The hips should not rise before or above the shoulders. The back should remain straight—not rounded out or flexed. The feet remain in the same position. The Soldier and the weight must remain balanced and controlled throughout the movement.
- Downward movement phase: after reaching the Straddle Stance position, the Soldier lowers the bar back to the ground under control while maintaining a straight back. The bar must be placed on the ground and not dropped. The weight plates must touch the ground to complete a repetition.

2-52. If the Soldier makes an unsafe movement on the first repetition, the grader informs the Soldier of the error and tells the Soldier to stop. This is a safety stop. After being told of the error, he or she is allowed to resume the attempt from the beginning. The Grader uses a safety stop on the first repetition of an attempt to prevent repeated movements that might cause injury to the Soldier. This safety stop during the first repetition does not count as a record attempt. If the Soldier makes the same or another safety stop on the second or third repetition, the grader will stop them again, explain the error, and record a failed attempt. If, after failing the first attempt, the Soldier repeats the same safety stop on the first repetition of a second attempt, he or she is allowed to re-start the second attempt. The same standards apply to the second and third repetitions of the second attempt as they do for the first attempt.

2-53. If a safety stop happens on the second or third repetition, the grader terminates the attempt and counts it as a failed attempt. In this case, the Soldier may make a second attempt at the same weight or move to a lighter weight of his or her choosing. Maximum Deadlift safety stops are—

- Allowing one or both knees to move closer together during any part of the movement (figure 2-5).
- Moving the hips above the shoulders to initiate the upward movement (figure 2-6).
- Letting the back or shoulders round out during any part of the movement (figure 2-7).
- Losing balance during any part of the movement—this includes stepping forwards or backwards from the starting position. If the Soldier loses balance during the first repetition, he or she will be safety stopped. If the Soldier loses balance on the second or third repetition, the grader terminates the attempt and counts it as a failed attempt.

2-54. If the Soldier completes a successful attempt, he or she may attempt a heavier weight. If the Soldier fails on the first attempt, he or she will be allowed to attempt a lower weight of his or her choosing. To save time in adjusting the hex bar weight, Soldiers may move to a lane that already has a hex bar with their new target weight.



Figure 2-5. Knees moving closer together

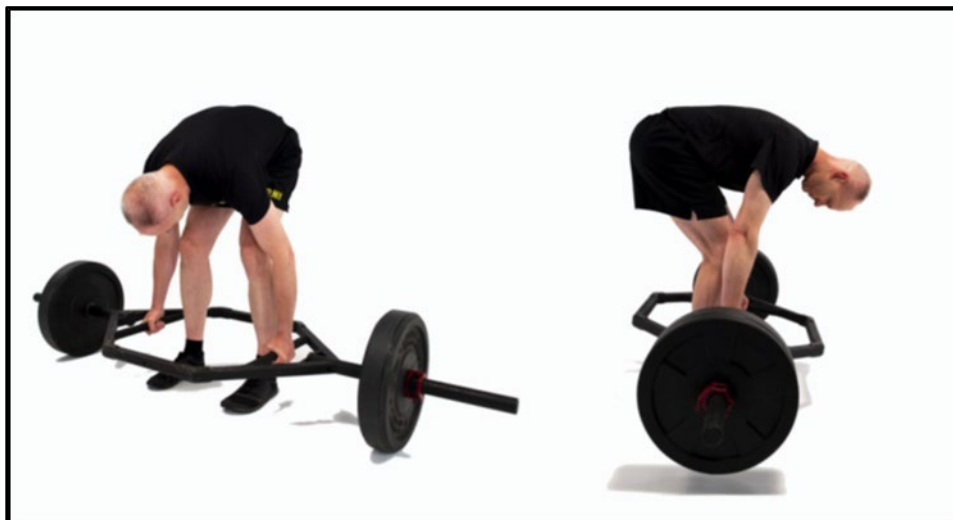


Figure 2-6. Hips moving above the shoulders or rounding of the spine

- 2-55. ^A Maximum Deadlift attempt will be terminated if, during any of the three repetitions, the Soldier—
- Failing to fully extend the legs during the upward movement phase to achieve full extension to the Straddle Stance.
  - Drops the bar to the ground.
  - Removes hands from the bar between repetitions when the bar is on the ground. However, adjusting the grip while maintaining contact with the bar is authorized.
  - Fails to touch the bar to the ground between repetitions (figure 2-6).
  - Does not perform a continuous movement by resting on the ground.
  - Resting means there is an obvious lack of effort to move from the ground.
  - Is called for a safety stop on the second or third repetition of an attempt.



**Figure 2-6. Touching the plates to the ground versus not touching the ground**

2-56. If the Soldier completes an attempt, the grader records the weight and asks the Soldier if he or she would like to attempt a higher weight. The Soldier is allowed one attempt at a higher weight of his or her choosing. The weight of the heaviest successful attempt is the raw score entered on the DA Form 705-TEST.

2-57. Prior to the test date, the OIC or NCOIC will review the Maximum Deadlift testing instructions. The following instructions will be available to Soldiers prior to the test.

### **3 Repetition Maximum Deadlift**

You must step inside the hex bar with feet shoulder width apart and locate the mid-point of the hex bar handles. On the command, “GET SET,” you will bend at the knees and hips, reach down, and grasp the center of the handles using a closed grip. Arms will be fully extended, back flat, head in line with the spinal column, and heels in contact with the ground. All repetitions will begin from this position. On the command, “GO,” you will stand up and lift the bar by straightening the hips and knees. After completing the movement up, you will lower the bar to the floor under control while maintaining a flat back. You must not rest on the ground. A successful attempt is 3 repetitions to standard. If you fail to perform a successful attempt, you will be allowed one re-attempt at the same weight or a lower weight of your choosing. If you complete 3 correct repetitions on your first attempt, you will be given the option to attempt a higher weight of your choosing to increase your score. The amount of weight successfully attempted will be your raw score.

## **STANDING POWER THROW**

2-58. ^The Standing Power Throw begins after the last group of Soldiers completes the Maximum Deadlift or after the programmed five-minute rest period if only one or two Soldiers are being tested. The OIC or

NCOIC randomly assigns four Soldiers to each Standing Power Throw lane starting with lane one. In each lane, the Soldier who achieved the lowest weight on the Maximum Deadlift is the first Soldier in the Standing Power Throw lane. Soldiers maintain this order for the next four events. Once all Soldiers are arranged in stacks of four across the lanes, the NCOIC begins Standing Power Throw.

2-59. ^Graders in adjacent lanes work together to grade the SPT; for example Lane 1 and Lane 2 graders work together. One grader (also known as the Scorer) moves down the lane to measure and score the throws, while the other grader (also known as the Line Grader) remains at the start line to control the Soldiers testing, make sure only one Soldier is throwing at a time and record the scores. The last Soldier in the stack assists the Scorer by retrieving the ball and rolling it back to the start line after each throw.

- Once the Scorer and Line Grader are in position, the NCOIC gives the command “GET READY” and the first Soldier in each lane moves to the start line grasps the ball, and cleans off excess moisture and debris. The last Soldier in the stack moves onto the field to retrieve the ball.
- Once all Soldiers are in the ready position, the NCOIC, gives the command “GRADERS READY.”
- After a visual signal from the Scorers and Graders are ready, the NCOIC gives the commands “THE STANDING POWER THROW BEGINS NOW”.
- The Line Grader directs one Soldier to throw at a time alternating between Soldiers in adjacent lanes until each one has completed two throws.
- The Line Grader gives the command “GET SET” at which time the first Soldier assumes the proper SPT start position, and “GO” at which time the Soldier executes the first throw.
- As a signal to the NCOIC they have completed their two throws, Soldiers place the medicine ball on the ground centered in their lanes behind the start line and stand fast.
- If a Soldier faults on both throws, he or she is allowed a third attempt.
- Graders record the throws and circle the maximum distance successfully achieved on the DA Form 705-TEST.
- When all lanes are complete (all medicine balls are on the ground), the NCOIC gives the command, “NEXT SOLDIER, MOVE FORWARD.”
- The Soldier who just tested moves onto the lane and replaces the ball retriever. The ball retriever moves to the back of the stack.
- The next Soldier in line moves to the start line, picks up the ball, and cleans off excess moisture and debris.
- The NCOIC starts every group of Soldiers on the SPT test event until all Soldiers have completed the event.

#### **^STANDING POWER THROW TESTING STANDARDS**

2-60. Figure 2-8 illustrates the Standing Power Throw.





**Figure 2-8. Standing Power Throw**

2-61. The Standing Power Throw is a backward overhead throw for distance that measures explosive power. Tasks that require powerful movements include jumping across a ditch, executing a buddy drag, throwing equipment over an obstacle, throwing a hand grenade, assisting a buddy to climb up a wall, loading equipment, and employing progressive levels of force in hand-to-hand contact.

2-62. The Standing Power Throw consists of two phases, a preparatory phase and a throwing phase:

- Preparatory phase: the Soldier faces away from the throw line, grasps the medicine ball (10 pounds) with both hands at hip level, and stands with heels at (but not on or over) the start line. To avoid having the ball slip, the Soldier grasps firmly and as far around the sides of the ball as possible. The Soldier may grasp under the ball. The Soldier may make several preparatory movements, bending at the trunk, knees, and hips while lowering the ball almost to the ground.
- Throwing phase: after the preparatory phase, the Soldier moves quickly and powerfully to throw the ball backwards and overhead. The Soldier must be stationary prior to a throw—no hopping, stepping, or running to initiate the throw. The Soldier may jump to exert more power during the throw with one or both feet leaving the ground; however if the Soldier falls or steps onto or beyond the start line, the grader records the repetition as a zero.

2-63. The Soldier performs two throws alternating with the Soldier in an adjacent lane. The longest throw counts for record. The Soldier uses maximal effort to throw the ball backwards and overhead as far as possible. The grader observes the Soldier's feet to make sure the feet do not touch the start line before or during the throw. The throw is complete when the ball lands. The ball may land outside of the Soldier's lane. If the Soldier loses balance and steps across the line or falls before or after the ball lands, this attempt is a fault and the grader records a score of "0".

2-64. The grader marks the point where the ball lands and reads off the measurement to the nearest decimeter. The grader takes the measurement from the center of the ball's landing point perpendicular to the tape measure. The grader announces the score, for example, "10 METERS AND 50 CENTIMETERS" or "TEN

POINT FIVE” and then writes the score on the scorecard. The longer of the two throws counts as the Soldier’s raw score.

2-65. If the Soldiers faults, the grader records that throw as a zero. Faults include—

- Stepping on the start line or into the lane during the throw.
- Falling to the ground.

2-66. In the highly unlikely event a Soldier faults on both throw attempts, the grader gives the Soldier one more attempt to score a record throw. This is recorded as the second attempt on the DA Form 705-TEST. The score for a fault on the first throw is recorded as a zero.

2-67. Prior to the test date, the OIC or NCOIC will review the Standing Power Throw testing instructions and makes instructions available to Soldiers. The following instructions will be available to Soldiers prior to the test.

### **Standing Power Throw**

You will face away from the throw line and grasp a 10-pound medicine ball with both hands. Stand with the heels at (but not on or over) the start line. To avoid having the ball slip, grasp firmly and as far around the sides or beneath the ball as possible. You may make several preparatory movements by bending at the trunk, knees, and hips while lowering the ball toward the ground. Attempt to throw the ball as far as possible. Your feet must be stationary and on the ground prior to the throw. You may jump during the throwing movement to exert more power into the throw, but you must not fall, cross beyond, or touch the throw line with your foot. If you do, the throw will not count. The longer of the two attempts will be the one used for your record score.

### **HAND-RELEASE PUSH-UP**

2-68. ^The Hand-Release Push-Up begins after the last group of Soldiers completes the Standing Power Throw or after the programmed five-minute rest period if only one or two Soldiers are being tested. The NCOIC begins each iteration of the Hand-Release Push-Up event. When the NCOIC gives the command, “GO,” the timer and back-up timer start a running 2:00-minute clock/watch. The timer indicates time remaining at one minute (with the command, “ONE MINUTE REMAINING”), 30 seconds (with the command, “30 SECONDS REMAINING”), and counts down the final 10 seconds (with the command, “10 SECONDS, 9, 8, 7, 6, 5, 4, 3, 2, 1, STOP”). This pattern is repeated as a new group of Soldiers moves forward to perform the event. Individual graders do not time the HRP.

2-69. ^Graders will test one Soldier in each lane. The NCOIC gives the command “GET READY” and the first Soldier in each lane moves to the start line and assumes the ready position and the graders assume a position to properly observe and evaluate correct HRP position and execution.

- Once all Soldiers are in the ready position, the NCOIC, gives the command “GRADERS READY.”
- After a visual signal from the graders they are ready, the NCOIC gives the commands “GET SET” at which time the first Soldier assumes the proper HRP start position, and “GO” at which time the Soldier starts the HRP event and the NCOIC/timer starts the common 2:00 clock.
- The NCOIC/timer counts down the time to two minutes and gives the command, “STOP.”
- Graders count the number of correct repetitions and record on the DA Form 705-TEST.
- After completing the HRP, Soldier 1 returns to the back of their stack, and when the NCOIC gives the command “NEXT SOLDIER MOVE FORWARD” Soldier 2 moves forward and assumes the ready position.
- The NCOIC starts every group of Soldiers on the HRP test event until all Soldiers have completed the event.

## HAND-RELEASE PUSH-UP TESTING STANDARDS

2-70. Figure 2-9 and figure 2-10 illustrate the Hand-Release Push-Up.



**Figure 2-9. Hand-Release Push-Up**



**Figure 2-10. Proper technique to execute the Hand-Release Push-Up**

2-71. The Hand-Release Push-Up is a two-minute timed event that measures upper body muscular endurance and has high correlation with the repetitive and sustained pushing used in combat tasks. It tests a Soldier's ability to push an opponent away during hand-to-hand contact, push a vehicle when it is stuck, and push up from the ground during evade and maneuver. It also engages upper back muscles used when reaching out from the prone position, taking cover, or low crawling. When conducted to standard, the Hand-Release Push-Up provides a safe, equipment-free test of large muscle groups in the shoulders, trunk, hips, and legs.

2-72. On the command, "GET SET," the Soldier assumes the prone position with hands flat on the ground beneath the shoulders. The chest and front of the hips and thighs are on the ground. Toes are touching the ground and feet are together or up to a boot's width apart as measured by the grader. The ankles are flexed. The head does not have to be on the ground.

2-73. With the hands placed flat on the ground, the index fingers are inside the outer edge of the shoulders. The hands return to this position to complete each repetition. The feet remain on the ground throughout the event and cannot be more than a boot's width apart. The Hand-Release Push-Up consists of four movements:

- Movement 1: on the command, "GO," the Soldier pushes the whole body up from the ground as a single unit to fully extend the elbows and move to the up position (front leaning rest).
- Movement 2: after reaching the up position, the Soldier bends the elbows to lower the body to the ground. The chest, hips, and thighs touch the ground as a single unit. The head or face does not have to contact the ground.
- Movement 3: the hand release. Without moving the head, body, or legs, the Soldier fully extends both arms into the T position until the arms are generally straight out to the side. The arms and hands may touch or slide along the ground during this movement.
- Movement 4: the Soldier immediately moves his or her hands back on the ground to return to the starting position to complete the repetition.

2-74. A repetition does not count if the Soldier makes a movement error during any repetition. The Hand-Release Push-Up errors are—

- Failing to maintain a straight body alignment from the head to the ankles throughout the repetition to include extending the neck or arching the back to keep the chest off the ground.
- Failing to fully extend both arms into a generally straight T position,
- Failing to fully extend the elbows in the up position (front leaning rest).
- Failing to bring the hands back to the starting position to complete the repetition.
- Failing to keep the feet within a boot's width apart.

2-75. The grader terminates the Hand-Release Push-Up event if the Soldier—

- Deviates from the straight body alignment while in the front leaning rest (bending or flexing at the shoulder, hips, or knees).
- Lifts a foot or hand from the ground. Termination for lifting a hand applies when the Soldier is in the front leaning rest position, not when he or she is on the ground. Termination for lifting a foot applies in both positions, throughout the repetition.
- Places a knee on the ground from the front leaning rest position.
- Fails to make a continuous effort to raise up from the ground.
- Repeats movement 3 (the hand-release movement) before raising up from the ground.

2-76. If a mat is used, the Soldier's entire body must be on the mat with the exception of the arms extending during the hand release and extension (movement 3 above). Sleeping mats are not authorized for use.

2-77. During the Hand-Release Push-Up, graders kneel or sit so that they can check the position and alignment of the Soldier's hands, chest, body, and feet. Additional instructions to the Soldier include—

- "You should not wear glasses while performing the Hand-Release Push-Up event."
- "You must keep your head in line with your body, and your eyes focused on the ground."
- "You must make a continuous effort. Resting on the ground will terminate the event. The score achieved prior to resting will be the recorded score for the event."
- "You must not 'snake' off the ground—your body must move as one unit."
- "Your feet must remain within a boot's width apart."
- "You must fully extend your elbows in the up position."
- "You must correct a movement error immediately."
- "You may perform the exercise from your knuckles—hands in a fist—and switch back and forth to a standard hand position as needed. If your hand is in a fist, it must be inside the outside edge of the shoulder in the starting position."

2-78. The Grader records the number of correct repetitions completed in two minutes as the raw score on the DA Form 705-TEST.

2-79. Prior to the test date, the OIC or NCOIC will review the Hand-Release Push-Up testing instructions and makes instructions available to Soldiers. The following instructions will be available to Soldiers prior to the test.

### Hand-Release Push-Up

On the command, "GET SET," you will assume the prone position with hands flat on the ground beneath your shoulders. Your chest and the front of your hips and thighs will be on the ground. Toes will be touching the ground and feet will be together or up to a boot's width apart as measured by the grader's boot. Your ankles will be flexed. Your head does not have to be on the ground. With the hands placed flat on the ground, your index fingers will be inside the outer edge of your shoulders. Your feet will remain on the ground throughout the event. On the command, "GO," you will push the whole body up from the ground as a single unit to fully extend the elbows, moving into the front leaning rest position. You will maintain the same straight body alignment from the top of the head to the ankles. This straight position will be maintained for the duration of the event. Bending or flexing the knees, hips, trunk, or neck during a repetition will cause that repetition to not count. In the down position, failing to fully extend the arms into a generally straight position will cause that repetition not to count. The front leaning rest is the only authorized rest position. While at rest, if you move out of the front leaning rest position the event will be terminated. After you reach the up position, your elbows will bend again to lower your body to the ground. Your chest, hips, and thighs will touch the ground. Your head or face does not have to contact the ground, however your eyes will be focused on the ground throughout the Hand-Release Push-Up test event. After reaching the ground as a single unit, without moving the head, body, or legs, you will immediately move both arms out to the side straightening the elbows into the T position. You will then immediately return your hands to the starting position to complete one repetition. You cannot pause or rest on the ground. If you place a knee on the ground or lift a hand or foot when in the up position, the event will be terminated. You have two minutes to complete as many correct repetitions as possible.

### ^SPRINT-DRAG-CARRY

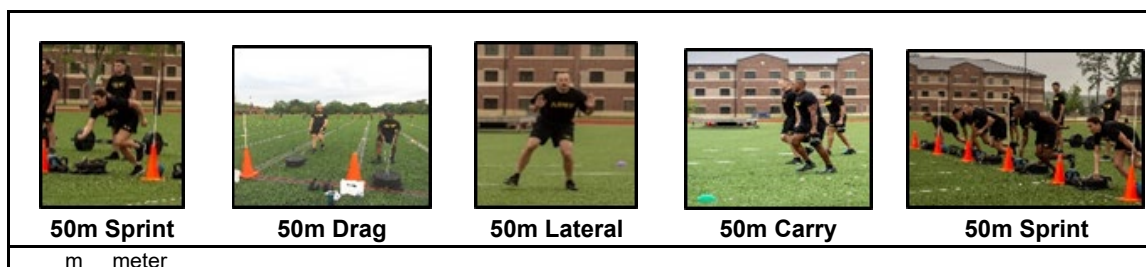
2-80. The Sprint-Drag-Carry begins after the last group of Soldiers completes the Hand-Release Push-Up, or after the programmed five-minute rest period if only one or two Soldiers are being tested. Two graders work together in adjacent lanes to grade the SDC. Graders position themselves at either end of the lane to observe violations, but do not accompany Soldiers up and down the lanes. Similar to the Standing Power Throw, one grader moves to the end of the 25m lane to ensure Soldiers touch and cross the turn-around line properly. The other grader remains at the start line to enforce standards and time for both Soldiers testing.

2-81. The NCOIC begins each iteration of the Sprint-Drag-Carry. The Start Line grader starts the time for the two Soldiers testing in adjacent lanes. The Start Line grader is authorized to use one or two stopwatch(s) to time both Soldiers. The NCOIC gives the command, "GET READY" and the first Soldier in each lane moves to the start line, arranges the SDC equipment and moves to the ready position.

- Once all Soldiers are in the ready position, the NCOIC, gives the command "GRADERS READY."
- After a visual signal from the graders they are ready, the NCOIC gives the commands, "GET SET" at which time the first Soldier assumes the proper SDC start position, and "GO" at which time the Soldier starts the SDC event and the Start Line grader starts the stopwatch and times the event.
- The Start Line graders records the SDC time on the DA Form 705-TEST
- After completing the SDC, Soldier 1 returns to the back of their stack.
- Once all lanes have completed the SDC, the NCOIC gives the command, "NEXT SOLDIER, MOVE FORWARD" and the next Soldier moves forward to adjust the Sprint-Drag-Carry equipment before assuming the Sprint-Drag-Carry ready position.
- The NCOIC starts every group of Soldiers on the SDC test event until all Soldiers have completed the event.

## ^SPRINT-DRAG-CARRY TESTING STANDARDS

2-82. The Sprint-Drag-Carry is a timed, 250-meter shuttle event that measures anaerobic capacity as well as muscular endurance and muscular strength. See figure 2-11. These components of fitness are needed to accomplish high intensity tasks for relatively brief periods of time from a few seconds to a few minutes. This physical capacity contributes to a Soldier's ability to react rapidly to direct and indirect fire, build a hasty fighting position, and extract a casualty and carry them to safety.



**Figure 2-11. Sprint-Drag-Carry**

2-83. On the command, "GET SET," the Soldier assumes the prone position with the top of the head behind the start line, ready to complete 5 x 50-meter shuttles in the following order:

- Sprint: when the NCOIC gives the command, "GO," move as quickly as possible from the prone position, sprint 25 meters and touch the 25-meter line with the foot and hand, turn, and sprint back to the start. If the Soldier fails to touch the 25-meter line with the hand and foot, the Grader calls them back to do so.
- Drag: the strap must pass freely through the D-ring on the sled; the strap may not be twisted, wrapped or knotted. The Soldier will grasp each strap handle on the nylon sled and pull the sled backwards until the entire sled crosses the 25-meter line. If the Soldier fails to cross the 25-meter line, the Grader calls them back to do so. There are three authorized grips for the sled drag, no other grips are allowed. Figure 2-12 depicts the three authorized grips as described below:
  - Hands grasping the handles with fingers through the loops.
  - Hands completely through the loops with hands grasping the straps just below the sewn portion of the loops.
  - Hands grasping below the loops at the sewn portion of the strap.



**Figure 2-12. Authorized strap handle grips.**

- Lateral: perform the lateral (leading with either the right or left foot) for 25 meters, touching the 25-meter line with a foot and hand and perform the lateral leading with the opposite foot back to the start line. For example: lead out with the right foot for 25 meters, lead back with the left foot. The Soldier should always face in the same direction out and back. The Soldier's feet must not cross and must remain parallel to each other and perpendicular to the direction of travel. If the Soldier fails to touch the 25-meter line with the hand and foot, the Grader calls them back to do so.



- Carry: grasp the handles of the two 40-pound kettlebells with a closed grip, and, carrying them at the sides of the body (farmer's carry) only, sprint for 25 meters, touch the 25-meter line with the foot only, and return back to the start line. The kettlebells must remain upright with the handle in the up position throughout the movement. After crossing the start line, place the kettlebells on the ground without dropping them. If the Soldier fails to touch the 25-meter line with the foot, the Grader calls them back to do so. If the Soldier drops the kettlebells at the start line, the Grader calls the Soldier back to re-place them under control.
- Sprint: turn and sprint 25 meters, touch the 25-meter line with foot and hand, turn and sprint back to the start line. If the Soldier fails to touch the 25-meter line with the hand and foot, the grader calls the Soldier back to do so.

2-84. After both Soldiers cross the finish line, the Start Line grader records the Soldier's time on the DA Form 705-TEST.

2-85. Prior to the test date, the OIC or NCOIC will review the Sprint-Drag-Carry testing instructions and makes instructions available to Soldiers. The following instructions will be available to Soldiers prior to the test.

### **Sprint-Drag-Carry**

You must assume the prone position with hands on the ground beneath your shoulders and with the top of your head behind the start line, ready to complete 5 consecutive and continuous 50-meter shuttles. For the first shuttle, on the command, "GO," stand up and sprint 25 meters before touching the 25-meter line with your foot and hand, turning at the line and sprinting back to the start. If you fail to touch properly, the grader will call you back before allowing you to continue. For the second shuttle, grasp each pull-strap handle to pull the 90-pound sled backwards until the whole sled crosses the 25-meter line. If you fail to cross the line with the sled, the grader will call you back before allowing you to continue. Turn and drag the sled back to the start line. For the third shuttle, you will perform the lateral for 25 meters, touching the line with foot and hand before performing the lateral back to the start line. The lateral will be performed leading with the left foot in one direction and the right foot in the other direction. For the fourth shuttle, grasp the handles of the two 40-pound kettlebells and run 25 meters, touching the line with the foot before returning back to the start line. Place the kettlebells on the ground without dropping them. For the fifth shuttle, sprint 25 meters to the line, touching with the foot and hand before turning and sprinting back to the start line to complete the event.

### **^PLANK**

2-86. The Plank begins after the last group of Soldiers completes the Sprint-Drag-Carry, or after the programmed five-minute rest period if only one or two Soldiers are being tested. Graders will individually test each Soldier in their lane, just like grading the HRP:

- The NCOIC gives the command "GET READY," and the first Soldier in each lane moves to the start line and assumes the PLK ready position.
- Once the first Soldier in each lane is in the ready position and graders assume a position to properly observe and evaluate proper PLK execution, the NCOIC gives the command "GRADERS READY."
- After a visual signal from the graders that they are ready, the NCOIC gives the command, "GET SET," at which time the Soldier assumes the proper Plank start position; and the NCOIC gives the command "GO," at which time the Soldier moves into the 'plank' position and the Grader starts the stopwatch and times the event.
- The Grader announces the elapsed time in 15-second intervals.
- Graders record the PLK time on the DA FORM 705-TEST.

- When Soldier 1 completes the Plank, they move to the back of their stack and Soldier 2 steps forward and assumes the ready position. Beginning with Soldier 2, the Grader gives the command “GET SET” and Soldier 2 assumes the proper Plank start position and then the command GO” at which time the Soldier moves into the ‘plank’ position and Grader starts the stopwatch and times the event. The Grader repeat the PLK testing procedures until all Soldier have completed the event.
- When the last Soldier completes the Plank, the OIC or NCOIC will start the 10-minute clock

### ^PLANK TESTING STANDARDS

2-87. The Plank is a test of core- static strength and endurance. See figure 2-13.



+Figure 2-13. Plank

2-88. When the NCOIC gives the command “GET READY,” the Soldiers move onto the ground and places their hands on the ground, either in fists with the pinky side of the hand touching the ground or lying flat with palms facing down, no-more-than the grader’s fist-width apart. Elbows will be bent, aligned with the shoulders, forearms flat on the ground, forming a triangle. The fingers may not be interlocked or interlaced. The hips should be bent with one or both legs resting on the ground. On the command “GRADERS READY,” the graders assume a position to properly observe and evaluate correct PLK position and execution.

- On the command “GET SET,” the Soldier lifts both knees off the ground and moves the hips into a straight line with the legs, shoulders, head and eyes focused on the ground, similar to the “Front Leaning Rest.’ The Soldier’s feet may be up to the grader’s boot-width apart. Elbows are aligned with the shoulders, together with the forearms forming a triangle. Ankles are flexed with the bottom of the toes on the ground. The Soldier maintains his or her body in straight alignment from the head to the ankles. The fingers on the left hand may not be interlocked, interlaced, or touching with the fingers on the right hand, hands no more than a boot width apart. When the NCOIC gives the command “GO,” the Soldier moves into the proper ‘plank’ position.
- To maintain proper plank position, the head, shoulders, back, hips, and legs must remain in a straight-line position from head to heels throughout the event. Feet, forearms, and fists/palms must remain in contact with the floor throughout the event.
- As long as the hands remain in contact with the ground, Soldiers may change hand position from the fist-pinky side down to palms down during the plank.
- The Plank event is terminated if the Soldier touches the ground with any part of the body other than the feet, forearms or fists/palms, raises a foot or hand off the floor, or fails to maintain a straight-line position from head to heels.



- Graders will give one verbal warning to correct failure to maintain the proper plank position, or if the hands/feet slide from the required position. If the Soldier is unable to correct a deficiency or maintain the proper plank position, the Soldier's performance will be terminated.
- Shaking or trembling as a result of maximum exertion is permitted as long as the proper plank position is maintained.
- If a mat is used, the Soldier's entire body must be on the mat. Sleeping mats are not authorized for use.

2-89. Prior to the test date, the OIC or NCOIC will review the Plank testing instructions and make the instructions available to Soldiers. The following instructions will be available to Soldiers prior to the test.

### Plank

On the command, "GET READY" your hands must be on the ground, either in fists with pinky side of the hand touching the ground or lying flat with palms down, no more than the grader's fist-width apart; elbows will be bent, aligned with the shoulders, forearms flat on the ground forming a triangle; your fingers may not be interlocked or interlaced. Your hips should be bent with one or both knees resting on the ground. Once all Soldiers are in the ready position, the grader shall issue the command "GRADERS READY." On the command "GET SET," the Soldier lifts both knees off the ground and moves the hips into a straight line with the legs, shoulders, head and eyes focused on the ground, similar to the "front leaning rest" position. Your feet may be up to the grader's boot-width apart. Your elbows should be aligned with your shoulders, together with your forearms forming a triangle. Your ankles should be flexed with the bottom of your toes on the ground. Maintain your body in a straight-line position from your head to your ankles. On the command "GO" the clock starts. After the command "GO," the OIC, NCOIC, or Grader will call out 15 second time intervals until the completion of the event. Your head, shoulders, back, hips, and legs shall be straight from head to heels and must remain so throughout the test. Feet, forearms, and fists/palms shall remain in contact with the floor throughout the event. Failure to maintain your body in a straight-line position will result in the event being terminated. If any part of your body other than your feet, forearms or fists/palms touches the ground, the event will be terminated. If you raise a hand or foot off the floor, the event will be terminated. Graders will give one verbal warning to correct failure to maintain a proper straight-line position or the hands/feet slide from the required position. If the Soldier is not able to correct or fails to maintain the proper straight-line position, the event will be terminated. Shaking or trembling as a result of maximal exertion is permitted as long as the proper plank position is maintained.

### ^2-MILE RUN

2-90. The OIC or NCOIC administers the 2-Mile Run event, and directs the timer to start their stopwatch and /time the event. As Soldiers approach the finish line, the timer calls out time in minutes and seconds (for example: "FOURTEEN-FIFTY-EIGHT, FOURTEEN-FIFTY-NINE, FIFTEEN MINUTES, FIFTEEN-O-ONE"). If the Soldier is running laps, the timer calls out the time as Soldiers complete each lap.

2-91. The OIC or NCOIC enforces a 10-minute rest period after the Plank event. The 10-minute rest period starts when the last Soldier completes the Plank. During this time, graders issue numbers or vests to their Soldiers, and Soldiers move to the 2-Mile Run start line. Soldiers may also use this time for personal hygiene or to change equipment. The 2-Mile Run starts at the end of the ten minutes when the NCOIC gives the command, "GET READY and Soldiers move up to the start line.

- The NCOIC gives the command, "GET SET" and "GO," which signals the Soldiers to start running and the timer to start the clock.
- If the 2-mile run is conducted on a track, graders record the number of completed laps for each of their Soldiers.

- The NCOIC announces the elapsed time as Soldiers cross the finish line.
- Graders enter the time on the DA FORM 705-TEST and ensure that Soldiers sign their cards after the 2-Mile Run is complete.

## ^2-MILE RUN TESTING STANDARDS

2-92. The 2-Mile Run is a test of aerobic endurance. See figure 2-14. It applies to common Soldier tasks such as dismounted movement, ruck marching, and infiltration. It can be completed on an indoor or outdoor track, or other course as covered in paragraphs 2-15 through 2-19. Soldiers do not conduct this event on unimproved terrain. The event commences no more than ten minutes after the completion of the Plank event. The start and finish line will be at the same location as the other events.



**Figure 2-14. 2-Mile Run**

2-93. On the command, “GO,” the clock starts, and Soldiers begin running at their own pace, completing the 2-mile distance without receiving any physical help. The Soldier may walk or pause but cannot be picked up, pulled, or pushed in any way. The Soldier may be paced by another Soldier. Verbal encouragement is permitted. If the Soldier leaves the running course at any time or at any point before completing the 2-mile distance, the event will be terminated.

2-94. The Grader records the time taken as the Soldier crosses the finish line at the 2-mile point on the DA Form 705-TEST and ensure that Soldiers sign their scorecards after the 2-Mile Run is complete.

2-95. Prior to the test date, the OIC or NCOIC will review the 2-Mile Run testing instructions and makes instructions available to Soldiers. The following instructions will be available to Soldiers prior to taking the test.

### 2-Mile Run

Prior to starting the ACFT event, you will already know the 2-mile course including the start and finish points, turn around points, or number of laps. On the command, “GO,” the clock will start and you will begin running at your own pace, completing the 2-mile distance without receiving any physical help. You may walk or pause but you cannot be picked up, pulled, or pushed in any way. You may pace another Soldier or be paced by another Soldier. Verbal encouragement is permitted. Leaving the course at any time or at any point during the event will cause the event to be terminated. Your time will be recorded as you cross the finish line at the 2-mile point.

## ^SOLDIERS WITH MEDICAL PROFILES

2-96. A modified ACFT provides commanders information on the risks they take by deploying Soldiers who cannot complete the full 6-event ACFT, to include the 2-Mile Run. A “modified ACFT” is a combination of test events, to include an alternative aerobic endurance event in lieu of the 2-Mile Run.

### TEMPORARY PROFILES

2-97. Soldiers on a temporary profile recovering from an injury or illness are NOT authorized to take a “modified” ACFT. They will rehabilitate and recondition, and come off their medical profile before taking a record ACFT. Alternate aerobic endurance test events are not authorized for Soldier on temporary profiles. They may practice and train for the ACFT while on profile, but they will not take a record ACFT if they are unable to execute all six events, to include the 2-Mile Run. From the first day of injury, their rehabilitation and reconditioning should focus on a rapid return to baseline performance of their physical demand tasks. The ACFT validates their ability to perform those tasks. Rehabilitation and reconditioning incorporates modified physical readiness training and testing drills and exercises. Soldiers with temporary physical profiles must be ready take a regular six-event ACFT after completing rehabilitation and reconditioning.

### PERMANENT PROFILES

2-98. Soldiers taking a modified ACFT MUST be on a permanent profile. Soldiers taking a modified ACFT can be tested with other Soldiers in the unit, or they can be tested in separate lanes or on different days. Permanently profiled Soldiers are required to take all test events they are not specifically profiled against. For example, they will take four events if they are only profiled against the Standing Power Throw and the Hand-Release Push-Up. Or they will take five events if they are only profiled against only the Hand-Release Push-Up. It is possible for a permanently profiled Soldier to take all six ACFT test events with the only difference from a standard ACFT being an alternate aerobic endurance event rather than the 2-Mile Run. At a minimum, permanently profiled Soldiers must pass an aerobic endurance event.

2-99. When testing with their unit, permanently profiled Soldiers will be in the last or fourth position in the lane for every event, taking only those events allowed by their profiles. If Soldiers are only taking one event—the run, row, bike, swim or walk—they will support other Soldiers taking the test until their event starts. If they are taking the row or bike, they will use on-site test equipment and begin their alternate assessments ten minutes after their last event. If they are taking the swim event, they will move from the test site to the pool to start the alternate aerobic endurance event within 120 minute timeline.

### PHYSICAL PROFILES

2-100. A Soldier’s DA Form 3349 (*Physical Profile*) must clearly indicate which of the ACFT events the permanently profiled Soldier can and cannot take. Example comments include the following:

- May attempt all six ACFT test events.
- May attempt the three ACFT events (Maximum Deadlift, Sprint-Drag-Carry, and 2-Mile Run, or an alternate aerobic assessment).

- May attempt four, five, or six ACFT events including alternate non-impact aerobic endurance test event.
- May attempt a single non-impact aerobic endurance test event.

2-101. Primary care and specialty providers complete the DA Form 3349 taking the following steps to modify a Soldier's permanent profile:

- Determine the Soldier's current medical condition, changes since the last profile review, and limitations with regard to physical readiness training and the 6-event ACFT.
- Review with the Soldier to determine which of the six ACFT test events that the Soldier can safely perform. The determination includes whether the Soldier can perform the 2-Mile Run or an alternate aerobic endurance test event.
- Add the ACFT test events that the Soldier can perform in the Soldier's permanent profile. Use the Medical Readiness Portal to access the e-Profile and select all the standard ACFT events and the alternate aerobic events in which the Soldier may participate from the modified ACFT template.

## **^ALTERNATE AEROBIC PROTOCOLS AND STANDARDS**

2-102. Alternate aerobic endurance test events assess the aerobic and muscular endurance of Soldiers with permanent medical profiles that prohibit the 2-Mile Run event. The profiled Soldier must complete the alternate aerobic endurance test event in a time equal to the 60-point standard for their age and gender to receive a passing score. The Soldier must receive a passing score in the alternate aerobic endurance test event to pass a modified ACFT. The alternate aerobic endurance test events are the following:

- 5,000-Meter Row.
- 12,000-Meter Bike.
- 1,000-Meter Swim.
- 2.5-Mile Walk

### **Row**

2-103. The 5,000-Meter Row requires a stationary rowing machine. The machine must have mechanically adjustable resistance and must be available for training and testing. The seat, handles, and foot straps must be adjustable to accommodate Soldiers of different sizes. It must have an odometer. The grader ensures the rowing machine is calibrated prior to test administration to ensure it accurately computes the time and distance rowed.

2-104. The Grader allows each Soldier a short warm-up period and an opportunity to adjust resistance and seat position. The grader reads the following instructions aloud and answers questions.

#### **^5,000-Meter Row**

The 5,000-Meter Row event measures your level of aerobic fitness. On the command, "GO," the clock will start, and you will begin rowing at your own pace. You may pause and rest during the test; however, you may not get off the rower. You must complete the 5,000-meter distance. You will be scored on your time. To pass, you must complete 5,000 meters in the specified 60-point time for your age and gender. What are your questions about this event?

2-105. ^When the Grader gives the command, "GET SET," the Soldiers position themselves to begin the event. Time begins when the grader gives the command, "GO." The Grader calls out times in minutes and seconds as Soldiers nears 5,000m. The Grader calls out the time remaining every 30 seconds for the last two minutes until the Soldier approaches the 5,000-meter distance.

2-106. The Grader must observe the Soldier throughout the event. The Grader will have to observe the odometer as the distance approaches 5,000 meters. On the DA Form 705-TEST, the grader records the time

and annotates go or no-go on the scorecard. Zero points are awarded for a fail. Sixty points are awarded for a pass.

## **BIKE**

2-107. The 12,000-Meter Bike event requires a stationary cycle ergometer. The ergometer must be available for training and testing. The seat and handlebars must be adjustable to accommodate Soldiers of different sizes. It must have an odometer. The grader ensures the cycle ergometer is calibrated prior to test administration to ensure it accurately computes the time and distance biked. The process for setting the distance on the odometer is similar to that used on the rowing machine. If pedals that accommodate clip-in cycling shoes are available, Soldiers may use them.

2-108. The Grader allows each Soldier a short warm-up period and an opportunity to adjust handlebar and seat height. The grader reads the following instructions aloud and answers questions.

### **12,000-Meter Bike**

The 12,000-Meter Bike event measures your level of aerobic fitness. On the command, "GO," the clock will start, and you will begin pedaling at your own pace. You may pause and rest during the test, however you may not get off the bike. You must complete the 12,000-meter distance in the specified 60-point time for your age and gender. What are your questions about this event?

2-109. ^When the Grader gives the command, "GET SET," the Soldiers position themselves to begin the event. Time begins when the timer gives the command, "GO." The Grader calls out times in minutes and seconds as Soldiers nears 12,000m. The Grader calls out the time remaining every 30 seconds until the Soldier reaches the 12,000-meter distance.

2-110. ^The Grader must observe the Soldier throughout the event. The Grader has to observe the odometer as the distance approaches 12,000 meters. On the DA Form 705-TEST, the Grader records the time and annotates go or no-go on the scorecard. Zero points are awarded for a fail. Sixty points are awarded for a pass.

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Note: If using the Monarch stationary cycle ergometer, this ergometer must be calibrated on a regular basis to ensure proper functionality and the resistance must be set at 2 kilopond and adjusted throughout the test. For more information on the Monarch stationary cycle ergometer, see paragraph E-27.

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## **SWIM**

2-111. The 1,000-Meter Swim event requires a swimming pool with a minimum depth of one meter. The event requires one OIC or NCOIC, one Grader for every three Soldiers, one timer, one back-up timer, and support personnel to ensure proper control and safety. The OIC or NCOIC is not an event grader. A Grader may serve as a timer.

2-112. Most American pools are 25 yards long. If your pool length (equal to one lap) is measured in yards, the NCOIC converts 25 meters to yards. To convert 1,000 meters to yards, multiply 1,000 by 1.094 (1,000 meters = 1094 yards). To swim 1,000 meters in a 25-yard pool requires the Soldier to swim 43.76 laps or 43 laps and 57 feet. The NCOIC should measure the distance from the end of the pool to the 57-foot point and place a marker or cone at the endpoint for the 1,000-Meter Swim. Graders should position themselves at the endpoint of the swim (1,000 meters or 1094 yards) to accurately mark the finish time.

2-113. The OIC or NCOIC allow each Soldier a short warm-up period so that the Soldier can adjust to the water temperature, check goggles and swim a short distance to become familiar with the pool. The OIC or NCOIC reads the instructions aloud and answers questions.

### **1,000-Meter Swim**

The 1,000 Meter Swim event measures your level of aerobic fitness. You will begin in the water; no diving is allowed. At the start, your body must be in contact with the wall of the pool. On the command, "GO," the clock will start. You should then begin swimming at your own pace, using any stroke or combination of strokes you wish. You must swim (state the number) laps to complete this distance. You must touch the wall of the pool at each end of the pool as you turn. Any type of turn is authorized. You must complete the 1,000-meter distance in the specified 60-point time for your age and gender. You will be scored on time. Walking on the bottom to recuperate is authorized. Swimming goggles, swim caps, and civilian swimming attire are permitted, but no other equipment is authorized. What are your questions about this event?

2-114. When the OIC or NCOIC gives the command, "GET SET," the Soldiers position themselves in the water holding on to the wall ready to begin the event. When the OIC or NCOIC gives the command, "GO," time starts and the Soldier begins to swim. The Grader calls out times in minutes and seconds as the Soldier nears the 1,000 meters. Soldiers must continue swimming until they reach the 1,000-meter distance regardless of the time. Time is recorded by the grader when the Soldier touches the end of the pool or crosses a predetermined line that establishes the 1,000-meter mark.

2-115. Graders must observe the Soldiers assigned to them. They must ensure that each Soldier touches the wall at every turn. On the DA Form 705-TEST, the grader records the time and annotates go or no-go on the scorecard. Zero points are awarded for a fail. Sixty points are awarded for a pass.

2-116. Certified lifeguards are highly encouraged during the 1,000-meter swim test.

## **^2.5-MILE WALK EVENT**

2-117. The 2.5-Mile Walk event measures aerobic endurance and lower body muscle endurance. The 2.5-Mile Walk event is timed. Soldiers must complete the event in the time allotted for their age and gender.

2-118. The NCOIC will administer the 2.5-Mile Walk with a back-up timer.

2-119. The 2.5-Mile Walk may use the same course as the 2-Mile Run event (see paragraph 4-44), with the addition of half a mile added to the 2-mile distance. The Soldiers being tested must remain in view of the graders at all time.

2-120. The grader assigns each Soldier a number and records each Soldier's number on their scorecard in the comments block on the DA FORM 705-TEST.

2-121. When the OIC or NCOIC gives the command, "GET SET," Soldiers will position themselves at the start line. Time begins when the OIC or NCOIC gives the command, "GO" and the timer starts the stopwatch. The timer will call out times in minutes and seconds as Soldiers near the end of the 2.5-mile walk.

2-122. Graders must observe the Soldiers during the entire event and must ensure that the Soldiers maintain a walking stride. Soldiers that break into any type of running stride will be terminated from the event and will be a NO GO. The grader records the time in the time block.

2-123. The OIC, NCOIC, or event supervisor reads the instructions aloud and answers questions for the 2.5-Mile Walk event.

### **^2.5-Mile Walk**

The 2.5-Mile Walk event measures aerobic and lower body muscular endurance. On the command, “GO,” the clock will start, and you will begin walking at your own pace. You must complete the 2.5-mile course layout. One foot must be in contact with the ground at all times. If you break into a running stride at any time or have both feet off the ground at the same time, your performance in the event will be terminated. You will be scored on your ability to complete the 2.5 miles in a time equal to, or less than, that listed for your age and gender.

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## Chapter 3

# Combat Water Survival Test

This chapter directs the standards for CWST. It discusses the intent of the test and its three events.

### INTENT

3-1. The CWST aims to accurately record a Soldier's ability to safely function in a water environment. The CWST consists of three events executed in sequence with up to ten minutes allowed between events. The test events are not timed or scored. There are no restarts allowed. A CWST pass occurs when the Soldier completes all three events without signs of panic or inability to complete the test event distance. The three test events are the following:

- 15-Meter Swim with Equipment and Weapon.
- 3-Meter Drop and Pool Exit.
- Equipment Removal.

3-2. Soldiers perform all CWST events wearing ACUs with top button closed, boots on, and trousers unbloused. Equipment includes the improved outer tactical vest (IOTV) without plates and an M16 or M4 training aid. Soldiers conduct CWST events in pools, not open water. The length and width of the pool for this test are based on a pool that is 25 yards or meters long by 15-yards or meters wide. The pool must have a 3-meter high diving board or platform and be 3-meters deep. The event supervisor must make adjustments accordingly when the pool is larger or smaller, deeper or shallower.

3-3. The same safety considerations and requirements used in Army Water Survival Training (see Appendix D of this publication and FM 7-22) also apply to the CWST. Commanders ensure that—

- Test administrators are properly prepared and have integrated risk management.
- The OIC and NCOIC properly prepared the test site.
- Testing Soldiers are not ill, injured, or fatigued prior to taking CWST.

3-4. Test personnel include the OIC or NCOIC, event supervisor, grader, demonstrator, and support personnel such as lifeguards and medical support if required by unit or local policy.

3-5. The event supervisor reads the instructions for the CWST to Soldiers prior to the test and then makes instructions available.

### **Instructions for the Army Combat Water Survival Test**

You are about to take the Army Combat Water Survival Test, a test that will measure your ability to safely function in a water environment. The CWST consists of three events: 15-Meter Swim with Equipment and Weapon, 3-Meter Drop and Pool Exit, and Equipment Removal. If you fail any one of these three events, you will be a CWST failure. The results of this test will give you and your commander an indication of your state of readiness and will act as a guide in determining your water survival training needs. Listen closely to the test instructions and do the best you can on each of the events.

## **EVENT 1: 15-METER SWIM WITH EQUIPMENT AND WEAPON**

3-6. The event supervisor reads the instructions for the 15-Meter Swim with Equipment and Weapon to Soldiers prior to the test and then makes instructions available.

### **Instructions for the 15-Meter Swim with Equipment and Weapon**

The 15-Meter Swim with Equipment and Weapon event will measure your ability to enter the water and successfully swim a distance of 15 meters with weapon and equipment. You will move to the starting point at the deep end of the pool. The grader will attach a safety line to your uniform. On the command, "GET SET," you will stand behind the edge of the pool with weapon at port arms. On the command, "JUMP," you will enter the deep end of the pool using the stride entry and continue to swim any stroke to complete the 15-meter distance. Pull your weapon in close to your body to reduce drag. It is recommended that you use the sidestroke to swim the required 15 meters. The sidestroke will allow your free arm to carry the rifle. The sidestroke is used because it is also one of the least tiring and most efficient of the swimming strokes. Always attempt to keep yourself horizontal. During the swim you will not be allowed to touch the sides or bottom of the pool. If you show signs of panic or an inability to complete the distance, the grader or assistant instructor will pull you to the side of the pool using the safety line or shepherd's crook. Watch this demonstration. Are there any questions about this event?

## **EVENT 2: 3-METER DROP AND POOL EXIT**

3-7. The event supervisor reads the instructions for the 3-Meter Drop and Pool Exit to Soldiers prior to the test and then makes instructions available.

### **Instructions for the 3-Meter Drop and Pool Exit**

The 3-Meter Drop and Pool Exit with weapon and equipment event will measure your ability to enter the water and successfully swim to the side of the pool with weapon and equipment. You will move to the starting point at the base of the 3-meter diving board or platform. The grader or assistant instructor will attach a safety line to your uniform. On command, you will climb the diving board ladder or platform steps to the 3-meter drop starting point. On the command, "GET SET," you will hold your weapon at port arms. On the command, "ENTER THE WATER," you will walk to the end of the diving board or platform at the deep end of the pool with your weapon held overhead with both arms. You will then enter the water using the stride entry by stepping off the diving board or platform. Enter the water with your trunk leaning slightly forward, head up, and legs spread in a stride position (one forward, the other back). Upon entry, drive your arms downward slapping the water with your weapon. Using any stroke, swim to the side of the pool to exit. If you show signs of panic or an inability to complete the distance, the grader or assistant instructor will pull you to the side of the pool using the attached safety line or shepherd's crook. Watch this demonstration. Are there any questions about this event?

## **EVENT 3: EQUIPMENT REMOVAL**

3-8. The event supervisor reads the instructions for Equipment Removal to Soldiers prior to the test and then makes instructions available.

### **Instructions for the Equipment Removal**

The Equipment Removal event will measure your ability to enter the water, submerge to the bottom of the pool, successfully remove your equipment, surface, and swim to the side of the pool. You will move to a starting point at the deep end of the pool. On the command, "GET SET," you will stand behind the entry line with your weapon slung over the left shoulder. With your right hand you will grasp the sling close to the sling clamp at the chest. With your left hand you will grasp the weapon butt plate. You will then pull your weapon tight to the back. On the command, "ENTER THE WATER," you will enter the deep end of the pool using a rear entry. You will then submerge to the bottom of the pool, remove your weapon, and place it on the bottom of the pool. Once you have released your weapon, you will remove the IOTV and place it on the bottom of the pool. Once you have removed all your gear, you will surface and swim any stroke to the side of the pool. If you show signs of panic or an inability to complete the distance, the grader or assistant instructor will pull you to the side of the pool using the attached safety line or shepherd's crook. Watch this demonstration. Are there any questions about this event?

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## Chapter 4

# ^Army Physical Fitness Test

This chapter directs the standards for the Army Physical Fitness Test (APFT) and the standards for the four modified aerobic endurance events for Soldiers on permanent profile. The APFT aims to provide an assessment of the physical readiness training to ensure every Soldier maintains a base level of physical fitness.

### TEST ADMINISTRATION

4-1. APFT standards are important for the safety of the Soldier and the readiness of the Army. Soldiers and graders must understand the testing protocols and standards for administration. The APFT provides a measure of upper and lower body muscular endurance. This performance test indicates a Soldier's ability to perform physically and to handle his or her own body weight. APFT standards are adjusted for age and physiological differences between the genders.

4-2. Commanders ensure that physical fitness testing does not form the foundation of unit or individual physical readiness training programs. Temporary training periods solely devoted toward meeting APFT requirements are highly discouraged. (See FM 7-22 for specific guidance on appropriate physical readiness training programming. See AR 350-1 for policy guidelines pertaining to the APFT.)

### SUPERVISION

4-3. The success of any physical fitness testing program depends on obtaining valid and accurate test results; therefore, units must administer the APFT properly to accurately evaluate individual Soldier and unit physical fitness. Supervision of the APFT ensures units and Soldiers meet objectives of the physical fitness program. Proper supervision provides for standardization in the following:

- Test preparation.
- Control of performance factors.
- Training of test personnel.
- Test scoring.

### PREPARATION

4-4. Preparation for the APFT enables leaders to secure the most accurate evaluation of personnel participating in the test. Preparatory requirements include the following:

- Selecting and training of event supervisors, graders, timers, demonstrators, and support personnel.
- Equipment inventory.
- Securing the test site.

### PLANNING

4-5. The commander ensures that testing is consistent with regard to events, scoring, uniform, equipment, and facilities. The commander schedules testing to enable Soldiers to perform at their maximal level. Planning for APFT should ensure the following:

- Soldiers have been properly trained for the events using physical training programs described in FM 7-22 and ATP 7-22.02.
- Soldiers know the events and have been briefed before the test on the correct performance of the events.
- Soldiers are not tested when fatigued or ill.
- Soldiers do not participate in tiring duties before taking an APFT.
- Weather and environmental conditions do not inhibit physical performance.
- Uniform is appropriate for weather and environmental conditions.
- Risk analysis is conducted.

## DUTIES

4-6. APFT test personnel must be familiar with all aspects of administration of the APFT. Supervision of Soldiers and laying out the test area are essential duties. The unit commander designates test personnel and has responsibility to ensure test personnel are trained to accomplish their assigned duties. The unit commander determines who is qualified to perform duties as APFT test personnel.

4-7. The test personnel recommended to conduct an APFT include the following: an OIC or NCOIC, an event supervisor, an event grader, a demonstrator, timers, and support personnel. The minimum number of test personnel required to administer the APFT is four: an OIC or NCOIC, an event supervisor, an event grader, and support personnel to hold the Soldiers' feet during the Sit-Up event.

## OFFICER IN CHARGE AND NONCOMMISSIONED OFFICER IN CHARGE

4-8. The OIC and NCOIC are responsible to administer the APFT. On test day, the OIC or NCOIC briefs Soldiers on the purpose, organization, and protocols of the test. The OIC or NCOIC posts the APFT testing standards for Soldiers to review citing AR 350-1. The OIC and NCOIC ensure that event supervisors, graders, and timers are trained and prepared to execute their duties to standard. Responsibilities include the following:

- Training of event supervisors, graders, timer, back-up timer demonstrators, and support personnel.
- Procurement of all necessary equipment and supplies.
- Arrangement and layout of test area.
- Preparation for events (after reading instructions and before test start).
- Administration of the test.
- Conduct of recovery upon completion of the test.
- Overseeing that graders properly administer tests and explain, demonstrate, and score events according to standard.
- Performance of the duties as an event demonstrator and back-up timer when limited test personnel exist to administer the APFT.
- Report of results of test.

## EVENT SUPERVISOR

4-9. The event supervisors are responsible for administration of test events. Administration includes all tasks, conditions, and standards associated with executing events they are supervising. They ensure that all required equipment is available and serviceable, graders are executing testing to standard, and the overall flow of execution is efficient. Tasks include the following:

- Administers one or more test events.
- Ensures necessary equipment is on hand for each event.
- Reads APFT event instructions.
- Conducts APFT event demonstration.
- When test personnel required to administer the APFT are limited, performs the duties of the timer.
- Supervises event scoring to standard.
- Answers questions on scoring discrepancies and informs the OIC or NCOIC.

## **EVENT GRADERS**

4-10. The grader counts the number of correct repetitions aloud, repeats the last number of the correct repetitions when Soldiers perform incorrect repetitions, and verbally corrects Push-Up and Sit-Up performances. When Soldiers complete their APFT events, the grader records the correct number of completed Push-Ups and Sit-Ups, records the 2-Mile Run time (or modified aerobic endurance event), and initials the DA Form 705 (*Army Physical Fitness Test Scorecard*). During the Push-Up event, graders sit or kneel three feet (one meter) from the Soldier's left or right shoulder at a 45-degree angle (see paragraph 4-29 for details on Push-Ups). A grader's head should be even with the Soldier's shoulder when the Soldier sits in the front-leaning rest position. During the Sit-Up event, the grader kneels or sits three feet (one meter) from the Soldier's left or right hip. The grader's head should be even with the Soldier's shoulder when the Soldier sits in the vertical (up) position (see paragraph 4-37 for details on Sit-Ups). During the 2-Mile Run event, the grader stands at the finish line. When entering the Soldier's 2-Mile Run time on the DA Form 705, the grader converts the raw scores into point scores for each event, enters the total on the DA Form 705, and initials each event on the scorecard. The grader then returns all DA Forms 705 to the OIC or the NCOIC.

4-11. The event graders are responsible for scoring events to standard. Tasks include the following:

- Enforces test standards.
- Records the correct number of repetitions/time in "RAW SCORE" block on DA Form 705.
- Records initials in the "INITIALS" block on DA Form 705.
- Performs other duties assigned by the OIC or NCOIC.
- Receives training conducted by the OIC or NCOIC to ensure scoring is to standard.

## **EVENT DEMONSTRATORS**

4-12. The demonstrators are responsible for demonstrating the Push-Up and Sit-Up events to standard (as described in paragraphs 4-29 for Push-Ups and 4-37 for Sit-Ups). Tasks include the following:

- Assists the event supervisor by demonstrating Push-Ups and Sit-Ups to standard during the reading of event instructions.
- Performs other duties assigned by the OIC or NCOIC.
- Receives training conducted by the OIC or NCOIC to ensure demonstrations of Push-Ups and Sit-Ups are to standard.

## **TIMERS**

4-13. Timers and back-up timers are responsible for properly timing the Push-Up, Sit-Up, and 2-Mile Run events. The timer begins each Push-Up or Sit-Up event with the command, "GET SET." On the command, "GO," time starts on both the timer and back-up timer's watches. The timer indicates time remaining at one minute (with the command, "ONE MINUTE REMAINING"), 30 seconds (with the command, "30 SECONDS REMAINING"), and counts down the remaining 10 seconds (with the command, "10, 9, 8, 7, 6, 5, 4, 3, 2, 1, STOP").

4-14. The timer begins the 2-Mile Run assessment with the command, "GET SET." The 2-Mile Run time starts on both the timer and back-up timer's watches on the command, "GO." As Soldiers near the finish line, the timer calls out time in minutes and seconds (for example, "FOURTEEN-FIFTY-EIGHT, FOURTEEN FIFTY-NINE, FIFTEEN MINUTES, FIFTEEN-O-ONE").

## **SUPPORT PERSONNEL**

4-15. Support personnel assist in preventing unsafe acts to ensure smooth operation of the APFT. The use of support personnel depends on local policy and unit standard operating procedures. For example, support personnel may perform the duties of the holder during the Sit-Up event. Medical support (medic or combat lifesaver) on site is not required unless specified by local policy. Effective OICs and NCOICs have a plan for medical support (if required).

## TEST SITE

4-16. The OIC and NCOIC select a test site for the APFT. The test site meets the following requirements:

- A site free of any significant hazards.
- A briefing area for the reading of event instructions.
- A preparation area (can be same as briefing area).
- A soft, flat, dry area for Push-Ups and Sit-Ups.
- A flat, measured 2-mile running course with a solid surface that is not more than 3-percent grade.

4-17. The OIC and NCOIC use sound judgment when selecting a 2-mile running course. No requirement exists to survey 2-mile running courses; however, selected test sites should have no significant hazards such as traffic, slippery road surfaces, and areas of heavy pollution. Units can use running tracks to administer the 2-Mile Run event. If a 400-meter track is used, the OIC and NCOIC must add an additional 61 feet, 4 inches to the standard 8 laps to ensure the test covers the required 2-mile distance. One lap on a 400-meter track is 92 inches shorter than one lap on a 440-yard track. Eight laps on a 400-meter track is 736 inches shorter than eight laps (2 miles) on a 440-yard track. Therefore, Soldiers running on a 400-meter track must run an additional 61 feet, 4 inches.

4-18. The following facilities are required for administration of the APFT:

- Designated area for preparation and recovery.
- One test station (6 feet wide by 15 feet deep) for every 8 Soldiers participating in the Push-Up and Sit-Up events.
- A measured 2-mile running course.

## EQUIPMENT

4-19. The following equipment is required for administration of the APFT:

- Two stopwatches, clipboards, and black pens for each grader.
- One DA Form 705 for each Soldier taking the test.
- Run numbers and safety pins (as necessary).

## EVENTS

4-20. The APFT test sequence is Push-Up, Sit-Up, and 2-Mile Run (or an approved alternate aerobic event). The order of events cannot be changed. There are no exceptions to this sequence. Soldiers are allowed a minimum of 10 minutes and a maximum of 20 minutes to recover between events. The OIC or NCOIC determines the recovery time based on the number of Soldiers taking the test. If large numbers of Soldiers are being tested, the OIC or NCOIC plan staggered start times to allow for proper recovery between test events. Under no circumstances is the APFT valid if Soldiers cannot begin and end all three events in two hours or less.

4-21. Soldiers who fail to achieve the minimum passing score for their age and gender on any event are considered test failures. If a Soldier is ill or becomes injured during the APFT and fails to achieve the minimum passing score for their age and gender on any event, he or she is considered a test failure.

4-22. Paragraphs 4-22 through 4-24 describe procedures for APFT events. On test day, the OIC or NCOIC briefs Soldiers on the purpose and organization of the test. The OIC or NCOIC explains test administration including the scorecard, scoring standards, and test sequence. In addition, the OIC or NCOIC addresses the wearing of unauthorized items such as nasal strips, braces, elastic bandages, weightlifting gloves, and electronic devices (digital music players, radios, cell phones, and compact disc players). The OIC or NCOIC reads the test instructions for the Push-Up, Sit-Up, and 2-Mile Run events (or approved alternate aerobic event) prior to conducting preparation. After preparation is completed, the Push-Up event will begin. From the beginning of the Push-Up event to the completion of all remaining events, the total time elapsed cannot exceed two hours. Upon completion of all events, recovery will be conducted.

4-23. Event supervisors read the following instructions aloud to all Soldiers taking the APFT.



You are about to take the Army Physical Fitness Test, a test that will measure your upper and lower body muscular endurance and aerobic endurance. The results of this test will give you and your commanders an indication of your state of physical fitness and will act as a guide in determining your physical readiness training needs. Listen closely to the test instructions and do the best you can on each of the events.

4-24. If event supervisors have not issued DA Forms 705, they hand them out at this time. The OIC or NCOIC will then instruct the Soldiers to fill in the appropriate spaces with the required personal data. The OIC or NCOIC reads the following instructions aloud to all Soldiers taking the APFT.

In the appropriate spaces, print in ink the personal information required on the scorecard.

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Note. The preceding remark is omitted if scorecards were issued prior to arrival at the test site.

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4-25. The OIC or NCOIC give Soldiers time to complete the required information. Next, the OIC or the NCOIC explains procedures for scorecard use during testing. The OIC or NCOIC reads the following instructions aloud to all Soldiers taking the APFT.

You are to carry this scorecard with you to each event. Before you begin an event, hand the scorecard to the grader. After you complete the event, the grader will record your raw score, initial the scorecard, and return it to you.

4-26. The OIC or NCOIC explains how raw scores are converted to point scores. The OIC or NCOIC reads the following instructions aloud to all Soldiers taking the APFT.

Upon completion of the APFT, your grader will convert your raw scores to scaled scores, based on your gender and age group, in accordance with the scoring standards for each event as listed in Chapter 4 of ATP 7-22.01. What are your questions about the test at this point?

4-27. Event supervisors assign Soldiers to groups. The OIC or NCOIC reads the following instructions aloud to all Soldiers taking the APFT.

Each of you will be assigned to a test group. Stay with your test group for the entire test. What are your questions about the test at this point?

## **INSTRUCTIONS**

4-28. The OIC, NCOIC, or event supervisor will read all three event instructions prior to the start of each test. The specific 2-Mile Run event instructions can be addressed at the 2-mile run event test site.

## PUSH-UP

4-29. The Push-Up event measures the endurance of the chest, shoulder, and triceps muscles. The Push-Up event is a 2-minute, timed event. Soldiers are encouraged to perform as many correct Push-Ups as possible in the allotted time. When given the command, “GET SET,” the Soldier assumes the starting position in the front-leaning rest position by placing his or her hands where they are comfortable. The Soldier’s feet may be together or up to 12 inches apart as measured between the feet. When viewed from the side, the Soldier’s body should form a generally straight line from the shoulders to the ankles. A demonstrator will be provided to show correct performance of the Push-Up event. Figure 4-1 illustrates the standard for correct position and performance of the Push-Up.



**+Figure 4-1. The Push-Up**

4-30. When given the command, “GO,” the Soldier bends at the elbows and lowers his or her body as a single unit until the upper arms are parallel to the ground. The Soldier returns to the starting position by raising his or her entire body until fully extending both arms. The body must remain rigid in a generally straight line and move as a single unit while performing each repetition.

4-31. At the end of each repetition, the grader states the number of correctly performed repetitions. If the Soldier fails to maintain his or her body in a generally straight line, fails to lower the body as a single unit until the upper arms are at least parallel to the ground, or fails to extend the arms completely, that repetition will not count. The grader repeats the number of the last correctly performed repetition.

4-32. If the Soldier fails to perform the first 10 Push-Ups correctly, the grader will direct the Soldier to go to his or her knees and explain any performance deficiencies. The grader will then send the Soldier to the end of the line to be retested. However, after the first 10 Push-Ups have been performed to standard and counted, no restarts are allowed. The test will continue and any incorrectly performed Push-Ups will not count.

4-33. While executing the Push-Up event, the front-leaning rest position is the only authorized rest position. The Soldier may flex or sag in the middle of the back, but must return to the starting position before continuing with the next repetition. When flexing or sagging, the Soldier may bend the knees, but not to the extent that the legs support most of the Soldier’s weight. If this occurs, the grader will terminate the event. The Soldier may reposition his or her hands and feet during the event as long as they maintain contact with the ground at all times.

4-34. The OIC, NCOIC, or event supervisor reads the following instructions aloud to all Soldiers before beginning the Push-Up event.

## Push-Up

The Push-Up event measures the endurance of the chest, shoulder, and triceps muscles. On the command, "GET SET," assume the Front-Leaning Rest position by placing your hands where they are comfortable for you. Your feet may be together or up to 12 inches apart (measured between the feet). When viewed from the side, your body should form a generally straight line from your shoulders to your ankles. On the command, "GO," begin the Push-Up by bending your elbows and lowering your entire body as a single unit until your upper arms are at least parallel to the ground. Then, return to the starting position by raising your entire body until your arms are fully extended.

Your body must remain rigid in a generally straight line and move as a unit while performing each repetition. At the end of each repetition, the grader will state the number of repetitions you have completed correctly. If you fail to keep your body generally straight, fail to lower your body until your upper arms are at least parallel to the ground, or fail to extend your arms completely, that repetition will not count, and the grader will repeat the number of the last correctly performed repetition.

If you fail to perform the first 10 Push-Ups correctly, the grader will tell you to go to your knees and explain your deficiencies. The grader will send you to the end of the line to be retested. After the first 10 Push-Ups have been performed and counted, no restarts are allowed. The test will continue, and any incorrectly performed push-ups will not be counted. An altered, Front-Leaning Rest position is the only authorized rest position. That is, you may sag in the middle or flex your back. When flexing your back, you may bend your knees, but not to such an extent that you are supporting most of your body weight with your legs. If this occurs, your performance will be terminated. You must return to, and pause in, the correct starting position before continuing.

If you rest on the ground or raise either hand or foot from the ground, your performance will be terminated. You may re-position your hands and feet during the event as long as they remain in contact with the ground at all times. Correct performance is important. You have two minutes in which to do as many Push-Ups as you can. Watch this demonstration.

What are your questions about this event?

4-35. During the Push-Up event, graders sit or kneel 3 feet from the Soldier's left or right shoulder at a 45-degree angle (refer to figure 4-1). The OIC, NCOIC, or event supervisor can add these additional comments to explain and demonstrate for the Push-Up event:

- "Your chest may touch the ground during the Push-Up as long as the contact does not provide an advantage. You cannot bounce off the ground."
- "If a mat is used, your entire body must be on the mat. Sleeping mats are not authorized for use."
- "Your feet will not be braced during the Push-Up event."
- "You may do the Push-Up event on your fists."
- "You may not cross your feet while doing the Push-Up event."
- "You may not take any APFT event in bare feet."
- "You should not wear glasses while performing the Push-Up event."

4-36. The scoring standards for the Push-Up event are scaled for age and gender as described in figure 4-2 on page 4-8.

| PUSH-UP STANDARDS |             |     |       |   |       |   |       |   |       |             |             |       |     |       |     |       |   |       |     |             |
|-------------------|-------------|-----|-------|---|-------|---|-------|---|-------|-------------|-------------|-------|-----|-------|-----|-------|---|-------|-----|-------------|
| AGE GROUP         | 17-21       |     | 22-26 |   | 27-31 |   | 32-36 |   | 37-41 |             | AGE GROUP   | 42-46 |     | 47-51 |     | 52-56 |   | 57-61 |     | AGE GROUP   |
|                   | Repetitions | M   | F     | M | F     | M | F     | M | F     | Repetitions |             | M     | F   | M     | F   | M     | F | M     | F   |             |
| 77                |             |     |       |   | 100   |   |       |   |       |             | 77          |       |     |       |     |       |   |       |     | 77          |
| 76                |             |     |       |   | 99    |   |       |   |       |             | 76          |       |     |       |     |       |   |       |     | 76          |
| 75                |             |     | 100   |   | 98    |   | 100   |   |       |             | 75          |       |     |       |     |       |   |       |     | 75          |
| 74                |             |     | 99    |   | 97    |   | 99    |   |       |             | 74          |       |     |       |     |       |   |       |     | 74          |
| 73                |             |     | 98    |   | 96    |   | 98    |   | 100   |             | 73          |       |     |       |     |       |   |       |     | 73          |
| 72                |             |     | 97    |   | 95    |   | 97    |   | 99    |             | 72          |       |     |       |     |       |   |       |     | 72          |
| 71                | 100         |     | 96    |   | 94    |   | 96    |   | 99    |             | 71          |       |     |       |     |       |   |       |     | 71          |
| 70                | 99          |     | 94    |   | 93    |   | 95    |   | 97    |             | 70          |       |     |       |     |       |   |       |     | 70          |
| 69                | 97          |     | 93    |   | 92    |   | 94    |   | 96    |             | 69          |       |     |       |     |       |   |       |     | 69          |
| 68                | 96          |     | 92    |   | 91    |   | 93    |   | 95    |             | 68          |       |     |       |     |       |   |       |     | 68          |
| 67                | 94          |     | 91    |   | 89    |   | 92    |   | 94    |             | 67          |       |     |       |     |       |   |       |     | 67          |
| 66                | 93          |     | 90    |   | 88    |   | 91    |   | 93    |             | 66          | 100   |     |       |     |       |   |       |     | 66          |
| 65                | 92          |     | 89    |   | 87    |   | 90    |   | 92    |             | 65          | 99    |     |       |     |       |   |       |     | 65          |
| 64                | 90          |     | 87    |   | 86    |   | 89    |   | 91    |             | 64          | 98    |     |       |     |       |   |       |     | 64          |
| 63                | 89          |     | 86    |   | 85    |   | 88    |   | 90    |             | 63          | 97    |     |       |     |       |   |       |     | 63          |
| 62                | 88          |     | 85    |   | 84    |   | 87    |   | 89    |             | 62          | 96    |     |       |     |       |   |       |     | 62          |
| 61                | 86          |     | 84    |   | 83    |   | 86    |   | 88    |             | 61          | 94    |     |       |     |       |   |       |     | 61          |
| 60                | 85          |     | 83    |   | 82    |   | 85    |   | 87    |             | 60          | 93    |     |       |     |       |   |       |     | 60          |
| 59                | 83          |     | 82    |   | 81    |   | 84    |   | 86    |             | 59          | 92    | 100 |       |     |       |   |       |     | 59          |
| 58                | 82          |     | 81    |   | 80    |   | 83    |   | 85    |             | 58          | 91    | 99  |       |     |       |   |       |     | 58          |
| 57                | 81          |     | 79    |   | 79    |   | 82    |   | 84    |             | 57          | 90    | 98  |       |     |       |   |       |     | 57          |
| 56                | 79          |     | 78    |   | 78    |   | 81    |   | 83    |             | 56          | 89    | 96  | 100   |     |       |   |       |     | 56          |
| 55                | 78          |     | 77    |   | 77    |   | 79    |   | 82    |             | 55          | 88    | 95  | 99    |     |       |   |       |     | 55          |
| 54                | 77          |     | 76    |   | 76    |   | 78    |   | 81    |             | 54          | 87    | 94  | 98    |     |       |   |       |     | 54          |
| 53                | 75          |     | 75    |   | 75    |   | 77    |   | 79    |             | 53          | 86    | 93  | 97    | 100 |       |   |       |     | 53          |
| 52                | 74          |     | 74    |   | 74    |   | 76    |   | 78    |             | 52          | 84    | 92  | 96    | 99  |       |   |       |     | 52          |
| 51                | 73          |     | 73    |   | 73    |   | 75    |   | 77    |             | 51          | 83    | 91  | 94    | 98  |       |   |       |     | 51          |
| 50                | 71          |     | 71    |   | 72    |   | 74    |   | 76    |             | 50          | 82    | 89  | 93    | 97  | 100   |   |       |     | 50          |
| 49                | 70          |     | 70    |   | 71    |   | 73    |   | 75    |             | 49          | 81    | 88  | 92    | 96  | 99    |   |       |     | 49          |
| 48                | 68          |     | 69    |   | 69    |   | 72    |   | 74    |             | 48          | 80    | 87  | 91    | 94  | 98    |   |       |     | 48          |
| 47                | 67          |     | 68    |   | 68    |   | 71    |   | 73    |             | 47          | 79    | 86  | 90    | 93  | 96    |   |       |     | 47          |
| 46                | 66          |     | 67    |   | 67    |   | 70    |   | 72    |             | 46          | 78    | 85  | 89    | 92  | 95    |   |       |     | 46          |
| 45                | 64          |     | 66    |   | 66    |   | 69    |   | 71    |             | 45          | 77    | 84  | 88    | 91  | 94    |   |       |     | 45          |
| 44                | 63          |     | 65    |   | 65    |   | 68    |   | 70    |             | 44          | 76    | 82  | 87    | 90  | 93    |   |       |     | 44          |
| 43                | 61          |     | 63    |   | 64    |   | 67    |   | 69    |             | 43          | 74    | 81  | 86    | 89  | 92    |   |       |     | 43          |
| 42                | 60          | 100 | 62    |   | 63    |   | 66    |   | 68    |             | 42          | 73    | 80  | 84    | 87  | 91    |   |       |     | 42          |
| 41                | 59          | 99  | 61    |   | 62    |   | 65    |   | 67    |             | 41          | 72    | 79  | 83    | 86  | 89    |   |       |     | 41          |
| 40                | 57          | 97  | 60    |   | 61    |   | 64    |   | 66    | 100         | 40          | 71    | 78  | 82    | 85  | 88    |   |       |     | 40          |
| 39                | 56          | 95  | 59    |   | 60    |   | 63    |   | 65    | 99          | 39          | 70    | 76  | 81    | 84  | 87    |   |       |     | 39          |
| 38                | 54          | 93  | 58    |   | 59    |   | 62    |   | 64    | 97          | 38          | 69    | 75  | 80    | 83  | 86    |   |       |     | 38          |
| 37                | 53          | 91  | 57    |   | 58    |   | 61    |   | 63    | 96          | 37          | 68    | 74  | 79    | 82  | 85    |   |       |     | 37          |
| 36                | 52          | 90  | 56    |   | 57    |   | 60    |   | 62    | 94          | 36          | 67    | 73  | 78    | 81  | 84    |   |       |     | 36          |
| 35                | 50          | 88  | 54    |   | 55    |   | 58    |   | 60    | 93          | 35          | 66    | 72  | 77    | 79  | 82    |   |       |     | 35          |
| 34                | 49          | 86  | 53    |   | 54    |   | 57    |   | 59    | 91          | 34          | 64    | 71  | 76    | 78  | 81    |   |       |     | 34          |
| 33                | 48          | 84  | 52    |   | 53    |   | 56    |   | 58    | 90          | 33          | 63    | 70  | 75    | 77  | 80    |   |       |     | 33          |
| 32                | 46          | 83  | 51    |   | 52    |   | 55    |   | 57    | 88          | 32          | 62    | 69  | 74    | 76  | 79    |   |       |     | 32          |
| 31                | 45          | 81  | 50    |   | 51    |   | 54    |   | 56    | 87          | 31          | 61    | 68  | 73    | 75  | 78    |   |       |     | 31          |
| 30                | 43          | 79  | 49    |   | 50    |   | 53    |   | 55    | 85          | 30          | 60    | 67  | 72    | 74  | 77    |   |       |     | 30          |
| 29                | 42          | 77  | 47    |   | 48    |   | 51    |   | 53    | 84          | 29          | 59    | 66  | 71    | 73  | 76    |   |       |     | 29          |
| 28                | 41          | 76  | 46    |   | 47    |   | 50    |   | 52    | 82          | 28          | 58    | 65  | 70    | 72  | 75    |   |       |     | 28          |
| 27                | 39          | 74  | 45    |   | 46    |   | 49    |   | 51    | 81          | 27          | 57    | 64  | 69    | 71  | 74    |   |       |     | 27          |
| 26                | 38          | 72  | 44    |   | 45    |   | 48    |   | 50    | 79          | 26          | 56    | 63  | 68    | 70  | 73    |   |       |     | 26          |
| 25                | 37          | 70  | 43    |   | 44    |   | 47    |   | 49    | 78          | 25          | 54    | 62  | 67    | 69  | 72    |   |       | 100 | 25          |
| 24                | 35          | 69  | 42    |   | 43    |   | 46    |   | 48    | 76          | 24          | 53    | 60  | 65    | 67  | 70    |   |       |     | 24          |
| 23                | 34          | 67  | 41    |   | 42    |   | 45    |   | 47    | 75          | 23          | 52    | 59  | 64    | 66  | 69    |   |       |     | 23          |
| 22                | 32          | 65  | 39    |   | 40    |   | 43    |   | 45    | 73          | 22          | 51    | 58  | 63    | 65  | 68    |   |       |     | 22          |
| 21                | 31          | 63  | 38    |   | 39    |   | 42    |   | 44    | 72          | 21          | 50    | 57  | 62    | 64  | 67    |   |       |     | 21          |
| 20                | 30          | 62  | 37    |   | 38    |   | 41    |   | 43    | 70          | 20          | 49    | 56  | 61    | 63  | 66    |   |       |     | 20          |
| 19                | 28          | 60  | 36    |   | 37    |   | 40    |   | 42    | 69          | 19          | 48    | 55  | 60    | 62  | 65    |   |       |     | 19          |
| 18                | 27          | 58  | 35    |   | 36    |   | 39    |   | 41    | 67          | 18          | 47    | 54  | 59    | 61  | 64    |   |       |     | 18          |
| 17                | 26          | 57  | 34    |   | 35    |   | 38    |   | 40    | 66          | 17          | 46    | 53  | 58    | 60  | 63    |   |       |     | 17          |
| 16                | 24          | 55  | 33    |   | 34    |   | 37    |   | 39    | 64          | 16          | 44    | 52  | 57    | 59  | 62    |   |       |     | 16          |
| 15                | 23          | 53  | 31    |   | 32    |   | 35    |   | 37    | 63          | 15          | 43    | 50  | 55    | 57  | 60    |   |       |     | 15          |
| 14                | 21          | 51  | 30    |   | 31    |   | 34    |   | 36    | 61          | 14          | 42    | 49  | 54    | 56  | 59    |   |       |     | 14          |
| 13                | 20          | 50  | 29    |   | 30    |   | 33    |   | 35    | 60          | 13          | 41    | 48  | 53    | 55  | 58    |   |       |     | 13          |
| 12                | 19          | 48  | 28    |   | 29    |   | 32    |   | 34    | 59          | 12          | 40    | 47  | 52    | 54  | 57    |   |       |     | 12          |
| 11                | 17          | 46  | 27    |   | 28    |   | 31    |   | 33    | 57          | 11          | 39    | 46  | 51    | 53  | 56    |   |       |     | 11          |
| 10                | 16          | 44  | 26    |   | 27    |   | 30    |   | 32    | 56          | 10          | 38    | 45  | 50    | 52  | 55    |   |       |     | 10          |
| 9                 | 14          | 43  | 25    |   | 26    |   | 29    |   | 31    | 54          | 9           | 37    | 44  | 49    | 51  | 54    |   |       |     | 9           |
| 8                 | 13          | 41  | 23    |   | 24    |   | 27    |   | 29    | 53          | 8           | 36    | 43  | 48    | 50  | 53    |   |       |     | 8           |
| 7                 | 12          | 39  | 22    |   | 23    |   | 26    |   | 28    | 51          | 7           | 34    | 42  | 47    | 49  | 52    |   |       |     | 7           |
| 6                 | 10          | 37  | 21    |   | 22    |   | 25    |   | 27    | 50          | 6           | 33    | 40  | 45    | 47  | 50    |   |       |     | 6           |
| 5                 | 9           | 36  | 20    |   | 21    |   | 24    |   | 26    | 48          | 5           | 32    | 39  | 44    | 46  | 49    |   |       |     | 5           |
| 4                 | 8           | 34  | 19    |   | 20    |   | 23    |   | 25    | 47          | 4           | 31    | 38  | 43    | 45  | 48    |   |       |     | 4           |
| 3                 | 6           | 32  | 18    |   | 19    |   | 22    |   | 24    | 45          | 3           | 30    | 37  | 42    | 44  | 47    |   |       |     | 3           |
| 2                 | 5           | 30  | 17    |   | 18    |   | 21    |   | 23    | 44          | 2           | 29    | 36  | 41    | 43  | 46    |   |       |     | 2           |
| 1                 | 3           | 29  | 16    |   | 17    |   | 20    |   | 22    | 42          | 1           | 28    | 35  | 40    | 42  | 45    |   |       |     | 1           |
| Repetitions       | M           | F   | M     | F | M     | F | M     | F | M     | F           | Repetitions | M     | F   | M     | F   | M     | F | M     | F   | Repetitions |
| AGE GROUP         | 17-21       |     | 22-26 |   | 27-31 |   | 32-36 |   | 37-41 |             | AGE GROUP   | 42-46 |     | 47-51 |     | 52-56 |   | 57-61 |     | AGE GROUP   |

Scoring standards are used to convert raw scores to point scores after test events are completed. Male point scores are indicated by the M at the top and bottom of the shaded columns. Female point scores are indicated by the F at the top and bottom of the unshaded columns. To convert raw scores to point scores, find the number of repetitions performed as indicated in the left-hand column. Next, move right along that row and locate the intersection of the Soldier's appropriate gender/age range column. Record that number in the PU Points block on the DA Form 705 APFT scorecard.

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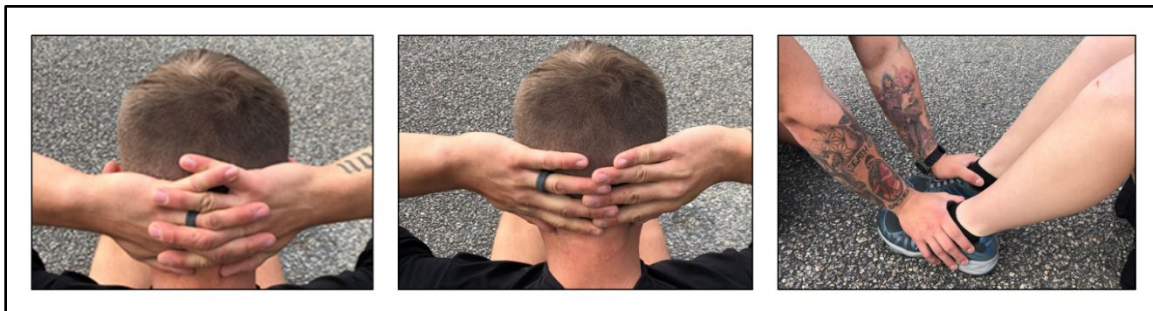
▲Figure 4-2. DA Form 705 APFT Push-Up Standards

## SIT-UP

4-37. The Sit-Up event measures the endurance of the abdominal and hip-flexor muscles. The Sit-Up event is a 2-minute, timed event. Soldiers are encouraged to perform as many correct Sit-Ups as possible in the allotted time. When given the command “GET SET,” the Soldier assumes the starting position by lying on his or her back with knees bent at a 90-degree angle. The Soldier’s feet may be together or up to 12 inches apart as measured between the feet. The heel is the only part of the foot that must touch the ground. Another Soldier will hold the feet to the ground using the hands only. Unless directed by the Department of the Army due to health risks or other circumstances, no other method of bracing or holding the feet is authorized. The Soldier’s fingers must be interlocked behind the head and the backs of the hands must touch the ground. The arms and elbows do not have to touch the ground. Figures 4-3 and 4-4 illustrate the standard for the correct position and performance of the Sit-Up event.



+Figure 4-3. The Sit-Up



+Figure 4-4. Sit-Up hand and feet positions

4-38. When given the command, “GO,” the Soldier begins raising his or her upper body forward to, or beyond, the vertical position in which the base of the neck is directly above the base of the spine. After the Soldier has reached or surpassed the vertical position, the Soldier lowers the body until the bottom half of the shoulder blades touch the ground, completing one repetition. The Soldier’s head, arms, or elbows do not have to touch the ground.

4-39. At the end of each repetition, the grader states the number of correctly performed Sit-Ups. A repetition will not count if the Soldier fails reach the vertical position, fails to keep the fingers interlocked behind the head, arches or bows the back, or raises the buttocks off the ground. The grader will repeat the number of the last correctly performed repetition.

4-40. If the Soldier fails to perform the first 10 Sit-Ups correctly, the grader will direct the Soldier to stop and explain any performance deficiencies. The grader will then send the Soldier to the end of the line to be retested. However, after the first 10 Sit-Ups have been performed to standard and counted, no restarts are allowed. The test will continue and any incorrectly performed Sit-Ups will not count.

4-41. In performing the Sit-Up event, the vertical, or up position, is the only authorized rest position. If the Soldier stops and rests in the starting position at any point, the grader will terminate the event. As long as the Soldier makes a continuous physical effort to sit up, the grader will not terminate the event. However, the Soldier may not use his or her hands or any other means to pull or push up to the rest position. If this occurs, the event will be terminated.

4-42. The OIC, NCOIC, or event supervisor reads the following instructions aloud to all Soldiers before beginning the Push-Up event.

### **Sit-Up**

The Sit-Up event measures the endurance of the abdominal and hip-flexor muscles. On the command, "GET SET," assume the starting position by lying on your back with your knees bent at a 90-degree angle. Your feet may be together or up to 12 inches apart (measured between the feet). Another person will hold your ankles with the hands only. No other method of bracing or holding the feet is authorized (unless otherwise directed by Department of the Army policy). The heel is the only part of your foot that must stay in contact with the ground. Your fingers must be interlocked behind your head, and the backs of your hands must touch the ground. Your arms and elbows need not touch the ground.

On the command, "GO," begin raising your upper body forward to, or beyond, the vertical position. The vertical position means that the base of your neck is above the base of your spine. After you have reached or surpassed the vertical position, lower your body until the bottom half of your shoulder blades touch the ground. Your head, hands, arms, or elbows do not have to touch the ground.

At the end of each repetition, the grader will state the number of Sit-Ups you have correctly performed. A repetition will not count if you fail to reach the vertical position, fail to keep your fingers interlocked behind your head, arch or bow your back and raise your buttocks off the ground to raise your upper body, or let your knees exceed a 90-degree angle. If a repetition does not count, the grader will repeat the number of your last correctly performed Sit-Up.

If you fail to perform the first 10 Sit-Ups correctly, the grader will tell you to go to your knees and explain your deficiencies. The grader will send you to the end of the line to be retested. After the first 10 Sit-Ups have been performed and counted, no restarts are allowed. The test will continue, and any incorrectly performed Sit-Ups will not be counted. The up position is the only authorized rest position.

If you stop and rest in the down (starting) position, the event will be terminated. As long as you make a continuous physical effort to sit up, the event will not be terminated. You may not use your hands or any other means to pull or push yourself up to the up (rest) position or to hold yourself in the rest position. If you do so, your performance in the event will be terminated. Correct performance is important. You will have two minutes to perform as many Sit-Ups as you can. Watch this demonstration.

What are your questions about this event?"

4-43. The scoring standards for the Sit-Up event are scaled for age and gender as described in figure 4-5.



| SIT-UP STANDARDS |       |       |       |       |       |           |       |       |       |       |             |           |       |       |       |     |           |             |
|------------------|-------|-------|-------|-------|-------|-----------|-------|-------|-------|-------|-------------|-----------|-------|-------|-------|-----|-----------|-------------|
| AGE GROUP        | 17-21 |       | 22-26 |       | 27-31 |           | 32-36 |       | 37-41 |       | AGE GROUP   | 42-46     | 47-51 | 52-56 | 57-61 | 62+ | AGE GROUP |             |
| Repetitions      | M     | F     | M     | F     | M     | F         | M     | F     | M     | F     | Repetitions | M         | F     | M     | F     | M   | F         | Repetitions |
| 82               |       |       |       |       | 100   |           |       |       |       |       | 82          |           |       |       |       |     |           | 82          |
| 81               |       |       |       |       | 99    |           |       |       |       |       | 81          |           |       |       |       |     |           | 81          |
| 80               |       |       | 100   |       | 98    |           |       |       |       |       | 80          |           |       |       |       |     |           | 80          |
| 79               |       |       | 99    |       | 97    |           |       |       |       |       | 79          |           |       |       |       |     |           | 79          |
| 78               |       | 100   |       |       | 96    |           |       |       |       |       | 78          |           |       |       |       |     |           | 78          |
| 77               |       | 98    |       |       | 95    |           |       |       |       |       | 77          |           |       |       |       |     |           | 77          |
| 76               |       | 97    |       |       | 94    |           | 100   |       | 100   |       | 76          |           |       |       |       |     |           | 76          |
| 75               |       | 95    |       |       | 93    |           | 92    |       | 99    |       | 75          |           |       |       |       |     |           | 75          |
| 74               |       | 94    |       |       | 92    |           | 91    |       | 98    |       | 74          |           |       |       |       |     |           | 74          |
| 73               |       | 92    |       |       | 91    |           | 90    |       | 96    |       | 73          |           |       |       |       |     |           | 73          |
| 72               |       | 90    |       |       | 89    |           | 89    |       | 95    |       | 72          | 100       |       |       |       |     |           | 72          |
| 71               |       | 89    |       |       | 88    |           | 88    |       | 94    |       | 71          | 99        |       |       |       |     |           | 71          |
| 70               |       | 87    |       |       | 87    |           | 87    |       | 93    |       | 70          | 98        |       |       |       |     |           | 70          |
| 69               |       | 86    |       |       | 85    |           | 86    |       | 92    |       | 69          | 97        |       |       |       |     |           | 69          |
| 68               |       | 84    |       |       | 84    |           | 85    |       | 91    |       | 68          | 96        |       |       |       |     |           | 68          |
| 67               |       | 82    |       |       | 83    |           | 84    |       | 89    |       | 67          | 95        |       |       |       |     |           | 67          |
| 66               |       | 81    |       |       | 81    |           | 83    |       | 88    |       | 66          | 94        | 100   | 100   |       |     |           | 66          |
| 65               |       | 79    |       |       | 80    |           | 82    |       | 87    |       | 65          | 93        | 99    | 99    |       |     |           | 65          |
| 64               |       | 78    |       |       | 79    |           | 81    |       | 86    |       | 64          | 92        | 98    | 98    | 100   |     |           | 64          |
| 63               |       | 76    |       |       | 77    |           | 79    |       | 85    |       | 63          | 91        | 97    | 97    | 99    | 100 |           | 63          |
| 62               |       | 74    |       |       | 76    |           | 78    |       | 84    |       | 62          | 90        | 96    | 96    | 98    | 99  |           | 62          |
| 61               |       | 73    |       |       | 75    |           | 77    |       | 82    |       | 61          | 89        | 94    | 95    | 97    | 98  |           | 61          |
| 60               |       | 71    |       |       | 73    |           | 76    |       | 81    |       | 60          | 88        | 93    | 94    | 96    | 97  |           | 60          |
| 59               |       | 70    |       |       | 72    |           | 75    |       | 80    |       | 59          | 87        | 92    | 93    | 95    | 96  |           | 59          |
| 58               |       | 68    |       |       | 71    |           | 74    |       | 79    |       | 58          | 86        | 91    | 92    | 94    | 95  |           | 58          |
| 57               |       | 66    |       |       | 69    |           | 73    |       | 78    |       | 57          | 85        | 90    | 91    | 93    | 94  |           | 57          |
| 56               |       | 65    |       |       | 68    |           | 72    |       | 76    |       | 56          | 84        | 89    | 89    | 92    | 93  |           | 56          |
| 55               |       | 63    |       |       | 67    |           | 71    |       | 75    |       | 55          | 83        | 88    | 88    | 91    | 92  |           | 55          |
| 54               |       | 62    |       |       | 65    |           | 70    |       | 74    |       | 54          | 82        | 87    | 87    | 89    | 91  |           | 54          |
| 53               |       | 60    |       |       | 64    |           | 69    |       | 73    |       | 53          | 81        | 86    | 86    | 88    | 89  |           | 53          |
| 52               |       | 58    |       |       | 63    |           | 68    |       | 72    |       | 52          | 80        | 84    | 85    | 87    | 88  |           | 52          |
| 51               |       | 57    |       |       | 61    |           | 66    |       | 71    |       | 51          | 79        | 83    | 84    | 86    | 87  |           | 51          |
| 50               |       | 55    |       |       | 60    |           | 65    |       | 69    |       | 50          | 78        | 82    | 83    | 85    | 86  |           | 50          |
| 49               |       | 54    |       |       | 59    |           | 64    |       | 68    |       | 49          | 77        | 81    | 82    | 84    | 85  |           | 49          |
| 48               |       | 52    |       |       | 57    |           | 63    |       | 67    |       | 48          | 76        | 80    | 81    | 83    | 84  |           | 48          |
| 47               |       | 50    |       |       | 56    |           | 62    |       | 66    |       | 47          | 75        | 79    | 80    | 82    | 83  |           | 47          |
| 46               |       | 49    |       |       | 55    |           | 61    |       | 65    |       | 46          | 74        | 78    | 79    | 81    | 82  |           | 46          |
| 45               |       | 47    |       |       | 53    |           | 60    |       | 64    |       | 45          | 73        | 77    | 78    | 79    | 81  |           | 45          |
| 44               |       | 46    |       |       | 52    |           | 59    |       | 62    |       | 44          | 72        | 76    | 77    | 78    | 79  |           | 44          |
| 43               |       | 44    |       |       | 50    |           | 58    |       | 61    |       | 43          | 71        | 74    | 76    | 77    | 78  |           | 43          |
| 42               |       | 42    |       |       | 49    |           | 57    |       | 60    |       | 42          | 70        | 73    | 75    | 76    | 77  |           | 42          |
| 41               |       | 41    |       |       | 48    |           | 56    |       | 59    |       | 41          | 69        | 72    | 74    | 75    | 76  |           | 41          |
| 40               |       | 39    |       |       | 47    |           | 55    |       | 58    |       | 40          | 68        | 71    | 73    | 74    | 75  |           | 40          |
| 39               |       | 38    |       |       | 45    |           | 54    |       | 56    |       | 39          | 67        | 70    | 72    | 73    | 74  |           | 39          |
| 38               |       | 36    |       |       | 44    |           | 52    |       | 55    |       | 38          | 66        | 69    | 71    | 72    | 73  |           | 38          |
| 37               |       | 34    |       |       | 43    |           | 51    |       | 54    |       | 37          | 65        | 68    | 69    | 71    | 72  |           | 37          |
| 36               |       | 33    |       |       | 41    |           | 50    |       | 53    |       | 36          | 64        | 67    | 68    | 70    | 71  |           | 36          |
| 35               |       | 31    |       |       | 40    |           | 49    |       | 52    |       | 35          | 63        | 66    | 67    | 69    | 70  |           | 35          |
| 34               |       | 30    |       |       | 39    |           | 48    |       | 50    |       | 34          | 62        | 65    | 66    | 68    | 69  |           | 34          |
| 33               |       | 28    |       |       | 37    |           | 47    |       | 49    |       | 33          | 61        | 64    | 65    | 66    | 68  |           | 33          |
| 32               |       | 26    |       |       | 36    |           | 46    |       | 48    |       | 32          | 60        | 62    | 64    | 65    | 66  |           | 32          |
| 31               |       | 25    |       |       | 35    |           | 45    |       | 47    |       | 31          | 59        | 61    | 63    | 64    | 65  |           | 31          |
| 30               |       | 23    |       |       | 33    |           | 44    |       | 46    |       | 30          | 58        | 60    | 62    | 63    | 64  |           | 30          |
| 29               |       | 22    |       |       | 32    |           | 43    |       | 45    |       | 29          | 57        | 59    | 61    | 62    | 63  |           | 29          |
| 28               |       | 20    |       |       | 31    |           | 42    |       | 44    |       | 28          | 56        | 58    | 60    | 61    | 62  |           | 28          |
| 27               |       | 18    |       |       | 29    |           | 41    |       | 42    |       | 27          | 55        | 57    | 59    | 60    | 61  |           | 27          |
| 26               |       | 17    |       |       | 28    |           | 39    |       | 41    |       | 26          | 54        | 56    | 58    | 59    | 60  |           | 26          |
| 25               |       | 15    |       |       | 27    |           | 38    |       | 40    |       | 25          | 53        | 54    | 57    | 58    | 59  |           | 25          |
| 24               |       | 14    |       |       | 25    |           | 37    |       | 39    |       | 24          | 52        | 53    | 56    | 57    | 58  |           | 24          |
| 23               |       | 12    |       |       | 24    |           | 36    |       | 38    |       | 23          | 51        | 52    | 55    | 56    | 57  |           | 23          |
| 22               |       | 10    |       |       | 23    |           | 35    |       | 36    |       | 22          | 50        | 51    | 54    | 55    | 56  |           | 22          |
| 21               |       | 9     |       |       | 21    |           | 34    |       | 35    |       | 21          | 49        | 50    | 53    | 54    | 55  |           | 21          |
| Repetitions      | M     | F     | M     | F     | M     | F         | M     | F     | M     | F     | Repetitions | M         | F     | M     | F     | M   | F         | Repetitions |
| AGE GROUP        | 17-21 | 22-26 | 27-31 | 32-36 | 37-41 | AGE GROUP | 42-46 | 47-51 | 52-56 | 57-61 | 62+         | AGE GROUP |       |       |       |     |           |             |

Scoring standards are used to convert raw scores to point scores after test events are completed. Male point scores are indicated by the M at the top and bottom of the columns. Female point scores are indicated by the F at the top and bottom of the columns. To convert raw scores to point scores, find the number of repetitions performed as indicated in the left-hand column. Next, move right along that row and locate the intersection of the Soldier's appropriate gender/age range column. Record that number in the SU Points block on the DA Form 705 APFT scorecard.

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^Figure 4-5. DA Form 705 APFT Sit-Up standards

2-MILE RUN

4-44. The 2-Mile Run event measures aerobic fitness and the endurance of the leg muscles. The 2-Mile Run is a timed event and must be completed without any physical assistance. Soldiers are encouraged to complete

the 2-mile distance in the shortest time possible (see figure 4-6 for starting a run). At the start of the event, all Soldiers line up behind the starting line. On the command, “GO,” the timer starts the clock and each Soldier will begin running at his or her own pace. To complete the required two miles, the Soldier must complete the required 2-mile distance as designated by the OIC, NCOIC, or event supervisor in describing the course layout including number of laps as well as start and finish points as required.



**+Figure 4-6. The 2-Mile Run event**

4-45. In performing the 2-Mile Run event, Soldiers are authorized to walk. However, walking is strongly discouraged. If the Soldier is physically assisted in any way—such as pulled, pushed, picked up, or carried—the grader will terminate the event. If the Soldier leaves the designated running course for any reason, the event will also be terminated. Pacing the Soldier is authorized as long as there is no physical contact with the Soldier. This includes running ahead, alongside, or behind the Soldier being tested. Cheering or calling out the elapsed time is also permitted.

4-46. When testing large groups of Soldiers, the event supervisor may provide Soldiers numbers affixed to the APFU for identification purposes. Upon completing the 2-Mile Run, it is the Soldier’s responsibility to ensure the grader records his or her name and number (if provided) as the Soldier crosses the finish line.

4-47. Once the Soldier confirms the grader has correctly recorded the run time, he or she will immediately proceed to the designated recovery area. Soldiers will not remain in the grading area to avoid interference with testing.

4-48. The OIC, NCOIC, or event supervisor reads the following instructions aloud to all Soldiers before the 2-Mile Run event.



## **2-Mile Run**

The 2-Mile Run event measures your aerobic fitness and the endurance of the leg muscles. You must complete the run without any physical help. At the start, all Soldiers will line up behind the starting line. On the command, "GO," the clock will start. You will begin running at your own pace. To run the required two miles, you must complete the required 2-mile distance [describe the number of laps, start and finish points, and course layout]. You are being tested on your ability to complete the 2-mile course in the shortest time possible. Although walking is authorized, it is strongly discouraged.

If you are physically helped in any way (for example, pulled, pushed, picked up, or carried), or if you leave the designated running course for any reason, the event will be terminated. Pacing a Soldier during the 2-mile run is permitted as long as there is no physical contact with the paced Soldier and it does not physically hinder other Soldiers taking the test. The practice of running ahead, alongside of, or behind the tested Soldier while serving as a pacer is permitted. Cheering or calling out the elapsed time is also permitted.

(As applicable) The number on your chest is for identification. You must make sure it is visible at all times. Turn in your number when you finish the run.

Once you confirm your grader has recorded your score correctly, proceed to the area designated for recovery. Do not stay near the graders or the finish line as it may interfere with testing.

What are your questions about this event?"

4-49. The scoring standards for the 2-Mile Run event are scaled for age and gender as described in figure 4-7.

| 2-MILE RUN STANDARDS |     |       |     |       |     |       |     |       |     |       |       |           |     |       |     |       |     |       |    |       |     |     |   |           |
|----------------------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-------|-----------|-----|-------|-----|-------|-----|-------|----|-------|-----|-----|---|-----------|
| AGE GROUP            |     | 17-21 |     | 22-26 |     | 27-31 |     | 32-36 |     | 37-41 |       | AGE GROUP |     | 42-46 |     | 47-51 |     | 52-56 |    | 57-61 |     | 62+ |   | AGE GROUP |
| Time                 | M   | F     | M   | F     | M   | F     | M   | F     | M   | F     | Time  | M         | F   | M     | F   | M     | F   | M     | F  | M     | F   | M   | F | Time      |
| 12:54                |     |       |     |       |     |       |     |       |     |       | 12:54 |           |     |       |     |       |     |       |    |       |     |     |   | 12:54     |
| 13:00                | 100 |       | 100 |       |     |       |     |       |     |       | 13:00 |           |     |       |     |       |     |       |    |       |     |     |   | 13:00     |
| 13:06                | 99  |       | 99  |       |     |       |     |       |     |       | 13:06 |           |     |       |     |       |     |       |    |       |     |     |   | 13:06     |
| 13:12                | 97  |       | 96  |       |     |       |     |       |     |       | 13:12 |           |     |       |     |       |     |       |    |       |     |     |   | 13:12     |
| 13:18                | 96  |       | 97  |       | 100 |       | 100 |       |     |       | 13:18 |           |     |       |     |       |     |       |    |       |     |     |   | 13:18     |
| 13:24                | 94  |       | 96  |       | 99  |       | 99  |       |     |       | 13:24 |           |     |       |     |       |     |       |    |       |     |     |   | 13:24     |
| 13:30                | 93  |       | 94  |       | 98  |       | 98  |       |     |       | 13:30 |           |     |       |     |       |     |       |    |       |     |     |   | 13:30     |
| 13:36                | 92  |       | 93  |       | 97  |       | 97  |       | 100 |       | 13:36 |           |     |       |     |       |     |       |    |       |     |     |   | 13:36     |
| 13:42                | 90  |       | 92  |       | 96  |       | 96  |       | 99  |       | 13:42 |           |     |       |     |       |     |       |    |       |     |     |   | 13:42     |
| 13:48                | 89  |       | 91  |       | 95  |       | 95  |       | 98  |       | 13:48 |           |     |       |     |       |     |       |    |       |     |     |   | 13:48     |
| 13:54                | 88  |       | 90  |       | 94  |       | 95  |       | 97  |       | 13:54 |           |     |       |     |       |     |       |    |       |     |     |   | 13:54     |
| 14:00                | 86  |       | 89  |       | 92  |       | 94  |       | 97  |       | 14:00 |           |     |       |     |       |     |       |    |       |     |     |   | 14:00     |
| 14:06                | 85  |       | 88  |       | 91  |       | 93  |       | 96  |       | 14:06 | 100       |     |       |     |       |     |       |    |       |     |     |   | 14:06     |
| 14:12                | 83  |       | 87  |       | 90  |       | 92  |       | 95  |       | 14:12 | 99        |     |       |     |       |     |       |    |       |     |     |   | 14:12     |
| 14:18                | 82  |       | 86  |       | 89  |       | 91  |       | 94  |       | 14:18 | 98        |     |       |     |       |     |       |    |       |     |     |   | 14:18     |
| 14:24                | 81  |       | 84  |       | 88  |       | 90  |       | 93  |       | 14:24 | 97        |     | 100   |     |       |     |       |    |       |     |     |   | 14:24     |
| 14:30                | 79  |       | 83  |       | 87  |       | 89  |       | 92  |       | 14:30 | 97        |     | 99    |     |       |     |       |    |       |     |     |   | 14:30     |
| 14:36                | 78  |       | 82  |       | 86  |       | 88  |       | 91  |       | 14:36 | 96        |     | 98    |     |       |     |       |    |       |     |     |   | 14:36     |
| 14:42                | 77  |       | 81  |       | 85  |       | 87  |       | 91  |       | 14:42 | 95        |     | 98    |     | 100   |     |       |    |       |     |     |   | 14:42     |
| 14:48                | 75  |       | 80  |       | 84  |       | 86  |       | 90  |       | 14:48 | 94        |     | 97    |     | 99    |     |       |    |       |     |     |   | 14:48     |
| 14:54                | 74  |       | 79  |       | 83  |       | 85  |       | 89  |       | 14:54 | 93        |     | 96    |     | 98    |     |       |    |       |     |     |   | 14:54     |
| 15:00                | 72  |       | 78  |       | 82  |       | 85  |       | 88  |       | 15:00 | 92        |     | 95    |     | 98    |     |       |    |       |     |     |   | 15:00     |
| 15:06                | 71  |       | 77  |       | 81  |       | 84  |       | 87  |       | 15:06 | 91        |     | 95    |     | 97    |     |       |    |       |     |     |   | 15:06     |
| 15:12                | 70  |       | 76  |       | 79  |       | 83  |       | 86  |       | 15:12 | 90        |     | 94    |     | 96    |     |       |    |       |     |     |   | 15:12     |
| 15:18                | 68  |       | 74  |       | 78  |       | 82  |       | 86  |       | 15:18 | 90        |     | 93    |     | 95    |     | 100   |    |       |     |     |   | 15:18     |
| 15:24                | 67  |       | 73  |       | 77  |       | 81  |       | 85  |       | 15:24 | 89        |     | 92    |     | 95    |     | 99    |    |       |     |     |   | 15:24     |
| 15:30                | 66  |       | 72  |       | 76  |       | 80  |       | 84  |       | 15:30 | 88        |     | 91    |     | 94    |     | 98    |    |       |     |     |   | 15:30     |
| 15:36                | 64  | 100   | 71  | 100   | 75  | 79    | 83  |       |     |       | 15:36 | 87        |     | 91    |     | 93    |     | 97    |    |       |     |     |   | 15:36     |
| 15:42                | 63  | 99    | 70  | 99    | 74  | 78    | 82  |       |     |       | 15:42 | 86        |     | 90    |     | 92    |     | 97    |    | 100   |     |     |   | 15:42     |
| 15:48                | 61  | 98    | 69  | 98    | 73  | 100   | 77  |       |     |       | 15:48 | 85        |     | 89    |     | 91    |     | 96    |    | 99    |     |     |   | 15:48     |
| 15:54                | 60  | 96    | 68  | 97    | 72  | 99    | 76  | 100   |     |       | 15:54 | 84        |     | 88    |     | 91    |     | 95    |    | 98    |     |     |   | 15:54     |
| 16:00                | 59  | 95    | 67  | 96    | 71  | 98    | 75  | 99    |     |       | 16:00 | 83        |     | 87    |     | 90    |     | 94    |    | 97    |     |     |   | 16:00     |
| 16:06                | 57  | 94    | 66  | 95    | 70  | 97    | 75  | 99    |     |       | 16:06 | 83        |     | 87    |     | 89    |     | 93    |    | 96    |     |     |   | 16:06     |
| 16:12                | 56  | 93    | 64  | 94    | 69  | 97    | 74  | 98    |     |       | 16:12 | 82        |     | 86    |     | 88    |     | 92    |    | 96    |     |     |   | 16:12     |
| 16:18                | 54  | 92    | 63  | 93    | 68  | 96    | 73  | 97    |     |       | 16:18 | 81        |     | 85    |     | 87    |     | 91    |    | 94    |     |     |   | 16:18     |
| 16:24                | 53  | 90    | 62  | 92    | 66  | 95    | 72  | 97    |     |       | 16:24 | 80        |     | 84    |     | 87    |     | 91    |    | 93    |     |     |   | 16:24     |
| 16:30                | 52  | 89    | 61  | 91    | 65  | 94    | 71  | 96    |     |       | 16:30 | 79        |     | 84    |     | 86    |     | 90*   |    | 93    |     |     |   | 16:30     |
| 16:36                | 50  | 88    | 60  | 90    | 64  | 93    | 70  | 95    |     |       | 16:36 | 78        |     | 83    |     | 85    |     | 89    |    | 92    |     |     |   | 16:36     |
| 16:42                | 48  | 87    | 59  | 89    | 63  | 92    | 69  | 94    |     |       | 16:42 | 77        |     | 82    |     | 84    |     | 88    |    | 91    |     |     |   | 16:42     |
| 16:48                | 46  | 85    | 58  | 88    | 62  | 91    | 68  | 94    |     |       | 16:48 | 77        |     | 81    |     | 84    |     | 87    |    | 90    |     |     |   | 16:48     |
| 16:54                | 45  | 84    | 57  | 87    | 61  | 91    | 67  | 93    |     |       | 16:54 | 76        |     | 80    |     | 83    |     | 86    |    | 89    |     |     |   | 16:54     |
| 17:00                | 45  | 83    | 56  | 86    | 60  | 90    | 66  | 92    |     | 100   | 17:00 | 75        |     | 80    |     | 82    |     | 85    |    | 88    |     |     |   | 17:00     |
| 17:06                | 43  | 82    | 54  | 85    | 59  | 89    | 65  | 92    |     |       | 17:06 | 74        |     | 79    |     | 81    |     | 84    |    | 87    |     |     |   | 17:06     |
| 17:12                | 42  | 81    | 53  | 84    | 58  | 88    | 65  | 91    |     |       | 17:12 | 73        |     | 78    |     | 80    |     | 83    |    | 86    |     |     |   | 17:12     |
| 17:18                | 41  | 79    | 52  | 83    | 57  | 87    | 64  | 90    |     |       | 17:18 | 72        |     | 77    |     | 80    |     | 83    |    | 86    |     |     |   | 17:18     |
| 17:24                | 39  | 78    | 51  | 82    | 56  | 86    | 63  | 90    |     |       | 17:24 | 71        | 100 | 76    |     | 79    |     | 82    |    | 84    |     |     |   | 17:24     |
| 17:30                | 38  | 77    | 50  | 81    | 55  | 86    | 62  | 89    |     |       | 17:30 | 70        | 99  | 76    |     | 78    |     | 81    |    | 83    |     |     |   | 17:30     |
| 17:36                | 37  | 76    | 49  | 80    | 54  | 85    | 61  | 88    |     |       | 17:36 | 70        | 99  | 75    | 100 | 77    |     | 80    |    | 82    |     |     |   | 17:36     |
| 17:42                | 35  | 75    | 48  | 79    | 52  | 84    | 60  | 88    |     |       | 17:42 | 69        | 98  | 74    | 99  | 76    |     | 79    |    | 81    |     |     |   | 17:42     |
| 17:48                | 34  | 73    | 47  | 78    | 51  | 83    | 59  | 87    |     |       | 17:48 | 68        | 97  | 73    | 99  | 76    |     | 78    |    | 80    |     |     |   | 17:48     |
| 17:54                | 32  | 72    | 46  | 77    | 50  | 82    | 58  | 86    |     |       | 17:54 | 67        | 97  | 73    | 98  | 75    |     | 77    |    | 80    |     |     |   | 17:54     |
| 18:00                | 31  | 71    | 44  | 76    | 49  | 81    | 57  | 86    |     |       | 18:00 | 66        | 96  | 72    | 97  | 74    |     | 77    |    | 79    |     |     |   | 18:00     |
| 18:06                | 30  | 70    | 43  | 75    | 48  | 80    | 56  | 85    |     |       | 18:06 | 65        | 96  | 71    | 97  | 73    |     | 76    |    | 78    |     |     |   | 18:06     |
| 18:12                | 28  | 68    | 42  | 74    | 47  | 80    | 55  | 84    |     |       | 18:12 | 64        | 95  | 70    | 96  | 73    |     | 75    |    | 77    |     |     |   | 18:12     |
| 18:18                | 27  | 67    | 41  | 73    | 46  | 79    | 55  | 83    |     |       | 18:18 | 63        | 94  | 69    | 96  | 72    |     | 74    |    | 76    |     |     |   | 18:18     |
| 18:24                | 26  | 66    | 40  | 72    | 45  | 78    | 54  | 83    |     |       | 18:24 | 63        | 94  | 69    | 96  | 71    |     | 73    |    | 75    |     |     |   | 18:24     |
| 18:30                | 24  | 65    | 39  | 71    | 44  | 77    | 53  | 82    |     |       | 18:30 | 62        | 93  | 68    | 94  | 70    |     | 72    |    | 74    |     |     |   | 18:30     |
| 18:36                | 23  | 64    | 38  | 70    | 43  | 76    | 52  | 81    |     |       | 18:36 | 61        | 92  | 67    | 94  | 69    |     | 71    |    | 73    |     |     |   | 18:36     |
| 18:42                | 21  | 62    | 37  | 69    | 42  | 75    | 51  | 81    |     |       | 18:42 | 60        | 92  | 66    | 93  | 69    |     | 70    |    | 72    |     |     |   | 18:42     |
| 18:48                | 20  | 61    | 36  | 68    | 41  | 74    | 50  | 80    |     |       | 18:48 | 59        | 91  | 65    | 92  | 68    |     | 70    |    | 71    |     |     |   | 18:48     |
| 18:54                | 19  | 60    | 34  | 67    | 39  | 74    | 49  | 79    |     |       | 18:54 | 58        | 90  | 65    | 92  | 67    |     | 68    |    | 70    |     |     |   | 18:54     |
| 19:00                | 17  | 59    | 33  | 66    | 38  | 73    | 48  | 79    |     |       | 19:00 | 57        | 90  | 64    | 91  | 66    | 100 |       | 68 |       | 69  |     |   | 19:00     |
| 19:06                | 16  | 58    | 32  | 65    | 37  | 72    | 47  | 78    |     |       | 19:06 | 57        | 89  | 63    | 91  | 65    | 99  |       | 67 |       | 68  |     |   | 19:06     |
| 19:12                | 14  | 56    | 31  | 64    | 36  | 71    | 46  | 77    |     |       | 19:12 | 56        | 88  | 62    | 90  | 65    | 99  |       | 66 |       | 67  |     |   | 19:12     |
| 19:18                | 13  | 55    | 30  | 63    | 35  | 70    | 45  | 77    |     |       | 19:18 | 55        | 88  | 62    | 89  | 64    | 98  |       | 65 |       | 67  |     |   | 19:18     |
| 19:24                | 12  | 54    | 29  | 62    | 34  | 69    | 45  | 76    |     |       | 19:24 | 54        | 87  | 61    | 89  | 63    | 97  |       | 64 |       | 66  |     |   | 19:24     |
| 19:30                | 10  | 53    | 28  | 61    | 33  | 69    | 44  | 75    |     |       | 19:30 | 53        | 87  | 60    | 88  | 62    | 96  |       | 63 |       | 65  |     |   | 19:30     |
| 19:36                | 9   | 52    | 27  | 60    | 32  | 68    | 43  | 74    |     |       | 19:36 | 52        | 86  | 59    | 87  | 62    | 96  |       | 63 |       | 64  |     |   | 19:36     |
| 19:42                | 8   | 50    | 26  | 59    | 31  | 67    | 42  | 74    |     |       | 19:42 | 51        | 85  | 58    | 87  | 61    | 95  |       | 62 |       | 100 |     |   | 19:42     |
| 19:48                | 6   | 49    | 24  | 58    | 30  | 66    | 41  | 73    |     |       | 19:48 | 50        | 85  | 58    | 86  | 60    | 94  |       | 61 |       | 99  |     |   | 19:48     |
| 19:54                | 5   | 48    | 23  | 57    | 29  | 65    | 40  | 72    |     |       | 19:54 | 50        | 84  | 57    | 86  | 59    | 93  |       | 60 |       | 98  |     |   | 19:54     |
| 20:00                | 3   | 47    | 22  | 56    | 28  | 64    | 39  | 72    |     |       | 20:00 | 49        | 83  | 56    | 85  | 58    | 93  |       | 59 |       | 98  |     |   | 20:00     |
| 20:06                | 2   | 45    | 21  | 55    | 26  | 63    | 38  | 71    |     |       | 20:06 | 48        | 83  | 55    | 84  | 58    | 92  |       | 58 |       | 97  |     |   | 20:06     |
| 20:12                | 1   | 44    | 20  | 54    | 25  | 63    | 37  | 70    |     |       | 20:12 | 47        | 82  | 55    | 84  | 57    | 91  |       | 57 |       | 96  |     |   | 20:12     |
| 20:18                | 0   | 43    | 19  | 53    | 24  | 62    | 36  | 70    |     |       | 20:18 | 46        | 82  | 54    | 83  | 56    | 90  |       | 57 |       | 95  |     |   | 20:18     |
| 20:24                |     | 42    | 18  | 52    | 23  | 61    | 35  | 69    |     |       | 20:24 | 45        | 81  | 53    | 82  | 55    | 90  |       | 56 |       | 95  |     |   | 20:24     |
| 20:30                |     | 41    | 17  | 51    | 22  | 60    | 35  | 68    |     |       | 20:30 | 44        | 80  | 52    | 82  | 55    |     |       |    |       |     |     |   |           |

### 2-MILE RUN STANDARDS

| AGE GROUP | 17-21 |    |    |    | 22-26 |    |    |    | 27-31 |    |   |   | 32-36 |   |   |   | 37-41 |   |   |   | AGE GROUP | 42-46 |    |    |    | 47-51 |    |    |    | 52-56 |    |   |   | 57-61 |   |       |   | 62+  |  |  |  | AGE GROUP |
|-----------|-------|----|----|----|-------|----|----|----|-------|----|---|---|-------|---|---|---|-------|---|---|---|-----------|-------|----|----|----|-------|----|----|----|-------|----|---|---|-------|---|-------|---|------|--|--|--|-----------|
| Time      | M     | F  | M  | F  | M     | F  | M  | F  | M     | F  | M | F | M     | F | M | F | M     | F | M | F | Time      | M     | F  | M  | F  | M     | F  | M  | F  | M     | F  | M | F | M     | F | M     | F | Time |  |  |  |           |
| 20:16     | 0     | 43 | 19 | 53 | 24    | 62 | 36 | 70 | 43    | 77 |   |   |       |   |   |   |       |   |   |   | 20:16     | 46    | 62 | 54 | 63 | 56    | 90 | 67 | 95 | 67    | 98 |   |   |       |   | 20:16 |   |      |  |  |  |           |
| 20:24     |       | 42 | 18 | 52 | 23    | 61 | 35 | 69 | 42    | 76 |   |   |       |   |   |   |       |   |   |   | 20:24     | 45    | 61 | 53 | 62 | 55    | 90 | 66 | 95 | 66    | 97 |   |   |       |   | 20:24 |   |      |  |  |  |           |
| 20:30     |       | 41 | 17 | 51 | 22    | 60 | 35 | 68 | 41    | 75 |   |   |       |   |   |   |       |   |   |   | 20:30     | 44    | 60 | 52 | 62 | 55    | 89 | 65 | 94 | 65    | 96 |   |   |       |   | 20:30 |   |      |  |  |  |           |
| 20:36     |       | 39 | 16 | 50 | 21    | 59 | 34 | 68 | 40    | 75 |   |   |       |   |   |   |       |   |   |   | 20:36     | 43    | 60 | 51 | 61 | 54    | 88 | 64 | 93 | 64    | 96 |   |   |       |   | 20:36 |   |      |  |  |  |           |
| 20:42     |       | 38 | 14 | 49 | 20    | 58 | 33 | 67 | 40    | 74 |   |   |       |   |   |   |       |   |   |   | 20:42     | 43    | 59 | 51 | 61 | 53    | 87 | 63 | 92 | 63    | 94 |   |   |       |   | 20:42 |   |      |  |  |  |           |
| 20:48     |       | 37 | 13 | 48 | 19    | 57 | 32 | 66 | 39    | 73 |   |   |       |   |   |   |       |   |   |   | 20:48     | 42    | 58 | 50 | 60 | 52    | 87 | 62 | 91 | 63    | 94 |   |   |       |   | 20:48 |   |      |  |  |  |           |
| 20:54     |       | 36 | 12 | 47 | 18    | 57 | 31 | 66 | 38    | 73 |   |   |       |   |   |   |       |   |   |   | 20:54     | 41    | 58 | 49 | 59 | 51    | 86 | 61 | 91 | 62    | 93 |   |   |       |   | 20:54 |   |      |  |  |  |           |
| 21:00     |       | 35 | 11 | 46 | 17    | 56 | 30 | 65 | 37    | 72 |   |   |       |   |   |   |       |   |   |   | 21:00     | 40    | 57 | 48 | 59 | 51    | 85 | 60 | 90 | 61    | 92 |   |   |       |   | 21:00 |   |      |  |  |  |           |
| 21:06     |       | 33 | 10 | 45 | 16    | 55 | 29 | 64 | 36    | 71 |   |   |       |   |   |   |       |   |   |   | 21:06     | 39    | 57 | 47 | 58 | 50    | 84 | 60 | 89 | 60    | 91 |   |   |       |   | 21:06 |   |      |  |  |  |           |
| 21:12     |       | 32 | 9  | 44 | 15    | 54 | 28 | 63 | 35    | 71 |   |   |       |   |   |   |       |   |   |   | 21:12     | 38    | 56 | 47 | 57 | 49    | 84 | 59 | 88 | 59    | 90 |   |   |       |   | 21:12 |   |      |  |  |  |           |
| 21:18     |       | 31 | 8  | 43 | 14    | 53 | 27 | 63 | 34    | 70 |   |   |       |   |   |   |       |   |   |   | 21:18     | 37    | 55 | 46 | 57 | 48    | 83 | 58 | 87 | 58    | 90 |   |   |       |   | 21:18 |   |      |  |  |  |           |
| 21:24     |       | 30 | 7  | 42 | 12    | 52 | 26 | 62 | 34    | 69 |   |   |       |   |   |   |       |   |   |   | 21:24     | 37    | 55 | 45 | 56 | 47    | 82 | 57 | 87 | 57    | 89 |   |   |       |   | 21:24 |   |      |  |  |  |           |
| 21:30     |       | 28 | 6  | 41 | 11    | 51 | 25 | 61 | 33    | 68 |   |   |       |   |   |   |       |   |   |   | 21:30     | 36    | 54 | 44 | 56 | 47    | 81 | 56 | 86 | 56    | 88 |   |   |       |   | 21:30 |   |      |  |  |  |           |
| 21:36     |       | 27 | 4  | 40 | 10    | 51 | 25 | 61 | 32    | 68 |   |   |       |   |   |   |       |   |   |   | 21:36     | 35    | 53 | 44 | 55 | 46    | 81 | 55 | 85 | 55    | 87 |   |   |       |   | 21:36 |   |      |  |  |  |           |
| 21:42     |       | 26 | 3  | 39 | 9     | 50 | 24 | 60 | 31    | 67 |   |   |       |   |   |   |       |   |   |   | 21:42     | 34    | 53 | 43 | 54 | 45    | 80 | 54 | 84 | 54    | 86 |   |   |       |   | 21:42 |   |      |  |  |  |           |
| 21:48     |       | 25 | 2  | 38 | 8     | 49 | 23 | 59 | 30    | 66 |   |   |       |   |   |   |       |   |   |   | 21:48     | 33    | 52 | 42 | 54 | 44    | 79 | 53 | 84 | 53    | 86 |   |   |       |   | 21:48 |   |      |  |  |  |           |
| 21:54     |       | 24 | 1  | 37 | 7     | 48 | 22 | 59 | 29    | 65 |   |   |       |   |   |   |       |   |   |   | 21:54     | 32    | 51 | 41 | 53 | 44    | 79 | 53 | 83 | 53    | 86 |   |   |       |   | 21:54 |   |      |  |  |  |           |
| 22:00     |       | 22 | 0  | 36 | 6     | 47 | 21 | 58 | 29    | 65 |   |   |       |   |   |   |       |   |   |   | 22:00     | 31    | 51 | 40 | 52 | 43    | 78 | 52 | 82 | 52    | 84 |   |   |       |   | 22:00 |   |      |  |  |  |           |
| 22:06     |       | 21 |    | 35 | 5     | 46 | 20 | 57 | 28    | 64 |   |   |       |   |   |   |       |   |   |   | 22:06     | 30    | 50 | 40 | 51 | 42    | 77 | 51 | 81 | 51    | 83 |   |   |       |   | 22:06 |   |      |  |  |  |           |
| 22:12     |       | 20 |    | 34 | 4     | 45 | 19 | 57 | 27    | 64 |   |   |       |   |   |   |       |   |   |   | 22:12     | 30    | 50 | 39 | 51 | 41    | 76 | 50 | 80 | 50    | 82 |   |   |       |   | 22:12 |   |      |  |  |  |           |
| 22:18     |       | 19 |    | 33 | 3     | 45 | 18 | 56 | 26    | 63 |   |   |       |   |   |   |       |   |   |   | 22:18     | 29    | 49 | 38 | 50 | 40    | 76 | 49 | 80 | 49    | 81 |   |   |       |   | 22:18 |   |      |  |  |  |           |
| 22:24     |       | 18 |    | 32 | 2     | 44 | 17 | 55 | 25    | 62 |   |   |       |   |   |   |       |   |   |   | 22:24     | 28    | 48 | 37 | 50 | 40    | 75 | 48 | 79 | 48    | 81 |   |   |       |   | 22:24 |   |      |  |  |  |           |
| 22:30     |       | 16 |    | 31 | 1     | 43 | 16 | 54 | 24    | 61 |   |   |       |   |   |   |       |   |   |   | 22:30     | 27    | 48 | 36 | 49 | 39    | 74 | 47 | 78 | 47    | 80 |   |   |       |   | 22:30 |   |      |  |  |  |           |
| 22:36     |       | 15 |    | 30 | 0     | 42 | 15 | 54 | 23    | 61 |   |   |       |   |   |   |       |   |   |   | 22:36     | 26    | 47 | 36 | 49 | 38    | 73 | 47 | 77 | 46    | 79 |   |   |       |   | 22:36 |   |      |  |  |  |           |
| 22:42     |       | 14 |    | 29 |       | 41 | 15 | 53 | 23    | 60 |   |   |       |   |   |   |       |   |   |   | 22:42     | 25    | 46 | 35 | 48 | 37    | 73 | 46 | 76 | 45    | 78 |   |   |       |   | 22:42 |   |      |  |  |  |           |
| 22:48     |       | 13 |    | 28 |       | 40 | 14 | 52 | 22    | 59 |   |   |       |   |   |   |       |   |   |   | 22:48     | 24    | 46 | 34 | 47 | 36    | 72 | 45 | 76 | 44    | 78 |   |   |       |   | 22:48 |   |      |  |  |  |           |
| 22:54     |       | 12 |    | 27 |       | 40 | 13 | 52 | 21    | 59 |   |   |       |   |   |   |       |   |   |   | 22:54     | 23    | 45 | 33 | 47 | 35    | 71 | 44 | 75 | 43    | 77 |   |   |       |   | 22:54 |   |      |  |  |  |           |
| 23:00     |       | 10 |    | 26 |       | 39 | 12 | 51 | 20    | 58 |   |   |       |   |   |   |       |   |   |   | 23:00     | 23    | 44 | 33 | 46 | 35    | 70 | 43 | 74 | 42    | 76 |   |   |       |   | 23:00 |   |      |  |  |  |           |
| 23:06     |       | 9  |    | 25 |       | 38 | 11 | 50 | 19    | 57 |   |   |       |   |   |   |       |   |   |   | 23:06     | 22    | 44 | 32 | 46 | 34    | 70 | 42 | 73 | 41    | 76 |   |   |       |   | 23:06 |   |      |  |  |  |           |
| 23:12     |       | 8  |    | 24 |       | 37 | 10 | 49 | 18    | 56 |   |   |       |   |   |   |       |   |   |   | 23:12     | 21    | 43 | 31 | 45 | 33    | 69 | 41 | 73 | 40    | 74 |   |   |       |   | 23:12 |   |      |  |  |  |           |
| 23:18     |       | 7  |    | 23 |       | 36 | 9  | 49 | 17    | 56 |   |   |       |   |   |   |       |   |   |   | 23:18     | 20    | 43 | 30 | 44 | 33    | 68 | 40 | 72 | 39    | 74 |   |   |       |   | 23:18 |   |      |  |  |  |           |
| 23:24     |       | 5  |    | 22 |       | 35 | 8  | 48 | 17    | 55 |   |   |       |   |   |   |       |   |   |   | 23:24     | 19    | 42 | 29 | 44 | 32    | 67 | 39 | 71 | 38    | 73 |   |   |       |   | 23:24 |   |      |  |  |  |           |
| 23:30     |       | 4  |    | 21 |       | 34 | 7  | 48 | 16    | 54 |   |   |       |   |   |   |       |   |   |   | 23:30     | 18    | 41 | 29 | 43 | 31    | 67 | 38 | 70 | 37    | 72 |   |   |       |   | 23:30 |   |      |  |  |  |           |
| 23:36     |       | 3  |    | 20 |       | 34 | 6  | 47 | 15    | 54 |   |   |       |   |   |   |       |   |   |   | 23:36     | 17    | 41 | 28 | 42 | 30    | 66 | 38 | 69 | 37    | 71 |   |   |       |   | 23:36 |   |      |  |  |  |           |
| 23:42     |       | 2  |    | 19 |       | 33 | 5  | 46 | 14    | 53 |   |   |       |   |   |   |       |   |   |   | 23:42     | 17    | 40 | 27 | 42 | 29    | 65 | 37 | 69 | 36    | 70 |   |   |       |   | 23:42 |   |      |  |  |  |           |
| 23:48     |       | 1  |    | 18 |       | 32 | 5  | 45 | 13    | 52 |   |   |       |   |   |   |       |   |   |   | 23:48     | 16    | 39 | 26 | 41 | 29    | 64 | 36 | 68 | 35    | 70 |   |   |       |   | 23:48 |   |      |  |  |  |           |
| 23:54     |       | 0  |    | 17 |       | 31 | 4  | 45 | 12    | 52 |   |   |       |   |   |   |       |   |   |   | 23:54     | 15    | 39 | 25 | 41 | 28    | 64 | 35 | 67 | 34    | 69 |   |   |       |   | 23:54 |   |      |  |  |  |           |
| 24:00     |       |    |    | 16 |       | 30 | 3  | 44 | 11    | 51 |   |   |       |   |   |   |       |   |   |   | 24:00     | 14    | 38 | 25 | 40 | 27    | 63 | 34 | 66 | 33    | 68 |   |   |       |   | 24:00 |   |      |  |  |  |           |
| 24:06     |       |    |    | 15 |       | 29 | 2  | 43 | 11    | 50 |   |   |       |   |   |   |       |   |   |   | 24:06     | 13    | 37 | 24 | 40 | 26    | 62 | 33 | 65 | 32    | 67 |   |   |       |   | 24:06 |   |      |  |  |  |           |
| 24:12     |       |    |    | 14 |       | 29 | 1  | 43 | 10    | 49 |   |   |       |   |   |   |       |   |   |   | 24:12     | 12    | 37 | 23 | 40 | 25    | 61 | 33 | 65 | 31    | 66 |   |   |       |   | 24:12 |   |      |  |  |  |           |
| 24:18     |       |    |    | 13 |       | 28 | 0  | 42 | 9     | 49 |   |   |       |   |   |   |       |   |   |   | 24:18     | 11    | 36 | 22 | 39 | 25    | 61 | 32 | 64 | 30    | 66 |   |   |       |   | 24:18 |   |      |  |  |  |           |
| 24:24     |       |    |    | 12 |       | 27 |    | 41 | 8     | 48 |   |   |       |   |   |   |       |   |   |   | 24:24     | 10    | 36 | 22 | 39 | 24    | 60 | 31 | 63 | 29    | 65 |   |   |       |   | 24:24 |   |      |  |  |  |           |
| 24:30     |       |    |    | 11 |       | 26 |    | 41 | 7     | 47 |   |   |       |   |   |   |       |   |   |   | 24:30     | 10    | 35 | 21 | 39 | 23    | 59 | 30 | 62 | 28    | 64 |   |   |       |   | 24:30 |   |      |  |  |  |           |
| 24:36     |       |    |    | 10 |       | 25 |    | 40 | 6     | 47 |   |   |       |   |   |   |       |   |   |   | 24:36     | 9     | 34 | 20 | 38 | 22    | 59 | 29 | 61 | 27    | 63 |   |   |       |   | 24:36 |   |      |  |  |  |           |
| 24:42     |       |    |    | 9  |       | 24 |    | 39 | 5     | 46 |   |   |       |   |   |   |       |   |   |   | 24:42     | 8     | 34 | 19 | 38 | 22    | 58 | 28 | 61 | 26    | 62 |   |   |       |   | 24:42 |   |      |  |  |  |           |
| 24:48     |       |    |    | 8  |       | 23 |    | 39 | 5     | 45 |   |   |       |   |   |   |       |   |   |   | 24:48     | 7     | 33 | 18 | 37 | 21    | 57 | 27 | 60 | 25    | 62 |   |   |       |   | 24:48 |   |      |  |  |  |           |
| 24:54     |       |    |    | 7  |       | 23 |    | 38 | 4     | 45 |   |   |       |   |   |   |       |   |   |   | 24:54     | 6     | 32 | 18 | 37 | 20    | 56 | 26 | 59 | 24    | 61 |   |   |       |   | 24:54 |   |      |  |  |  |           |
| 25:00     |       |    |    | 6  |       | 22 |    | 37 | 3     | 44 |   |   |       |   |   |   |       |   |   |   | 25:00     | 5     | 32 | 17 | 36 | 19    | 56 | 25 | 58 | 23    | 60 |   |   |       |   | 25:00 |   |      |  |  |  |           |
| 25:06     |       |    |    | 5  |       | 21 |    | 37 | 2     | 43 |   |   |       |   |   |   |       |   |   |   | 25:06     | 4     | 31 | 16 | 36 | 18    | 55 | 24 | 57 | 22    | 59 |   |   |       |   | 25:06 |   |      |  |  |  |           |
| 25:12     |       |    |    | 4  |       | 20 |    | 36 | 1     | 42 |   |   |       |   |   |   |       |   |   |   | 25:12     | 3     | 30 | 15 | 35 | 18    | 54 | 23 | 56 | 21    | 58 |   |   |       |   | 25:12 |   |      |  |  |  |           |
| 25:18     |       |    |    | 3  |       | 19 |    | 35 | 0     | 42 |   |   |       |   |   |   |       |   |   |   | 25:18     | 3     | 30 | 15 | 35 | 17    | 53 | 23 | 56 | 21    | 58 |   |   |       |   | 25:18 |   |      |  |  |  |           |
| 25:24     |       |    |    | 2  |       | 18 |    | 34 |       | 41 |   |   |       |   |   |   |       |   |   |   | 25:24     | 2     | 29 | 14 | 34 | 16    | 53 | 22 | 55 | 20    | 57 |   |   |       |   | 25:24 |   |      |  |  |  |           |
| 25:30     |       |    |    | 1  |       | 17 |    | 34 |       | 40 |   |   |       |   |   |   |       |   |   |   | 25:30     | 1     | 29 | 13 | 34 | 15    | 52 | 21 | 56 | 19    | 56 |   |   |       |   | 25:30 |   |      |  |  |  |           |
| 25:36     |       |    |    | 0  |       | 17 |    | 33 |       | 40 |   |   |       |   |   |   |       |   |   |   | 25:36     | 0     | 28 | 12 | 33 |       |    |    |    |       |    |   |   |       |   |       |   |      |  |  |  |           |

# STANDARDS

4-50. The APFT consists of Push-Ups, Sit-Ups, and a 2-Mile Run—done in that order—on the same day. Soldiers are allowed a minimum of 10 minutes and a maximum of 20 minutes rest between events. Soldiers must complete all three events in two hours. The test period is defined as the time that elapses from the start to the finish of the three events (from the first Push-Up performed to the last Soldier crossing the finish line of the 2-Mile Run event).

4-51. In accordance with AR 350-1, all Soldiers must attain a score of at least 60 points on each event and an overall score of at least 180 points. Soldiers in basic combat training must attain 50 points in each event and an overall score of 150 points. The maximum score a Soldier can attain on the APFT is 300 points. The use of extended scale scoring is not authorized.

4-52. ^The grader will record APFT results on DA Form 705. (See figures 4-8 and 4-9 for sample scorecard). The unit will maintain one scorecard for each Soldier. The scorecard will be kept in a central location in the unit and will accompany the individual military personnel records jacket at the time of permanent change of station according to AR 350-1. Units and separate offices monitor the performance and progress of their Soldiers. Individual Soldiers are not authorized to administer the APFT to themselves to simply satisfy record test requirements. A minimum of four Soldiers are required to administer an APFT: OIC or NCOIC, an event supervisor, an event grader, and support personnel. Another Soldier being tested or support personnel may act as the holder to secure the Soldier’s ankles during the Sit-Up event.

| TEST ONE   |            |  |   | TEST TWO   |            |   |           | TEST THREE   |   |  |           |
|--|------------|--|---|--|------------|---|-----------|--|---|--|-----------|
| DATE (YYYYMMDD)<br>20210611  | MOS<br>35F | GRADE<br>E6  | AGE<br>32   | DATE (YYYYMMDD)<br>20211114  | MOS<br>35F | GRADE<br>E6   | AGE<br>33 | DATE (YYYYMMDD)<br>20220510  | MOS<br>35F  | GRADE<br>E6  | AGE<br>33 |
| HEIGHT<br>68 inches  |            | WEIGHT: 140 lbs. <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO-GO |   | HEIGHT<br>68 inches  |            | WEIGHT: 167 lbs. <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO-GO  |           | HEIGHT<br>68 inches  |   | WEIGHT: 155 lbs. <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO-GO |           |
| BODY FAT: n/a % <input type="checkbox"/> GO <input type="checkbox"/> NO-GO   |            | PU RAW SCORE<br>39   |   | BODY FAT: 29 % <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO-GO |            | PU RAW SCORE<br>42  |           | BODY FAT: 21 % <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO-GO |   | PU RAW SCORE<br>41   |           |
| INITIALS   |            | POINTS<br>92   |   | INITIALS   |            | POINTS<br>96  |           | INITIALS   |   | POINTS<br>95   |           |
| SU RAW SCORE<br>72   |            | INITIALS   |   | SU RAW SCORE<br>75   |            | INITIALS  |           | SU RAW SCORE<br>76   |   | INITIALS   |           |
| POINTS<br>95   |            | 2MR RAW SCORE<br>15:36   |   | POINTS<br>99   |            | 2MR RAW SCORE<br>n/a  |           | POINTS<br>100  |   | 2MR RAW SCORE<br>n/a   |           |
| INITIALS   |            | POINTS<br>100  |   | INITIALS   |            | POINTS<br>n/a   |           | INITIALS   |   | POINTS<br>n/a  |           |
| ALTERNATE AEROBIC EVENT (select one):<br><input type="checkbox"/> 800Y SWIM <input type="checkbox"/> 2.5 MILE WALK<br><input type="checkbox"/> 6.2 MILE BIKE |            |  | TOTAL POINTS<br>287   |  |            | ALTERNATE AEROBIC EVENT (select one):<br><input type="checkbox"/> 800Y SWIM <input checked="" type="checkbox"/> 2.5 MILE WALK<br><input type="checkbox"/> 6.2 MILE BIKE |           |  | TOTAL POINTS<br>195   |  |           |
| TIME (minutes:seconds)<br>n/a  |            |  | <input type="checkbox"/> GO <input checked="" type="checkbox"/> NO-GO                 |  |            | TIME (minutes:seconds)<br>36:39   |           |  | <input type="checkbox"/> GO <input checked="" type="checkbox"/> NO-GO |  |           |
| SOLDIER'S SIGNATURE<br>SMITH, JANE A.  |            |  | DATE<br>20210611  |  |            | SOLDIER'S SIGNATURE<br>SMITH, JANE A.   |           |  | DATE<br>20211114  |  |           |
| NCOIC/OIC (Last, First, M.I.)<br>BAKER, JOHN A.  |            |  | RANK<br>SFC   |  |            | NCOIC/OIC (Last, First, M.I.)<br>BROWN, LAURA M.  |           |  | RANK<br>SSG   |  |           |
| NCOIC/OIC SIGNATURE<br>BAKER, JOHN A.  |            |  | DATE<br>20210611  |  |            | NCOIC/OIC SIGNATURE<br>BROWN, LAURA M.  |           |  | DATE<br>20211114  |  |           |
| COMMENTS<br>Weather: Clear/Temp 76 F<br>Humidity 86%<br>Award: Army Physical Fitness Badge   |            |  | COMMENTS<br>Permanent Profile (Left Knee)<br>Weather: Rainy/Temp 56 F<br>Humidity 78% |  |            | COMMENTS<br>Permanent Profile (Left Knee)<br>Weather: Cloudy/Temp 66 F<br>Humidity 86%  |           |  | COMMENTS  |  |           |

^Figure 4-8. Sample APFT scorecard (DA Form 705) front



| Body Composition Testing will NOT be conducted on the same day as the APFT. To avoid illness and injury, height and weight will be recorded at least 7 days before or at least 7 days after the APFT. |     |          |  |   |     |  |     |                 |  |   |     | NAME (Last, First, MI) SMITH, JANE A.  |  | GENDER FEMALE |  |   |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
|---|-----|----------|--|---|-----|--|-----|-----------------|--|---|-----|--|--|---------------|--|---|--|--------------------------------|--|--|--|--|--|---|--|--|--|--|--|--|--|--|--|--|--|
|   |     |          |  |   |     |  |     |                 |  |   |     | UNIT/LOCATION B/199 MI BN  |  |               |  |   |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
| TEST FOUR   |     |          |  | TEST FIVE   |     |  |     | TEST SIX        |  |   |     |  |  |               |  |   |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
| DATE (YYYYMMDD)   | MOS | GRADE    | AGE  | DATE (YYYYMMDD)   | MOS | GRADE  | AGE | DATE (YYYYMMDD) | MOS  | GRADE   | AGE |  |  |               |  |   |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
| 20221027  | 35F | E6       | 34   | 20230427  | 35F | E7   | 34  | 20231127        | 35F  | E7  | 35  |  |  |               |  |   |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
| HEIGHT 68 Inches  |     |          | WEIGHT: 150 lbs. <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO-GO |   |     | HEIGHT 68 Inches   |     |                 | WEIGHT: 147 lbs. <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO-GO |   |     | HEIGHT 68 Inches   |  |               | WEIGHT: 149 lbs. <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO-GO |   |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
| BODY COMPOSITION DATE:  |     |          | BODY FAT: n/a % <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO-GO  |   |     | BODY COMPOSITION DATE:   |     |                 | BODY FAT: n/a % <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO-GO  |   |     | BODY COMPOSITION DATE:   |  |               | BODY FAT: n/a % <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO-GO  |   |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
| PU RAW SCORE 42   |     | INITIALS |  | POINTS 96   |     | PU RAW SCORE 45  |     | INITIALS        |  | POINTS 100  |     | PU RAW SCORE 46  |  | INITIALS      |  | POINTS 100  |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
| SU RAW SCORE 75   |     | INITIALS |  | POINTS 99   |     | SU RAW SCORE 77  |     | INITIALS        |  | POINTS 100  |     | SU RAW SCORE 76  |  | INITIALS      |  | POINTS 100  |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
| 2MR RAW SCORE n/a   |     | INITIALS |  | POINTS n/a  |     | 2MR RAW SCORE n/a  |     | INITIALS        |  | POINTS n/a  |     | 2MR RAW SCORE n/a  |  | INITIALS      |  | POINTS n/a  |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
| ALTERNATE AEROBIC EVENT (select one):<br><input type="checkbox"/> 800 Y SWIM <input checked="" type="checkbox"/> 2.5 MILE WALK<br><input type="checkbox"/> 6.2 MILE BIKE                              |     |          |  | TOTAL POINTS 195  |     | ALTERNATE AEROBIC EVENT (select one):<br><input type="checkbox"/> 800 Y SWIM <input checked="" type="checkbox"/> 2.5 MILE WALK<br><input type="checkbox"/> 6.2 MILE BIKE |     |                 |  | TOTAL POINTS 200  |     | ALTERNATE AEROBIC EVENT (select one):<br><input type="checkbox"/> 800 Y SWIM <input checked="" type="checkbox"/> 2.5 MILE WALK<br><input type="checkbox"/> 6.2 MILE BIKE |  |               |  | TOTAL POINTS 200  |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
| TIME (minutes:seconds) 36:31  |     |          |  | GO <input checked="" type="checkbox"/> NO-GO <input type="checkbox"/> |     | TIME (minutes:seconds) 35:39   |     |                 |  | GO <input checked="" type="checkbox"/> NO-GO <input type="checkbox"/> |     | TIME (minutes:seconds) 34:49   |  |               |  | GO <input checked="" type="checkbox"/> NO-GO <input type="checkbox"/> |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
| SOLDIER'S SIGNATURE SMITH, JANE A.  |     |          | DATE 20221027  |   |     | SOLDIER'S SIGNATURE SMITH, JANE A.   |     |                 | DATE 20230427  |   |     | SOLDIER'S SIGNATURE SMITH, JANE A.   |  |               | DATE 20231127  |   |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
| NCOIC/OIC (Last, First, M.I.) BAKER, JOHN A.  |     |          | RANK SFC   |   |     | NCOIC/OIC (Last, First, M.I.) BROWN, LAURA M.  |     |                 | RANK SFC   |   |     | NCOIC/OIC (Last, First, M.I.) BAKER, JOHN A.   |  |               | RANK SFC   |   |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
| NCOIC/OIC SIGNATURE BAKER, JOHN A.  |     |          | DATE 20221027  |   |     | NCOIC/OIC SIGNATURE BROWN, LAURA M.  |     |                 | DATE 20230427  |   |     | NCOIC/OIC SIGNATURE BAKER, JOHN A.   |  |               | DATE 20231127  |   |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
| COMMENTS<br>Permanent Profile (Left Knee)<br>Weather: Cloudy w/Drizzle/Temp 46 F<br>Humidity 100%   |     |          |  |   |     |  |     |                 |  |   |     | COMMENTS<br>Permanent Profile (Left Knee)<br>Weather: Sunny/Temp 66 F<br>Humidity 55%  |  |               |  |   |  |                                |  |  |  |  |  | COMMENTS<br>Permanent Profile (Left Knee)<br>Weather: Sunny/Temp 51 F<br>Humidity 65% |  |  |  |  |  |  |  |  |  |  |  |
| SPECIAL INSTRUCTIONS: USE INK.  |     |          |  |   |     |  |     |                 |  |   |     |  |  |               |  |   |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
| <a href="#">Click to view Tables</a>  |     |          |  |   |     |  |     |                 |  |   |     |  |  |               |  |   |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
| LEGEND: PU - Push Ups; SU - Sit Ups; APFT - Army Physical Fitness Test; 2MR - 2 Mile Run  |     |          |  |   |     |  |     |                 |  |   |     |  |  |               |  |   |  |                                |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |
| DA FORM 705, AUG 2021   |     |          |  |   |     | PREVIOUS EDITIONS ARE OBSOLETE.  |     |                 |  |   |     |  |  |               |  |   |  | Page 2 of 2<br>APO ABM v1.01EB |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |

^Figure 4-9. Sample APFT scorecard (DA Form 705) back

4-53. Any piece of clothing not prescribed as a component of the APFU, ACU, or commander-authorized civilian attire is not permitted for wear during the APFT. Soldier cannot use devices or equipment that offer any potential for an unfair advantage during the APFT. Unless prescribed as part of the Soldier's medical profile, the wearing of the following items are not authorized: nasal strips, weight-lifting gloves, back braces, elastic bandages, or braces. Electronic devices (digital music players, radios, cell phones, and compact disc players) are also not authorized. (See AR 670-1 for the components of the APFU.)

### APFT ALTERNATE AEROBIC EVENTS

4-54. Alternate aerobic events assess the cardio-respiratory and muscular endurance of Soldiers who have permanent medical profiles or long-term temporary profiles and who cannot perform the 2-mile run. The alternate aerobic APFT events are the following:

- 800-Yard Swim.
- 6.2-Mile Stationary Cycle Ergometer.
- 6.2-Mile Bicycle.
- 2.5-Mile Walk.

Figure 4-10 lists required scores for alternate aerobic events.

| Alternate Aerobic Event Standards ( <i>minutes:seconds</i> ) |        |         |         |         |         |         |         |         |         |         |       |
|--|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|-------|
| Event  | Gender | Age     |         |         |         |         |         |         |         |         |       |
|  |        | 17 - 21 | 22 - 26 | 27 - 31 | 32 - 36 | 37 - 41 | 42 - 46 | 47 - 51 | 52 - 56 | 57 - 61 | 62+   |
| 800 Yard Swim  | Men    | 20:00   | 20:30   | 21:00   | 21:30   | 22:00   | 22:30   | 23:00   | 24:00   | 24:30   | 25:00 |
|  | Women  | 21:00   | 21:30   | 22:00   | 22:30   | 23:00   | 23:30   | 24:00   | 25:00   | 25:30   | 26:00 |
| 6.2 Mile Cycle Ergometer and Bicycle Test                    | Men    | 24:00   | 24:30   | 25:00   | 25:30   | 26:00   | 27:00   | 28:00   | 30:00   | 31:00   | 32:00 |
|  | Women  | 25:00   | 25:30   | 26:00   | 26:30   | 27:00   | 28:00   | 30:00   | 32:00   | 33:00   | 34:00 |
| 2.5 Mile Walk  | Men    | 34:00   | 34:30   | 35:00   | 35:30   | 36:00   | 36:30   | 37:00   | 37:30   | 38:00   | 38:30 |
|  | Women  | 37:00   | 37:30   | 38:00   | 38:30   | 39:00   | 39:30   | 40:00   | 40:30   | 41:00   | 41:30 |

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**^Figure 4-10. Alternate aerobic event standards**

4-55. Soldiers on permanent physical profile receive a DA Form 3349. This form annotates exercises and activities suitable for the profiled Soldier. The form also stipulates the events and possible alternate aerobic event the Soldier will do on the APFT. The Soldier must perform all regular APFT events his or her profile permits. Each Soldier must score a minimum of 60 points on each regular event taken to pass. The profiled

Soldier must complete the alternate aerobic event in a time equal to or less than the one listed in figure 4-10. The Soldier must receive a minimum passing score in the alternate event taken to pass the test. Soldiers profiled for two or more events must take the 2-Mile Run or an alternate aerobic event to pass the test. Soldiers who cannot perform the 2-Mile Run or an alternate aerobic event cannot be tested. There is no point score annotated on the DA Form 705 for the performance of alternate aerobic events. These events are scored as a GO or NO GO.

4-56. Soldiers with temporary physical profiles must take a regular three-event APFT after the profile has expired. Soldiers with temporary profiles of long duration (more than three months) may take an alternate aerobic event as determined by the commander with input from health-care personnel. Once the profile has been lifted, the Soldier must be given twice the length of the profile (not to exceed 90 days) to train for the regular three-event APFT. If a regularly scheduled APFT occurs during the profile period, the Soldier should be given a mandatory make-up date for the APFT.

## **800-YARD SWIM EVENT**

4-57. The 800-Yard Swim event measures cardio-respiratory (aerobic) fitness. The 800-Yard Swim is a timed event. Soldiers are encouraged to complete the swim in the time allotted for the Soldier's specific age and gender in figure 4-10. Paragraphs 4-58 through 4-65 list the support and administrative requirements for this event.

### **EQUIPMENT**

4-58. The 800-Yard Swim event has minimal equipment. The timer and back-up timer each require a stopwatch and appropriate safety equipment. Event graders require a clipboard and black pen.

### **FACILITIES**

4-59. The 800-Yard Swim event requires a swimming pool at least 25 yards long and three feet deep.

### **PERSONNEL**

4-60. The 800-Yard Swim event requires one event supervisor, one grader for every three Soldiers, one timer, one back-up timer, and support personnel to ensure proper control and safety. The event supervisor will not be an event grader.

### **ADMINISTRATION**

4-61. The OIC, the NCOIC, or the event supervisor reads the instructions aloud and answers questions. The event supervisor will assign Soldiers to individual lanes and tell them to enter the water. The event supervisor allows for a short acclimation and preparation period. The event supervisor must be alert to the safety of the Soldiers throughout the test.

4-62. To start the 800-Yard Swim, the Soldier's body must be in contact with the wall of the pool. When the timer gives the command, "GET SET," the Soldiers position themselves to begin the event.

4-63. On the command, "GO," the clock will start and the Soldier will begin swimming at his or her own pace, using any stroke or combination of strokes as desired. The Soldier must swim the stated number of laps to complete 800 yards, touching the end of the pool before each turn. Any type of turn is authorized. The timer calls out times in minutes and seconds as Soldiers near the finish. The grader records the time when the Soldier touches the end of the pool or crosses a predetermined line that establishes the 800-yard mark. The grader records the time in accordance with figure 4-10 (on page 4-18) and checks the appropriate GO or NO GO box under the "ALTERNATE AEROBIC EVENT" block on the DA Form 705

4-64. Soldiers will be scored on their ability to complete the swim in time equal to or less than that listed in figure 4-10 on page 4-18 for their age and gender. Walking on the bottom to recuperate is authorized. Swimming goggles, swim caps, and civilian swimming attire are the only equipment authorized for the 800-Yard Swim event.

4-65. The OIC, NCOIC, or event supervisor reads the instructions aloud and answers questions for the 800-Yard Swim event.

### **800-Yard Swim**

The 800-Yard Swim event measures your level of aerobic fitness. You will begin in the water. No diving is allowed. At the start, your body must be in contact with the wall of the pool. On the command, "GO," the clock will start. You will begin swimming at your own pace, using any stroke or combination of strokes you wish. You must swim [state the number] laps to complete 800 yards. You must touch the wall of the pool at each end of the pool as you turn. Any type of turn is authorized. You will be scored on your ability to complete the swim in a time equal to, or less than that listed for your age and gender. Walking on the bottom to recuperate is authorized. Swimming goggles, swim caps and civilian swimming attire are permitted, but no other equipment is authorized. What are your questions about this event?"

## **6.2-MILE STATIONARY CYCLE ERGOMETER EVENT**

4-66. The 6.2-Mile Stationary Cycle Ergometer event (10 kilometers) measures cardio-respiratory (aerobic) fitness and leg muscle endurance. The 6.2-Mile Stationary Cycle Ergometer event is a timed event. Soldiers are encouraged to complete the bicycle event in the time allotted for the Soldier's specific age and gender listed in figure 4-10 on page 4-18. Paragraphs 4-67 through 4-73 list administrative and support requirements for the 6.2-Mile Stationary Cycle Ergometer event.

### **EQUIPMENT**

4-67. The event supervisor requires two stopwatches (the timer and back-up timer each require a stopwatch) and one stationary cycle ergometer. The ergometer must have mechanically adjustable resistance measured in kiloponds or newtons and must be available for training and testing. The seat and handlebars must be adjustable to accommodate Soldiers of different sizes. It should have an adjustable tension setting (resistance) and an odometer. The resistance is set by a tension strap on a weighted pendulum connected to the flywheel. The OIC or NCOIC calibrates the cycle ergometer prior to test administration. Event graders require a clipboard and black pen.

### **FACILITIES**

4-68. The test site can be any location (usually a gym) with an approved cycle ergometer. The test station should be two yards wide and four yards deep.

### **PERSONNEL**

4-69. The 6.2-Mile Stationary Cycle Ergometer event requires one event supervisor, one grader for every three Soldiers tested, one timer, one back-up timer, and support personnel to ensure proper control and safety. The event supervisor will not be an event grader.

### **ADMINISTRATION**

4-70. The OIC or NCOIC sets the stationary cycle ergometer's resistance at two (2) kiloponds (20 newtons). The event supervisor will read the instructions aloud and answer questions. He or she will also allow each Soldier a short warm-up period and an opportunity to adjust handlebar and seat height. If pedals that accommodate clip-in cycling shoes are available, Soldiers may use them.

4-71. The grader must observe that the ergometer is functioning correctly. He or she must then make sure that the ergometer's tension settings have been calibrated and are accurate, and that the resistance of the ergometer has been set at 2 kiloponds or 20 newtons. The grader must observe Soldiers throughout the event. The grader will have to make small adjustments to the resistance to ensure that a continuous resistance of



exactly 2 kiloponds is maintained throughout the test. When the Soldier reaches the 6.2-mile mark, the grader records the time in the time block and selects the GO or NO GO. The grader enters the score for the 6.2-Mile Stationary Cycle Ergometer event in accordance figure 4-10 on page 4-18 and checks the appropriate GO or NO GO box under the “ALTERNATE AEROBIC EVENT” block on the DA Form 705.

4-72. When the timer gives the command, “GET SET,” Soldiers will position themselves to begin the event. On the command, “GO,” the clock will start and each Soldier will begin pedaling at his or her own pace while maintaining the resistance indicator at 2 kiloponds. The timer calls out the time remaining every 30 seconds for the last two minutes of the allowable time and every second during the last ten seconds. The Soldier will be graded on his or her ability to complete the 6.2-mile distance at or below the time allotted for the Soldier’s age range and gender.

4-73. The OIC, NCOIC, or event supervisor reads the instructions aloud and answers questions for the 6.2-Mile Stationary Cycle Ergometer event.

### **6.2-Mile Stationary Cycle Ergometer**

The 6.2-Mile Stationary Cycle Ergometer measures your cardio-respiratory fitness and leg muscle endurance. The ergometer’s resistance must be set at two kiloponds (20 newtons). On the command, “GO,” the clock will start, and you will begin pedaling at your own pace while maintaining the resistance indicator at two kiloponds. You will be scored on your ability to complete 6.2 miles (10 kilometers), as shown on the odometer in a time equal to or less than that listed for your age and gender.  
What are your questions about this event?

## **6.2-MILE BICYCLE EVENT**

4-74. The 6.2-Mile Bicycle event measures cardio-respiratory (aerobic) fitness and leg muscle endurance. The 6.2-Mile Bicycle event is a timed event. Soldiers are encouraged to complete the bicycle event in the time allotted for the Soldier’s specific age and gender in accordance with figure 4-10 on page 4-18. Paragraphs 4-75 through 4-82 list administrative and support requirements for the 6.2-Mile Bicycle event.

### **EQUIPMENT**

4-75. The event requires two stopwatches: the timer and back-up timer each require a stopwatch. One-speed or multispeed bicycles are authorized for use. If a multispeed bike is used, the event supervisor or grader will take measures to ensure that only one speed is used during the event. The event supervisor or grader can accomplish this by taping the gear shifters. The Soldier taking the event sets the speed by selecting the gear he or she wishes to ride. Event graders require a clipboard, numbers, and black pen.

### **FACILITIES**

4-76. A relatively flat course with a uniform surface and no obstacles must be used. The OIC or NCOIC must clearly mark the course. Quarter-mile tracks are not authorized for use. The Soldiers being tested must be in view of the graders at all times. The course should be free of walkers and runners.

### **PERSONNEL**

4-77. The 6.2-Mile Bicycle event requires one event supervisor, one grader for every 10 Soldiers tested, one timer, one back-up timer, and support personnel to ensure proper control and safety. The event supervisor will not be an event grader.

### **ADMINISTRATION**

4-78. The OIC, NCOIC, or event supervisor will brief the Soldier on the designated course route (to include number of laps required as well as start and finish points), read the instructions aloud, and answer questions.

He or she then assigns Soldiers to a grader. Each grader assigns each Soldier a number and records each Soldier's number on the scorecard in the comments block on the DA Form 705.

4-79. The Soldier must complete the 6.2-Mile Bicycle event without any physical assistance from others. The Soldier may select any gear to execute the event but must keep the bicycle in the same gear for the entire event. Changing gears is not permitted and will result in disqualification. To begin, the Soldier will line up and mount the bicycle behind the starting line.

4-80. When the timer gives the command, "GET SET," Soldiers will position themselves to begin the event. On the command, "GO," the clock will start and Soldiers will begin pedaling at their own pace. To complete the required 6.2 miles, Soldiers will be required to complete the number of laps as well as to cross both start and finish points on the designated course layout.

4-81. The timer will call out times in minutes and seconds as Soldiers near the end of the 6.2-mile ride. Each Soldier will be graded on his or her ability to complete the 6.2 miles at or below the time allotted for the Soldier's age and gender. If the Soldier leaves the designated course for any reason, the Soldier will be disqualified.

4-82. The OIC, NCOIC, or event supervisor reads the instructions aloud and answers questions for the 6.2-Mile Bicycle event.

### **6.2-Mile Bicycle**

The 6.2-Mile Bicycle event measures cardio-respiratory fitness and leg muscle endurance. You must complete the 6.2 miles without any physical help from others. You must keep your bicycle in one gear of your choosing for the entire test. Changing gears is not permitted and will result in disqualification. To begin, you will line up behind the starting line. On the command, "GO," the clock will start, and you will begin pedaling at your own pace. To complete the required distance of 6.2 miles, you must complete [number of laps, start and finish points, and course layout]. You will be scored on your ability to complete the distance of 6.2 miles (10 kilometers) in a time equal to, or less than, that listed for your age and gender. If you leave the designated course for any reason, you will be disqualified. What are your questions about this event?

## **2.5-MILE WALK EVENT**

4-83. The 2.5-Mile Walk event measures cardio-respiratory (aerobic) fitness and leg muscle endurance. The 2.5-Mile Walk event is timed. Soldiers are encouraged to complete the event in the time allotted for the Soldier's specific age and gender in accordance with figure 4-10 on page 4-18. Paragraphs 4-84 through 4-90 list administrative and support requirements for the 2.5-Mile Walk event.

### **EQUIPMENT**

4-84. The 2.5-Mile Walk event requires two stopwatches (the timer and back-up timer each require a stopwatch). Event graders require a clipboard, numbers, and a black pen.

### **FACILITIES**

4-85. The event uses the same course as the 2-Mile Run event (see paragraph 4-44), with the addition of half a mile added to the 2-mile distance. The Soldiers being tested must remain in view of the graders at all time.

### **PERSONNEL**

4-86. The 2.5-Mile Walk event requires one event supervisor, one grader for every three Soldiers tested, one timer, one back-up timer, and support personnel to ensure proper control and safety. The event supervisor will not be an event grader.

## ADMINISTRATION

4-87. The OIC, NCOIC, or event supervisor reads the instructions aloud and answer questions. He or she then assigns Soldiers to a grader. Each grader assigns each Soldier a number and records each Soldier's number on their scorecard in the comments block on the DA Form 705.

4-88. When the timer gives the command, "GET SET," Soldiers will position themselves to begin the event. Time begins when the timer gives the command, "GO." The timer will call out times in minutes and seconds as Soldiers near the end of the 2.5-mile walk.

4-89. Graders must observe the Soldiers during the entire event and must ensure that the Soldiers maintain a walking stride. Soldiers that break into any type of running stride will be terminated from the event and will be a NO GO. The grader records the time in the time block and selects GO or NO GO. The 2.5-Mile Walk event is entered in accordance with figure 4-10 on page 4-18 and checks the appropriate GO or NO GO box under the "Alternate Aerobic Event" block on the DA Form 705.

4-90. The OIC, NCOIC, or event supervisor reads the instructions aloud and answers questions for the 2.5-Mile Walk event.

### **2.5-Mile Walk**

The 2.5-Mile Walk event measures cardio-respiratory fitness and leg muscle endurance. On the command, "GO," the clock will start, and you will begin walking at your own pace. You must complete [number of laps, start and finish points, and course layout]. One foot must be in contact with the ground at all times. If you break into a running stride at any time or have both feet off the ground at the same time, your performance in the event will be terminated. You will be scored on your ability to complete the 2.5 miles in a time equal to, or less than, that listed for your age and gender. What are your questions about this event?

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## Appendix A

# Preparation Drills

This appendix covers Preparation Drills. It has two parts: Preparation Drills and Preparation Drills (Modified). Each part of this appendix provides exercises designed to strengthen the body and reduce injuries.

### THE PREPARATION DRILL

A-1. The Preparation Drill (known as PD) is a battery of exercises intended to decrease the likelihood of suffering a musculoskeletal injury during the execution of more rigorous physical training such as the ACFT. The Preparation Drill has 10 exercises: Bend and Reach, Rear Lunge, High Jumper, Rower, Squat Bender, Windmill, Forward Lunge, Prone Row, Bent-Leg Body Twist, and Push-Up. The Army Combat Fitness Test website at <https://www.army.mil/acft/> provides detailed descriptions and instructional videos for each testing event. The Central Army Registry website provides video demonstration drills by name at [https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect\\_date=5%2F1%2F2020&search\\_terms=CIMT](https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect_date=5%2F1%2F2020&search_terms=CIMT). (Copy and paste this address after accessing the Central Army Registry website if the demonstrations do not populate.)

## 1. BEND AND REACH

A-2. The Bend and Reach is the first exercise in the Preparation Drill (see figure A-1). By flexing the trunk, hips, and knees, and extending the shoulders, the Bend and Reach prepares the Soldier for more vigorous activity such as squatting, rolling, and climbing. Soldiers conduct the movement in formation at a slow cadence:

- The starting position for the Bend and Reach is the straddle stance with the arms overhead, elbows fully extended, palms facing inward, and fingers and thumbs extended and joined.
- On count 1, move from the starting position into a partial squat with the heels remaining on the ground. Round the spine to allow the arms to reach as far as possible between the legs. The neck flexes to tuck the chin and head, and to allow the Soldier to look to the rear.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.

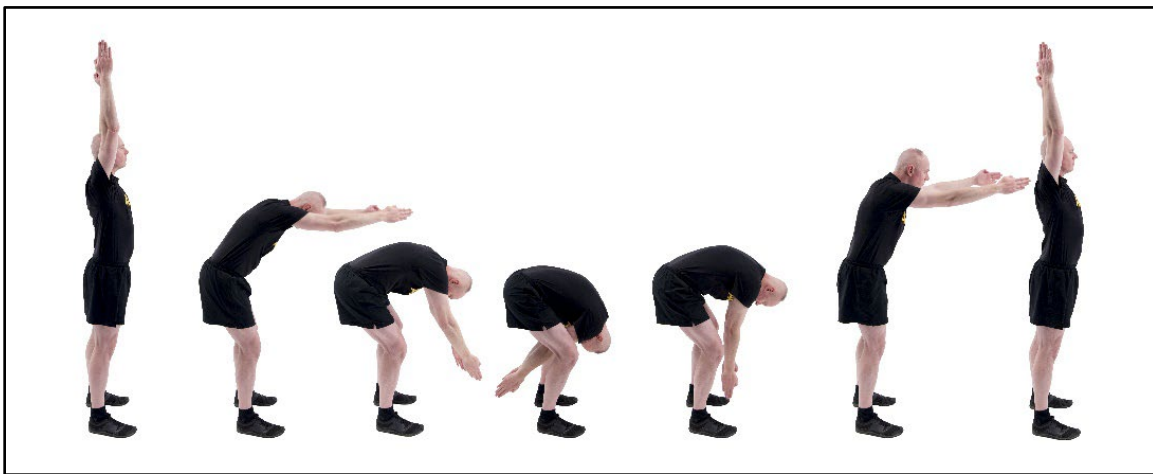


Figure A-1. PD1 Bend and Reach

## 2. REAR LUNGE

A-3. The Rear Lunge is the second exercise in the Preparation Drill (see figure A-2 and figure A-3). This exercise promotes flexibility, strength, and balance in the hip and leg. It prepares the Soldier for taking cover and assuming kneeling firing positions. Soldiers conduct the movement in formation at a slow cadence:

- The starting position for the Rear Lunge is the straddle stance with hands on hips.
- On count 1, keeping hands on hips, take an exaggerated step backwards with the left leg, touching down with the ball of the foot placed directly back from the starting position. The heel should be off the ground, and a stretch should be felt in the front of the left hip and thigh. If not, allow the body to continue to lower to increase flexibility.
- On count 2, return to the starting position, maintaining the same distance between the feet as used in the Straddle Stance.
- On count 3, repeat count 1 with the right leg.
- On count 4, return to the starting position.



Figure A-2. PD2 Rear Lunge

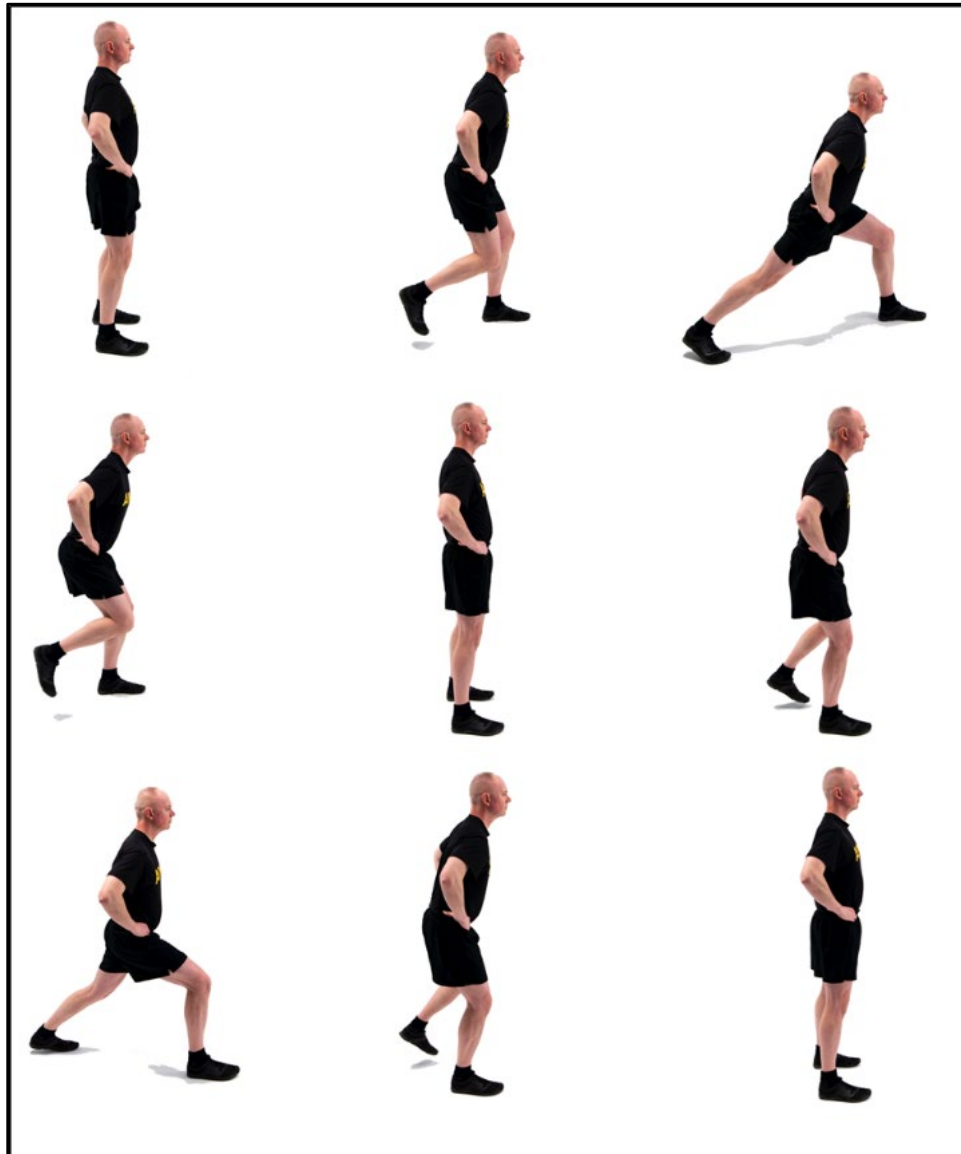


Figure A-3. PD2 Proper technique to execute the Rear Lunge

### 3. HIGH JUMPER

A-4. The High Jumper is the third exercise in the Preparation Drill (see figure A-4). This exercise promotes correct jumping, landing, balance, and coordination, and prepares the Soldier to build explosive strength. Soldiers conduct the movement in formation at a moderate cadence:

- The starting position for the High Jumper is the forward leaning stance, palms facing inwards, fingers and thumbs extended and joined.
- On count 1, swing the arms forward until they are parallel to the ground. At the same time, jump a few inches vertically.
- On count 2, land softly on the balls of the feet and return to the starting position. Maintain the same distance between the feet as there was during the forward leaning stance.
- On count 3, swing the arms vigorously forward and overhead to unweight the upper body. At the same time, jump forcefully straight up from the ground.
- On count 4, land softly on the balls of the feet and return to the starting position.

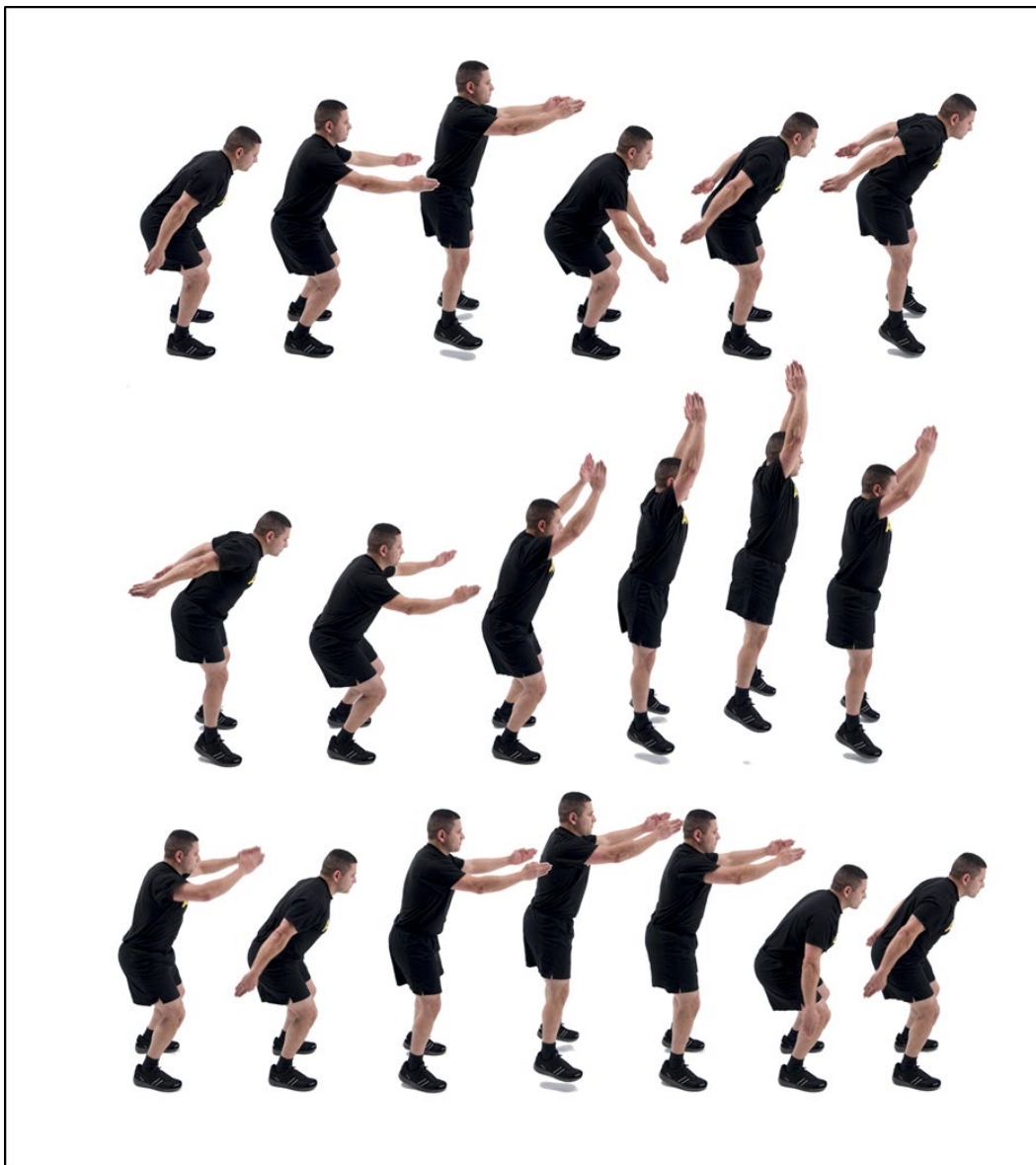


Figure A-4. PD3 High Jumper



## 4. ROWER

A-5. The Rower is the fourth exercise in the Preparation Drill (see figure A-5 and figure A-6). This exercise improves abdominal strength and total body coordination. It prepares the Soldier to move from supine to seated positions and for exercises in Conditioning and Climbing Drills. Soldiers conduct the movement in formation at a slow cadence:

- The starting position for the Rower is the supine position with arms overhead, feet together and pointing up. The head is 1–2 inches off the ground to work muscles in the front of the neck. Arms are overhead with hands at shoulder width, palms facing inward with fingers and thumbs extended and joined.
- On count 1, sit up while bending at the hip and knees and swinging arms forward until they are parallel to the ground. At the end of this count, the feet are flat on the ground with knees positioned between the arms. The arms are parallel to the ground.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.
- Perform 5–10 repetitions.



Figure A-5. PD4 Rower

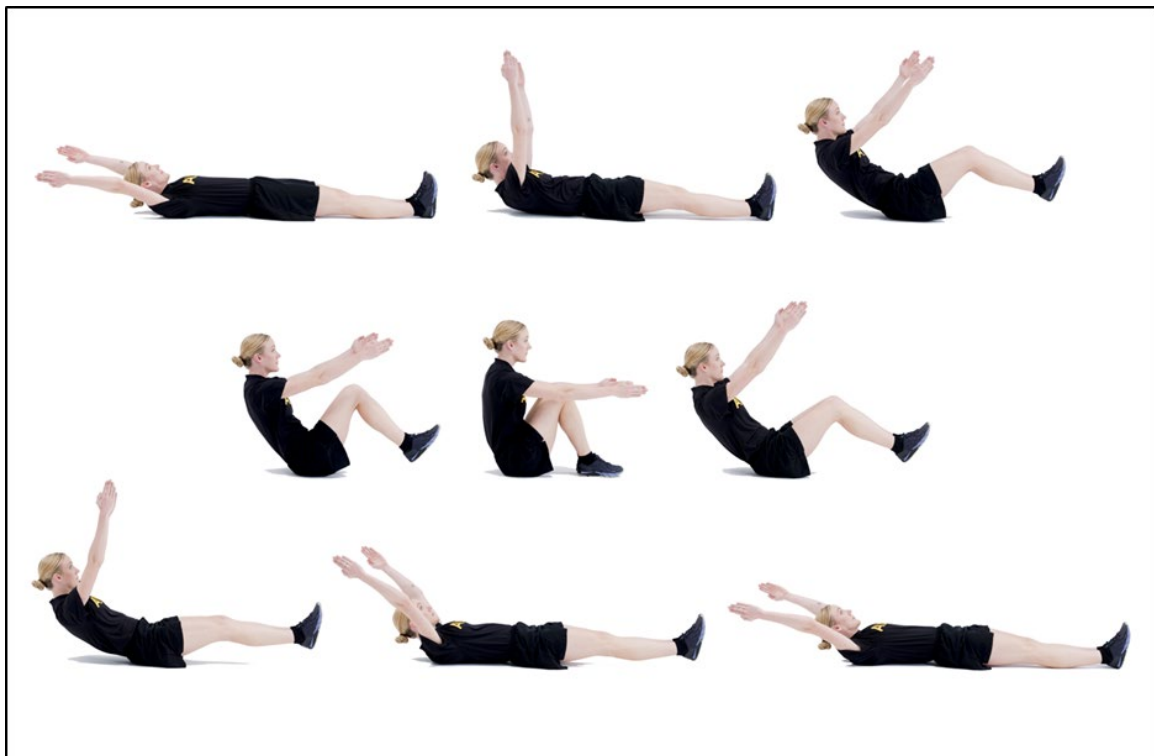


Figure A-6. PD4 Proper technique to execute the Rower

## 5. SQUAT BENDER

A-6. The Squat Bender is the fifth exercise in the Preparation Drill (see figure A-7). This exercise develops strength, endurance, and flexibility in the lower back and thigh muscles. It prepares Soldiers to use proper lifting technique in more vigorous training and testing events that require heavy lifts. Soldiers conduct the movement at a slow cadence:

- On count 1, squat while leaning slightly forward from the waist, keeping the head up and moving both arms to a position in front of the body and parallel to the ground. Palms face inwards.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, with the knees slightly bent, bend forward at the waist. Keep the head aligned with the spine and keep the spine straight. Reach toward the ground until a stretch is felt in the back of the thighs.
- On count 4, return to the starting position.
- Perform 5–10 repetitions.

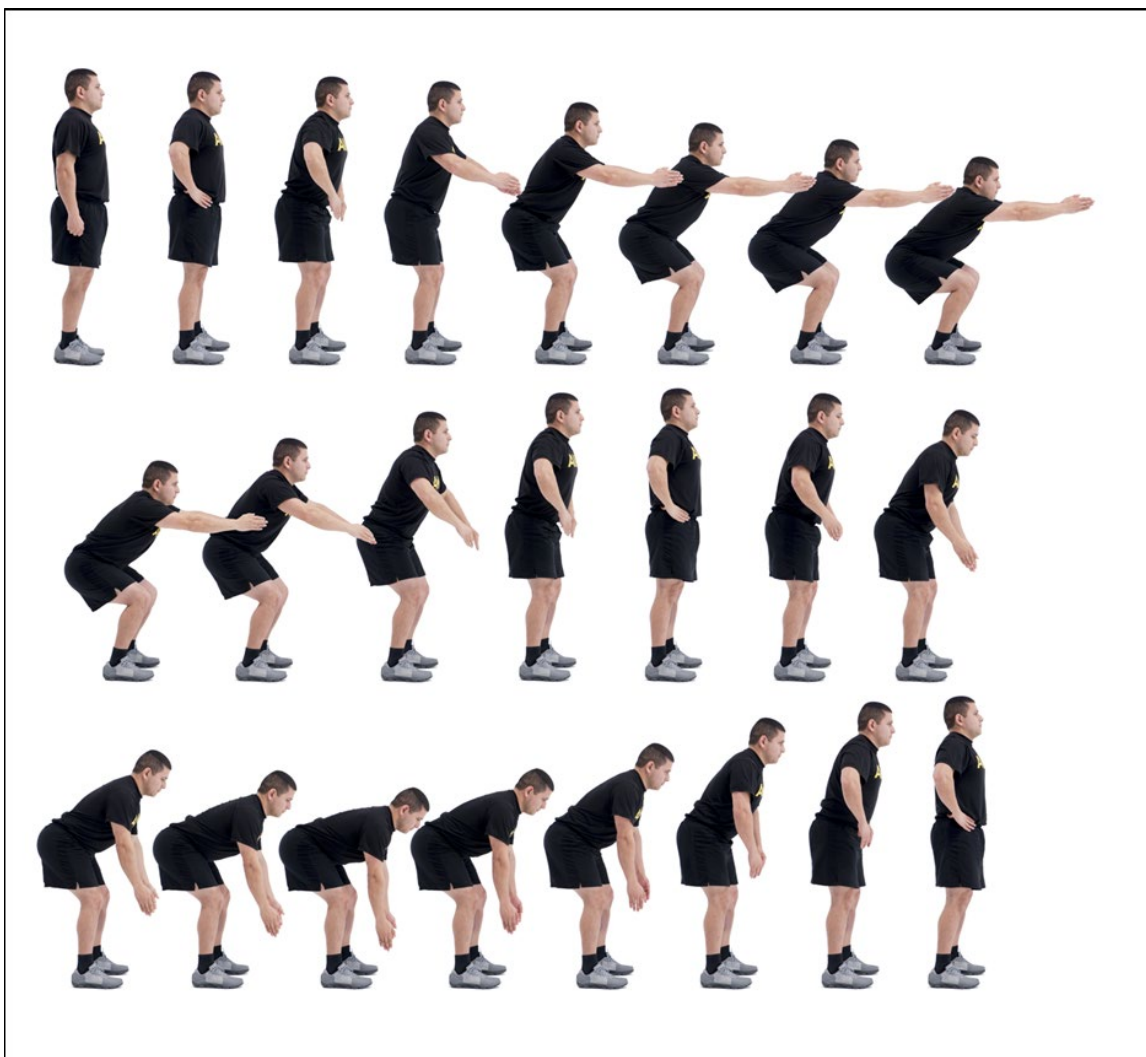


Figure A-7. PD5 Squat Bender

## 6. WINDMILL

A-7. The Windmill is the sixth exercise in the Preparation Drill (see figure A-8 and figure A-9). This exercise develops the ability to safely bend and simultaneously rotate the trunk. It requires flexibility in the spine and coordination of the shoulder girdle. It prepares Soldiers to use proper movement technique in more vigorous training, testing, and combat tasks. Soldiers conduct the movement at a slow cadence:

- The starting position for the Windmill is the straddle stance with arms straight out to the side. Fingers and thumbs are extended and joined.
- On count 1, bend the hips and knees while rotating the trunk to the left. Reach down to touch the outside of the left foot with the right hand and look to the rear. The left arm is pulled rearward to maintain alignment across the shoulders with the right arm.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, this time to the right.
- On count 4, return to the starting position.
- Perform 5–10 repetitions.



Figure A-8. PD6 Windmill



Figure A-9. PD6 Proper technique to execute the Windmill

## 7. FORWARD LUNGE

A-8. The Forward Lunge is the seventh exercise in the Preparation Drill (see figure A-10). This exercise develops balance and leg strength. It prepares Soldiers to use proper movement technique to perform lifts such as a litter carry. Soldiers conduct the movement at a slow cadence:

- The starting position for the Forward Lunge is the straddle stance with hands on hips.
- On count 1, take a step forward with the left leg until the left heel is 3–6 inches ahead of the right foot. At the same time, bend at the hips and knees to lunge forward, keeping the back straight. Do not look down and do not bring the feet closer together.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, this time stepping forward with the right foot.
- Perform 5–10 repetitions.



Figure A-10. PD7 Forward Lunge

## 8. PRONE ROW

A-9. The Prone Row is the eighth exercise in the Preparation Drill (see figure A-11). This exercise develops the strength of the neck, upper back, and shoulders. It prepares Soldiers to fire from the prone position and to tolerate the weight of the helmet and body armor across the shoulders and neck. Soldiers conduct the movement at a slow cadence:

- The starting position for the Prone Row is the prone position with arms overhead, palms down, fingers and thumbs extended and joined. Arms are lifted 1–2 inches from the ground and toes are pointed to the rear.
- On count 1, raise the head and chest slightly while lifting the arms and pulling them rearward. Hands are made into fists as they move toward the shoulders.
- Feet stay together and on the ground. Arms and hands are off the ground.
- On count 2, reverse the movement performed in count 1 to return to the starting position. Arms and hands remain off the ground.
- On count 3, repeat count 1.
- Perform 5–10 repetitions.

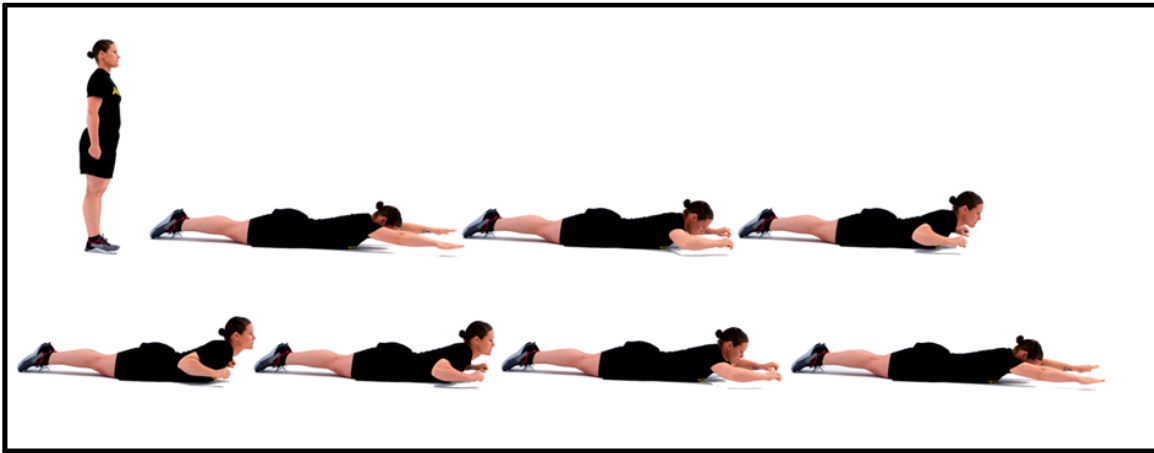


Figure A-11. PD8 Prone Row

## 9. BENT-LEG BODY TWIST

A-10. The Bent-Leg Body Twist is the ninth exercise in the Preparation Drill (see figure A-12). This exercise strengthens the trunk and hip muscles while promoting control of trunk rotation. It prepares Soldiers for loaded trunk movements in more vigorous training, testing, and combat tasks. Soldiers conduct the movement at a slow cadence:

- The starting position for the Bent-Leg Body Twist is the supine position with the hips and knees bent to 90 degrees, arms straight out to the side with palms on the ground. The knees and feet are together.
- On count 1, rotate the legs to the left while keeping the upper back and arms in place on the ground. The legs drop together toward the ground.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, this time rotating the legs to the right.
- On count 4, return to the starting position.
- Perform 5–10 repetitions.

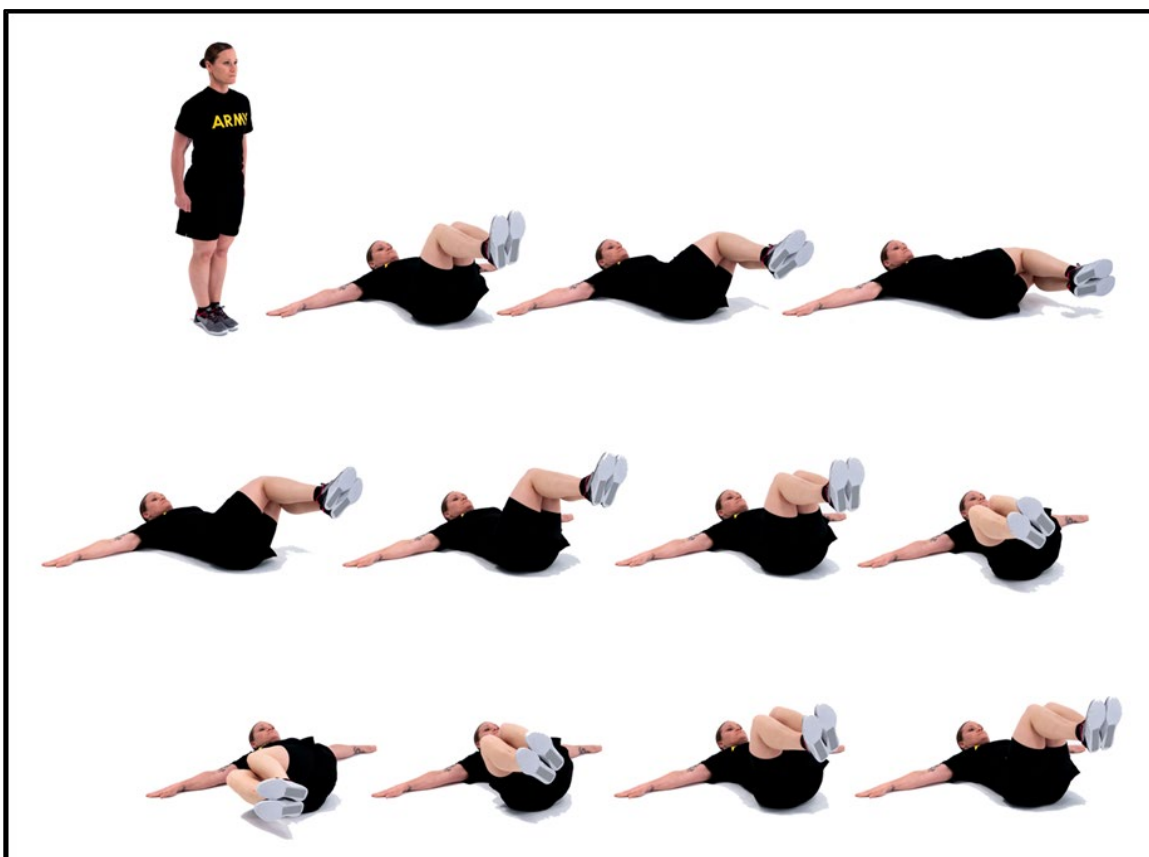


Figure A-12. PD9 Bent-Leg Body Twist



## 10. PUSH-UP

A-11. The Push-Up is the final exercise in the Preparation Drill (see figure A-13). This exercise strengthens the muscles of the chest, shoulders, arms, and trunk. When conducted to standard, this exercise prepares Soldiers for more vigorous pushing motions required in training, testing, and combat tasks. Soldiers conduct the movement at a moderate cadence:

- The starting position for the Push-Up is the front leaning rest. Hands are directly beneath the shoulders with fingers spread. Feet are together. The body forms a straight line from the top of the head to the heels. This position is maintained throughout the exercise.
- On count 1, bend the elbows, lowering the body until the upper arms are parallel to the ground.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1.
- Perform 5–10 repetitions.

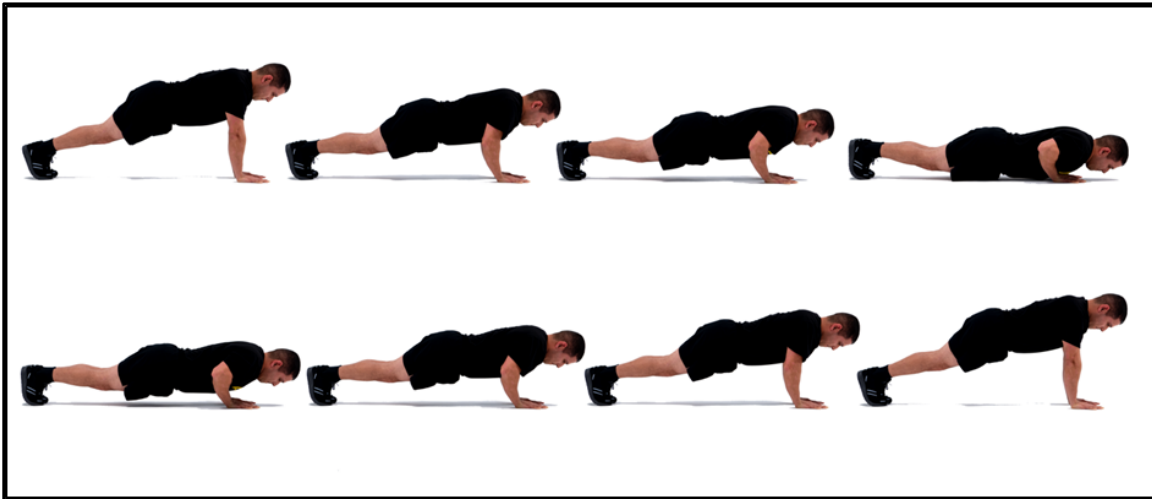


Figure A-13. PD10 Push-Up

### PREPARATION DRILL (MODIFIED)

A-12. Each physical training exercise may be modified to accommodate a variety of physical limitations. By following their profiles and the principle of progression, Soldiers can gradually re-condition themselves to the standard range of motion and repetitions required for a return to full duty. Soldiers who know the standard for each exercise can modify it in more ways than can be illustrated here. When a Soldier cannot perform an exercise at all (it is restricted on the profile), the Soldier should select an alternative exercise with the same cadence. In a formation, the Soldier can perform the alternative exercise, modifying as necessary, but using the same cadence as the rest of the formation. Paragraphs A-13 through A-22 provide Preparation Drills (Modified) (known as PD MODs) for Soldiers with restricted profiles. Soldiers can use a Preparation Drill (Modified) to properly prepare to attempt the ACFT.

## 1. BEND AND REACH (MODIFIED)

A-13. The modified Bend and Reach can amend the exercise by decreasing the range of motion of the spine and the squat and by limiting the use of one or both arms (see figure A-14). This particular example modifies the movement Soldiers conduct at a slow cadence:

- The starting position for the modified Bend and Reach is the straddle stance with hands on hips.
- On count 1, move from the starting position into a partial squat with the heels remaining on the ground. Lean forward at the waist, keeping the spine straight and reaching to the ground with straight arms.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.

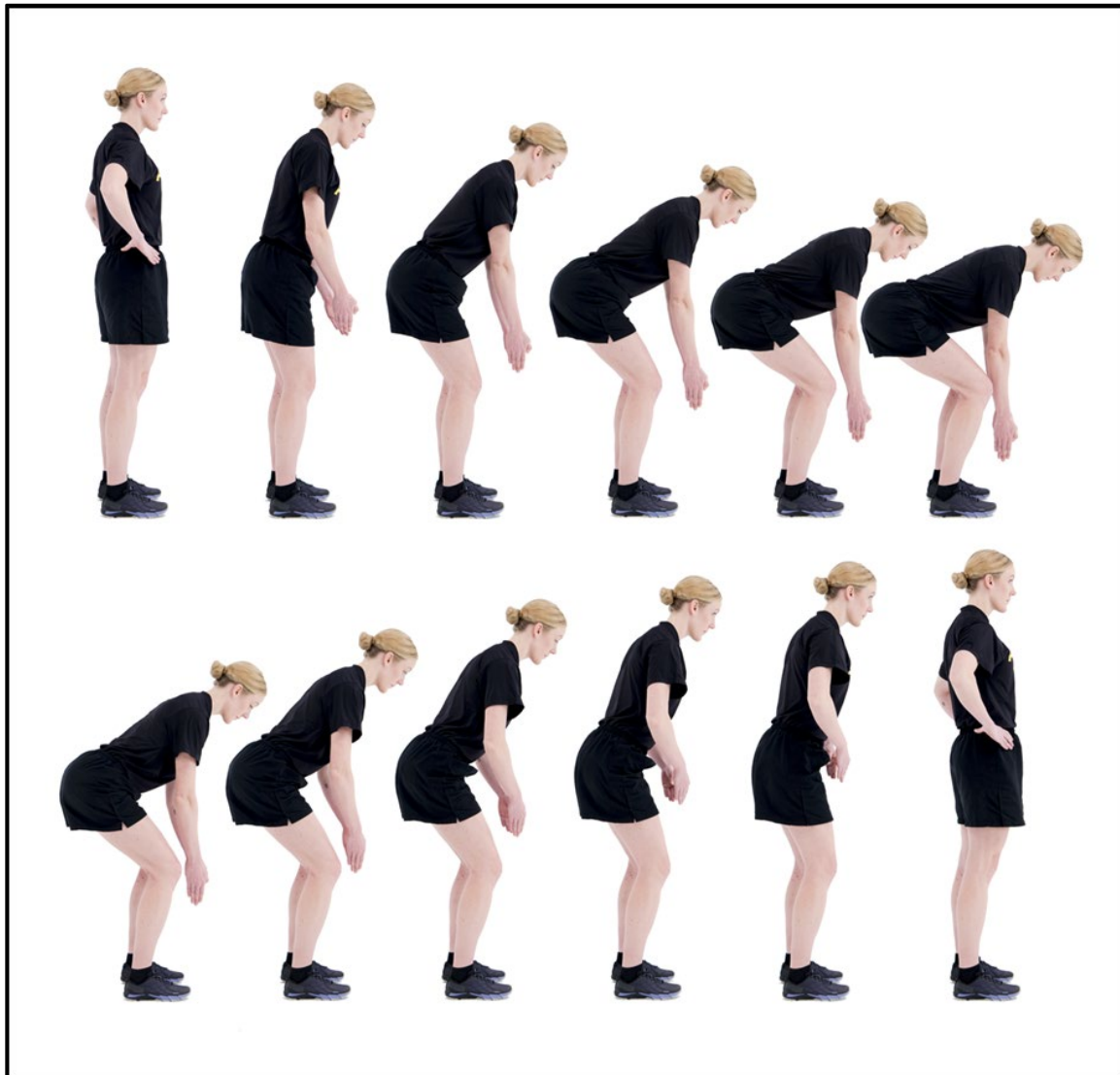


Figure A-14. PD MOD1 Bend and Reach (modified)



## 2. REAR LUNGE (MODIFIED)

A-14. The modified Rear Lunge (see figure A-15) can amend the exercise by decreasing the range of motion of the lunge and knee bend, by stepping back with only one leg, or by widening or narrowing the stance. This particular example modifies the movement Soldiers conduct at a slow cadence:

- On count 1, keeping hands on hips, take a step backwards with the left or right leg. Touch down with the ball of the foot placed directly back from the starting position or wider to improve balance. The heel may be on the ground. Lower the body into the lunge position while controlling the knee bend.
- On count 2, return to the starting position maintaining the same distance between the feet as used in the straddle stance.
- On count 3, repeat count 1 with the right or left leg.
- On count 4, return to the starting position. Over several repetitions, or physical training sessions, progress to a deeper rear lunge.



Figure A-15. PD MOD2 Rear Lunge (modified)

### 3. HIGH JUMPER (MODIFIED)

A-15. The modified High Jumper can amend the exercise by decreasing the range of motion of one or both arms, by decreasing the height of the jumps, and changing the cadence (see figure A-16). This particular example modifies the cadence of movement Soldiers conduct from moderate to slow:

- The starting position for the modified High Jumper is the forward leaning stance with a reduced squat, palms facing inwards, and fingers and thumbs extended and joined.
- On count 1, swing the arms forward until they are parallel to the ground. At the same time lift the heels off the ground a few inches without jumping.
- On count 3, swing the arms as far overhead as possible. At the same time lift the heels off the ground a few inches without jumping.
- On count 4, return to the starting position by lowering the heels back to the floor.

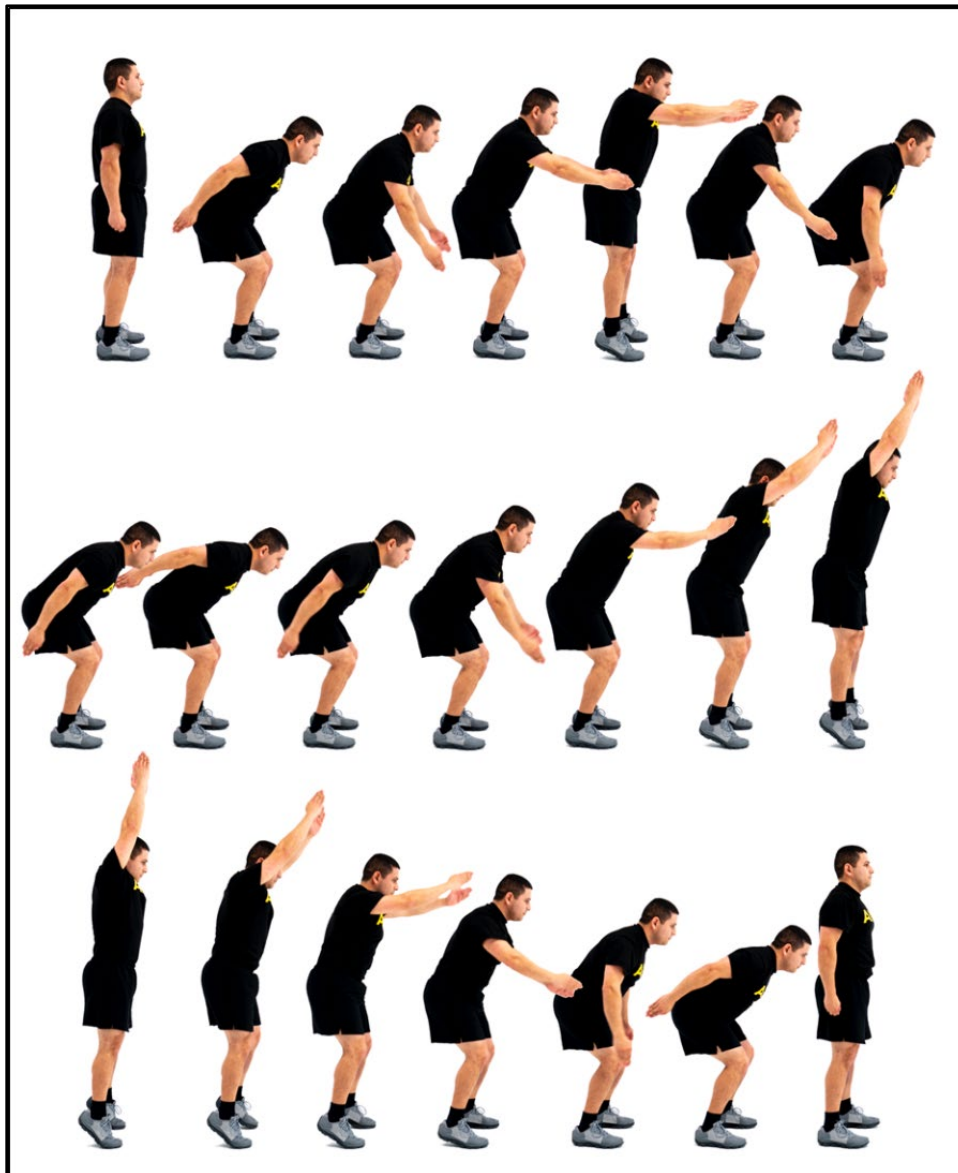


Figure A-16. PD MOD3 High Jumper (modified)

#### 4. ROWER (MODIFIED)

A-16. The modified Rower can amend the exercise by decreasing the use of one or both arms, decreasing the use of one or both legs, by decreasing the range of trunk flexion, or by keeping the head on the ground (see figure A-17). This example modifies the movement range. Soldiers conduct this modification at a slow cadence:

- The starting position for the modified Rower is the supine position with arms crossed over the chest, knees flexed, and head resting on the ground.
- On count 1, sit up and reach to the knees.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.



Figure A-17. PD MOD4 Rower (modified)

## 5. SQUAT BENDER (MODIFIED)

A-17. The modified Squat Bender can adjust the exercise by reducing the motion of the knee and trunk flexion and by reducing movement of the arms (see figure A-18). This particular example modifies the motion of the knee and trunk. Soldiers conduct this modification at a slow cadence:

- The starting position for the modified Squat Bender is the straddle stance with hands on hips.
- On count 1, squat slightly while leaning forward from the waist, keeping the head up and moving one or both arms toward the knees. Palms face inwards.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, attempting to progress the range of motion of the trunk, arms, and legs.
- On count 4, return to the starting position.



Figure A-18. PD MOD5 Squat Bender (modified)

## 6. WINDMILL (MODIFIED)

A-18. Figure A-19 and figure A-20 show the modified Windmill. The starting position for the modified Windmill is the straddle stance with hands on hips or with arms straight out to the sides at 90 degrees to the trunk. The figures demonstrate modified movement with two alternative arm positions. The movement is conducted at a slow cadence:

- On count 1, bend the hips and knees while rotating the trunk to the left. Reach down to touch the outside of the left foot with the right hand and look to the rear. The left arm stays in its starting position, with hand on hip. Alternatively, with arms out to the side, rotate the trunk to the left, avoiding any hip or knee flexion.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, this time to the right.
- On count 4, return to the starting position.



Figure A-19. PD MOD6 Windmill (modified)



Figure A-20. PD MOD6 Alternate Windmill (modified)



## 7. FORWARD LUNGE (MODIFIED)

A-19. The modified Forward Lunge can amend the exercise by decreasing the range of motion, by keeping the feet closer together, or by moving just one foot (see figure A-21). This particular example modifies the range of motion. Soldiers conduct this modification at a slow cadence:

- The starting position for the modified Forward Lunge is the straddle stance with hands on hips.
- On count 1, take a step forward with the left or right leg until the forward heel is 3 to 6 inches ahead of the rear foot. At the same time, bend at the hips and knees to lunge forward, keeping the back straight. Bring the feet closer together if necessary.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, switching foot movement.
- On count 4, return to the starting position.

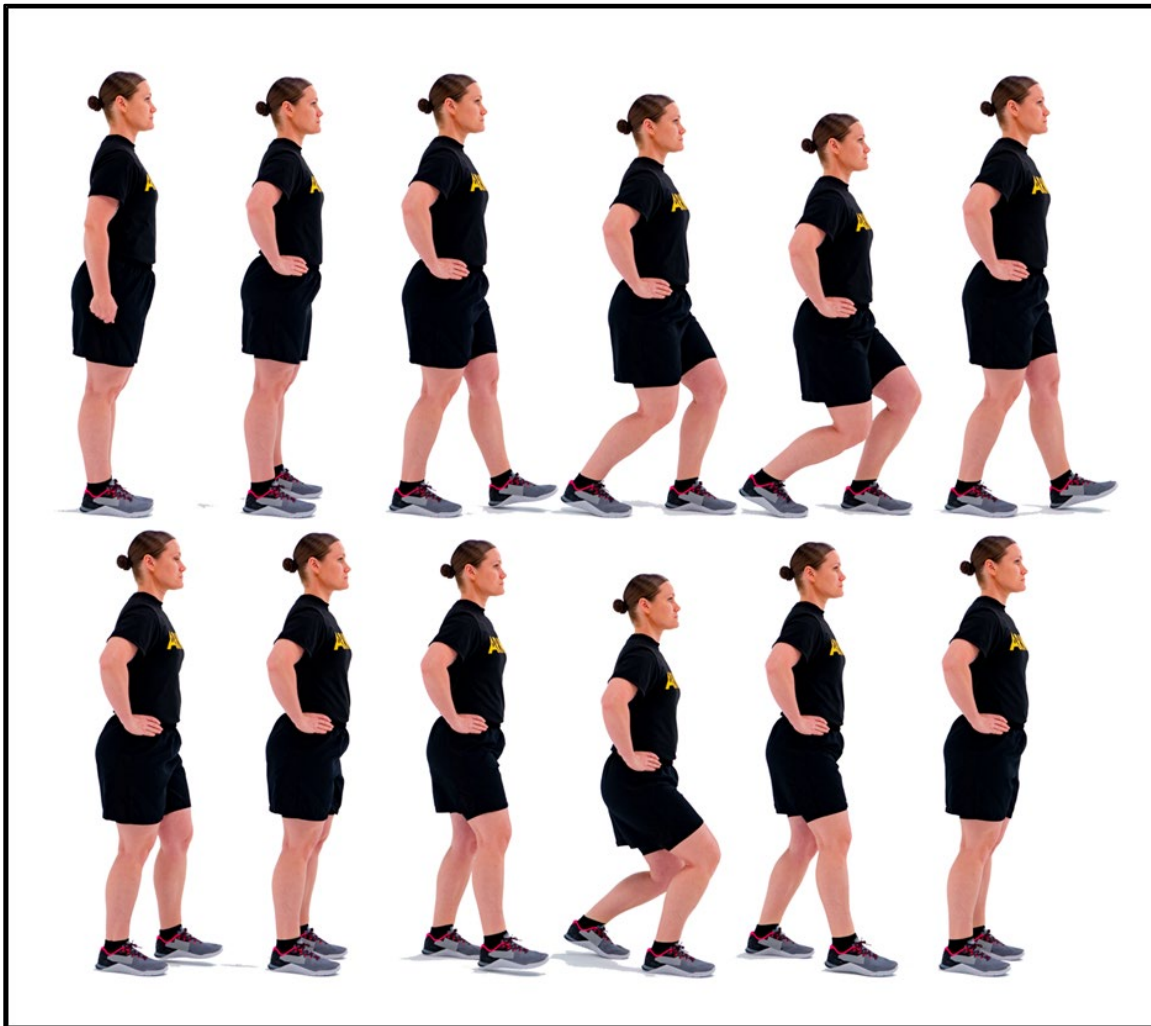


Figure A-21. PD MOD7 Forward Lunge (modified)

## 8. PRONE ROW (MODIFIED)

A-20. The modified Prone Row can adjust the exercise by decreasing the range of motion of the arms, by moving only one arm to standard, or by performing the arm movements while remaining standing, using the starting position for the Bend and Reach. Figure A-22 modifies the arm movement. Figure A-23 modifies position from prone to standing. Soldiers conduct these modifications at a slow cadence:

- The starting position is the same as the Bend and Reach, arms overhead, palms forward, fingers and thumbs extended and joined.
- On count 1, raise the chin, head and chest slightly while moving the arms down to the sides of the trunk while flexing the elbows. The hands are made into fists as they move toward the shoulders.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.

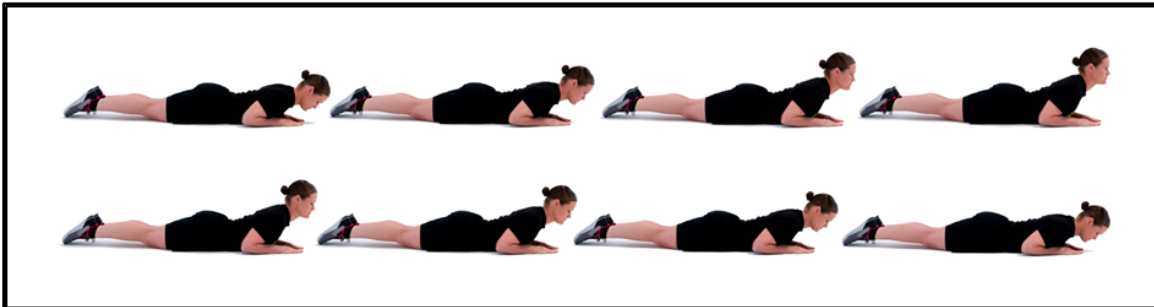


Figure A-22. PD MOD8 Prone Row (modified)



Figure A-23. PD MOD8 Alternate Prone Row (modified)

## 9. BENT-LEG BODY TWIST (MODIFIED)

A-21. The modified Bent-Leg Body Twist can adjust the exercise by changing the arm position, by resting the head on the ground, by keeping the feet on the ground, by reducing the range of rotation, and by moving only one leg from the starting position. Figure A-24 illustrates modified head position, feet position, and range of motion. Soldiers conduct this modification at a slow cadence:

- The starting position for the modified Bent-Leg Body Twist is the supine position with head on the ground, arms at 45 degrees out from the trunk, hips and knees bent with feet on the ground. The knees and feet are together.
- On count 1, rotate the legs to the left while keeping the upper back and arms in place on the ground. The legs drop together toward the ground.
- On count 2, reverse the movement performed in count 1 to return to the starting position.



Figure A-24. PD MOD9 Bent-Leg Body Twist (modified)

## 10. PUSH-UP (MODIFIED)

A-22. The modified Push-Up can adjust the exercise by moving to the six-point position during the Preparation Drill. This modified exercise limits the range of motion and weight on the ankles, shoulders, arms and wrists (see figure A-25). Soldiers conduct this modification at a moderate cadence:

- The starting position for the modified Push-Up is the six-point position. Hands are directly beneath the shoulders with fingers spread. The body forms a straight line from the head to the knees. Feet point to the rear.
- On count 2, return to the starting position. If necessary, reduce the range of motion of the elbow to accommodate for the injury.
- On count 3, repeat count 1, reducing the range of motion if necessary.
- On count 4, return to the starting position.



Figure A-25. PD MOD10 Push-Up (modified)



## Appendix B

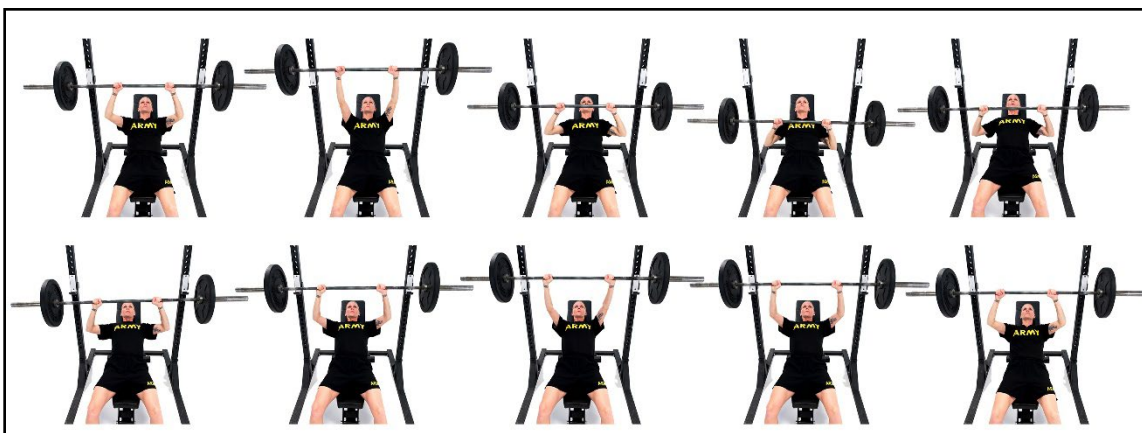
# OPAT Improvement

Occupational Physical Assessment Test improvement (known as OPAT-I) is designed to increase the physical readiness of Army recruits so that they can attempt and pass the OPAT. The exercises in OPAT improvement focus on improving physical strength and endurance. The four OPAT graded events include the Standing Long Jump, Standing Power Throw, Strength Deadlift, and Interval Aerobic Run. This appendix provides exercises that recruits may use to train for these test events.

### INCLINE BENCH

B-1. The Incline Bench is a free-weight exercise to improve upper body muscular strength and endurance (see figure B-1). This lift requires trunk and shoulder stability and strength. Recruits can use it to improve training and testing performance that supports a wide range of combat and occupational physical tasks. Many modifications for the Incline Bench involve different positions and equipment. An individual recruit using a straight bar conducts the exercise in the following manner:

- The starting position for the Incline Bench is the supine position on an inclined bench with both feet on the ground and hips, shoulder and head firmly against the bench.
- Grasp the barbell with a closed overhand, pronated grip slightly wider than shoulder width.
- Remove the bar from the supports placing it over the chest with the elbows fully extended.
- From this position, bend both elbows to lower the weight to just above the chest. Press the weight back to the starting position. Do not jerk or shrug the shoulders, arch the back, or allow the hips to rise off the bench during the movement.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session.



**Figure B-1. OPAT-I Incline Bench**

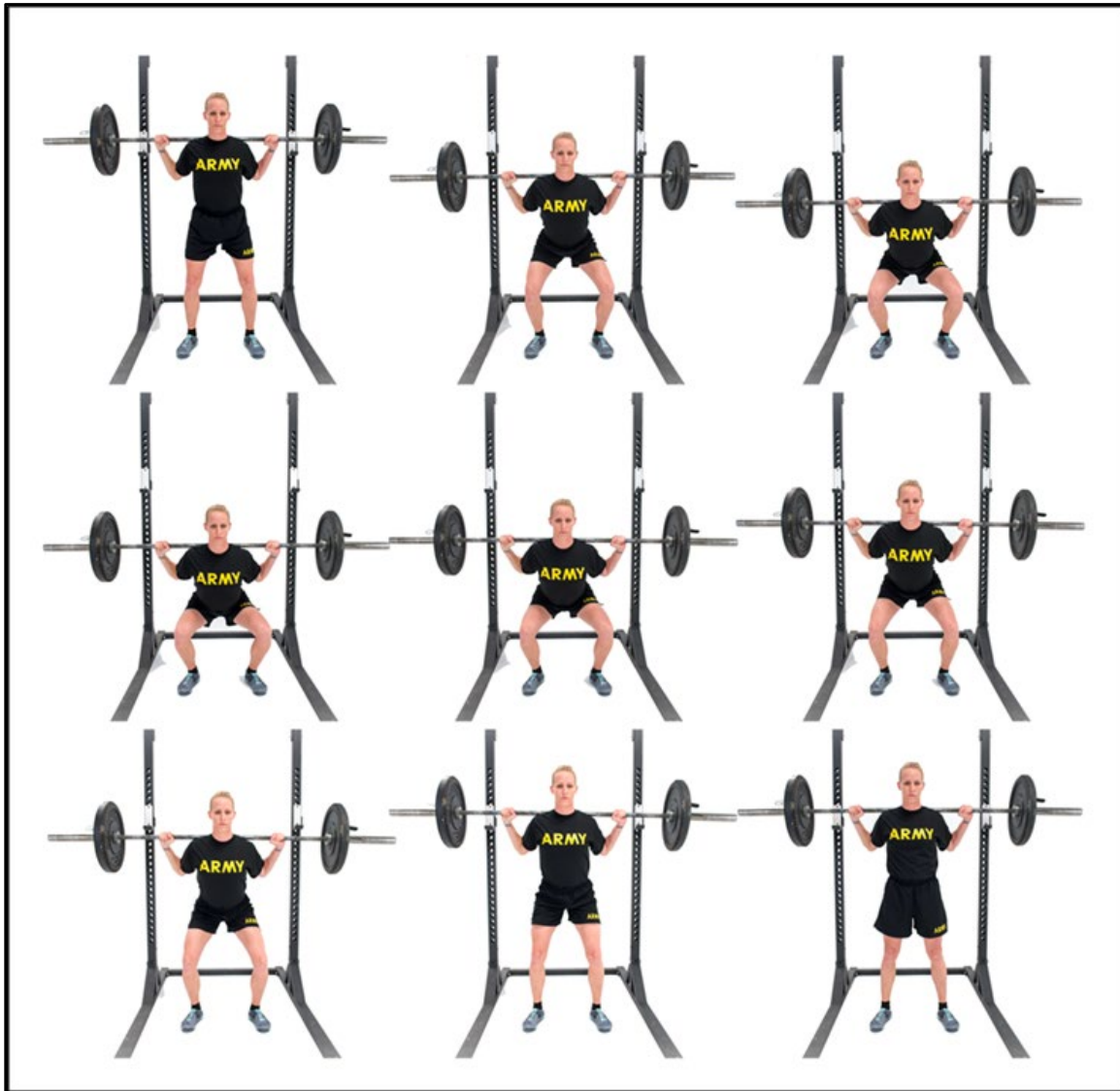
B-2. For the Incline Bench the spotter stands at the head of the bench in the straddle stance with feet slightly staggered. The spotter grasps the bar with a closed alternating grip in between the lifter's hands. On a signal from the lifter, the spotter assists the lifter with moving the bar from the supports to guide it over the lifter's chest. The spotter assists in the following manner:

- The spotter follows the path of the bar by slightly flexing the knees, hips, and trunk while maintaining a flat back. The spotter remains ready with an alternating grip position close to but not touching the bar as it is lowered to the chest.
- The spotter reverses this movement until the lifter signals for assistance with returning the bar to the supports.
- If the lifter becomes unstable or begins to fail to control the weight, the spotter immediately assists the lifter with completing the lift.

## SQUAT

B-3. The Squat is a free-weight exercise to improve lower body muscular strength and endurance (see figure B-2). Recruits can use it to improve training and testing performance that supports a wide range of combat and occupational physical tasks. Modifications for the Squat vary positions and equipment (straight bar or barbell, kettlebells, and dumbbells). An individual recruit using a straight bar conducts the exercise in the following manner:

- The starting position for the Squat is the straddle stance. A recruit can perform the Back Squat with the bar across the upper back (as shown in figure B-2).
- A Front Squat uses the same actions as the Back Squat but the recruit holds the bar across the top of the chest just below the collar bones using the crossed arm or pronated grip.
- When performing the Squat with dumbbells or kettlebells, start in the straddle stance with one weight at each side using a neutral grip.
- From the starting position, bend the knees and slowly lower the body downward until there is a 90-degree angle between the upper and lower leg. Return to the starting position.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session.
- Maintain a natural arch in the lower back with the head and neck staying in alignment to avoid extending the neck. Do not round out the upper back.
- The knees stay aligned over the feet and the heels stay on the ground.
- Initially do not squat deeper than 90 degrees. Progress to deeper positions as strength improves. Always lift a weight that can be controlled.



**Figure B-2. OPAT-I Squat**

B-4. The starting position for the spotter with a Squat is the straddle stance behind the lifter with hands close to but not touching each side of the body between the waist and the underarms. The spotter assists in the following manner:

- Assist the lifter as needed in un-racking the weight and moving to the starting position.
- During the squat movement, move with the lifter until the lifter has racked the weight after completing the last repetition. Always be prepared to assist if the lifter becomes unstable.
- Spot with the hands under the chest.
- Be especially cautious when the lifter is conducting a power or muscular strength set when the weight is likely to be heavy.

## DEADLIFT

B-5. The Deadlift is a free-weight exercise to improve lower body muscular strength and endurance (see figure B-3). This lift requires trunk and shoulder stability and strength. Recruits can use it to improve training and testing performance that supports a wide range of combat and occupational physical tasks. The Deadlift modifications alter positions and equipment. An individual recruit using three types of free weights—straight bar or barbell, kettlebells, and dumbbells—conducts this exercise in the following manner:

- The starting position for the Deadlift is the forward leaning stance. Grasp the barbell below the knees and near the shins with the arms fully extended using a closed overhand or alternating grip.
- When lifting with a hex bar, the bar requires a neutral grip.
- When performing the Deadlift with dumbbells or kettlebells, start in the forward leaning stance with one weight at each side using a neutral grip.
- From the starting position, extend the hips and knees while keeping the spine straight and arms extended. As the barbell lifts from the ground move the hips forward to meet it. Pause in an upright posture before returning the weight to the starting position under control. Do not drop the weight. Throughout the lift, do not let the spine or shoulders round forward.
- Knees stay in line over the feet.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session.

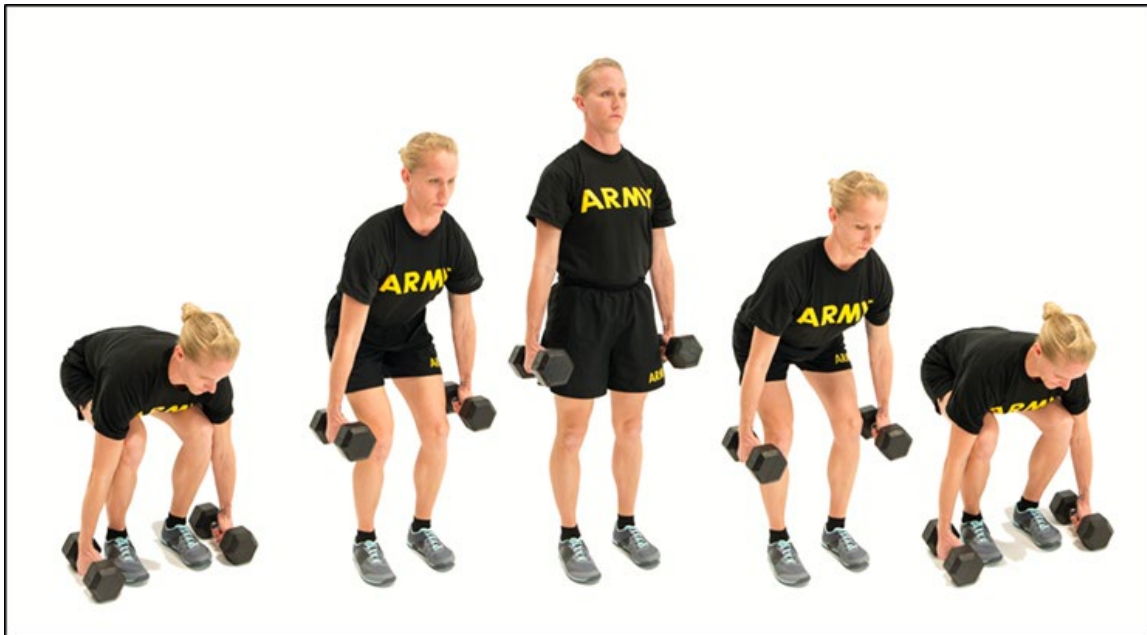


Figure B-3. OPAT-I Deadlift

## QUADRAPLEX

B-6. The Quadruplex improves balance, coordination, and strength of core muscles in the back of the body: the so-called posterior chain (see figure B-4). These muscles support the Strength Deadlift and balance and coordination during the Standing Long Jump. An individual recruit performs the Quadruplex for a count of 60 seconds in the following manner:

- The starting position for the Quadruplex is six-point position with the knees on the ground beneath the hips.
- On the command, “READY, EXERCISE,” raise the left leg and right hand until they are both straight and parallel to the ground. Head stays aligned with the spine. Do not let the low back, shoulder, and trunk sag. Stay tall on the supporting shoulder.
- Hold this position for 60 seconds.
- To rest, return to the starting position for 3–5 seconds until resuming the effort.
- On the command, “STARTING POSITION, MOVE,” return to the starting position.
- On the command, “CHANGE POSITION, READY, EXERCISE,” repeat the exercise on the right.
- Hold this position for 60 seconds.
- To rest, return to the starting position for 3–5 seconds until resuming the effort.
- On the command, “STARTING POSITION, MOVE,” return to the starting position to complete the exercise.

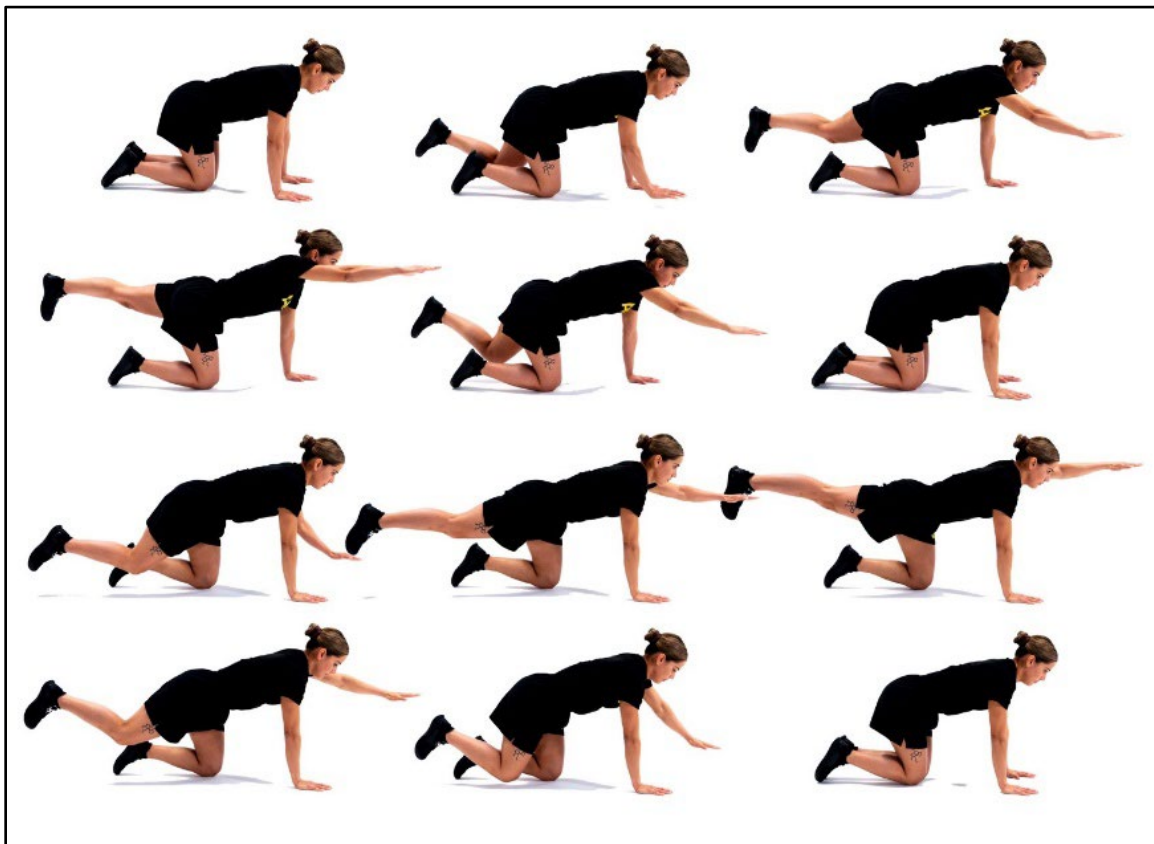


Figure B-4. OPAT-I Quadruplex

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## Appendix C

# Recovery Drills

This appendix covers Recovery Drills. It has two parts: Recovery Drills and Recovery Drills (Modified). Each part of this appendix provides movements and exercises designed to strengthen, stabilize, build flexibility, and improve mobility to a recovering Soldier or recruit.

### THE RECOVERY DRILL

C-1. The Recovery Drill (known as RD) includes a wide variety of range of movements that require structural strength, stability, flexibility, and mobility. Positions include seated, standing, prone, and supine supported by one or both upper and lower extremities. Movements into and out of these positions can be modified to accommodate Soldiers who are reconditioning from injury, who are deconditioned, or who are new to the Army. See the discussion beginning in paragraph C-9 for modifications. The Army Combat Fitness Test website at <https://www.army.mil/acft/> provides detailed descriptions and instructional videos for each testing event. The Central Army Registry website provides video demonstration drills by name at [https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect\\_date=5%2F1%2F2020&search\\_terms=CIMT](https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect_date=5%2F1%2F2020&search_terms=CIMT). (Copy and paste this address after accessing the Central Army Registry website if the demonstrations do not populate.)

## 1. OVERHEAD ARM PULL

C-2. The Overhead Arm Pull is the first movement (see figure C-1). This movement develops the flexibility of joints in the arms, shoulders, and trunk. Soldiers conduct the movement in formation in the following manner:

- The starting position for the Overhead Arm Pull is the straddle stance with hands on hips. On the command, “READY, STRETCH,” raise the left arm overhead. Grasp above the left elbow with the right hand and pull to the right, leaning the body to the right. A stretch sensation should be felt in the left triceps muscle and flank. Hold this position for 20–30 seconds before the command, “STARTING POSITION, MOVE,” is given.
- On the command, “CHANGE POSITION, READY, STRETCH,” repeat the movement on the right side.
- On the command, “STARTING POSITION, MOVE,” return to the starting position.





Figure C-1. RD1 Overhead Arm Pull

## +2. REAR LUNGE

C-3. The Rear Lunge is the second movement (see figure C-2). Soldiers conduct the movement in formation in the following manner:

- The starting position for the Rear Lunge is the straddle stance with hands on hips.
- On the command, “READY, STRETCH,” take an exaggerated step backward with the left leg, touching down with the ball of the foot directly behind the starting position. This creates a stretch sensation in the front of the left thigh and hip area. Back remains straight and gaze remains forward. Hold the position for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” return to the starting position.
- On the command, “CHANGE POSITION, READY, STRETCH,” take an exaggerated step backward with the right leg, touching down with the ball of the foot directly behind the starting position. This creates a stretch sensation in the front of the right thigh and hip area. The back remains straight and gaze remains forward. Hold the position for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” return to the starting position.

## 3. EXTEND AND FLEX

C-4. The Extend and Flex is the third movement (see figure C-3). Soldiers conduct the movement in formation in the following manner:

- The starting position for the Extend and Flex is the front leaning rest position.
- On the command, “READY, STRETCH,” lower the body toward the ground, sagging in the middle while keeping the arms straight. Gaze remains straight ahead—do not look up. This creates a stretch sensation in the hip and abdominal muscles. The legs and low back should be relaxed with toes on the ground and pointing to the rear. Hold the position for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” return to the starting position.
- On the command, “CHANGE POSITION, READY, STRETCH,” put body weight back on the balls of the feet to support raising the hips up and off the ground. Straighten the legs and try to touch the ground with the heels. Move the head between the arms and look toward the feet. The back remains straight. Hold the position for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” return to the starting position.



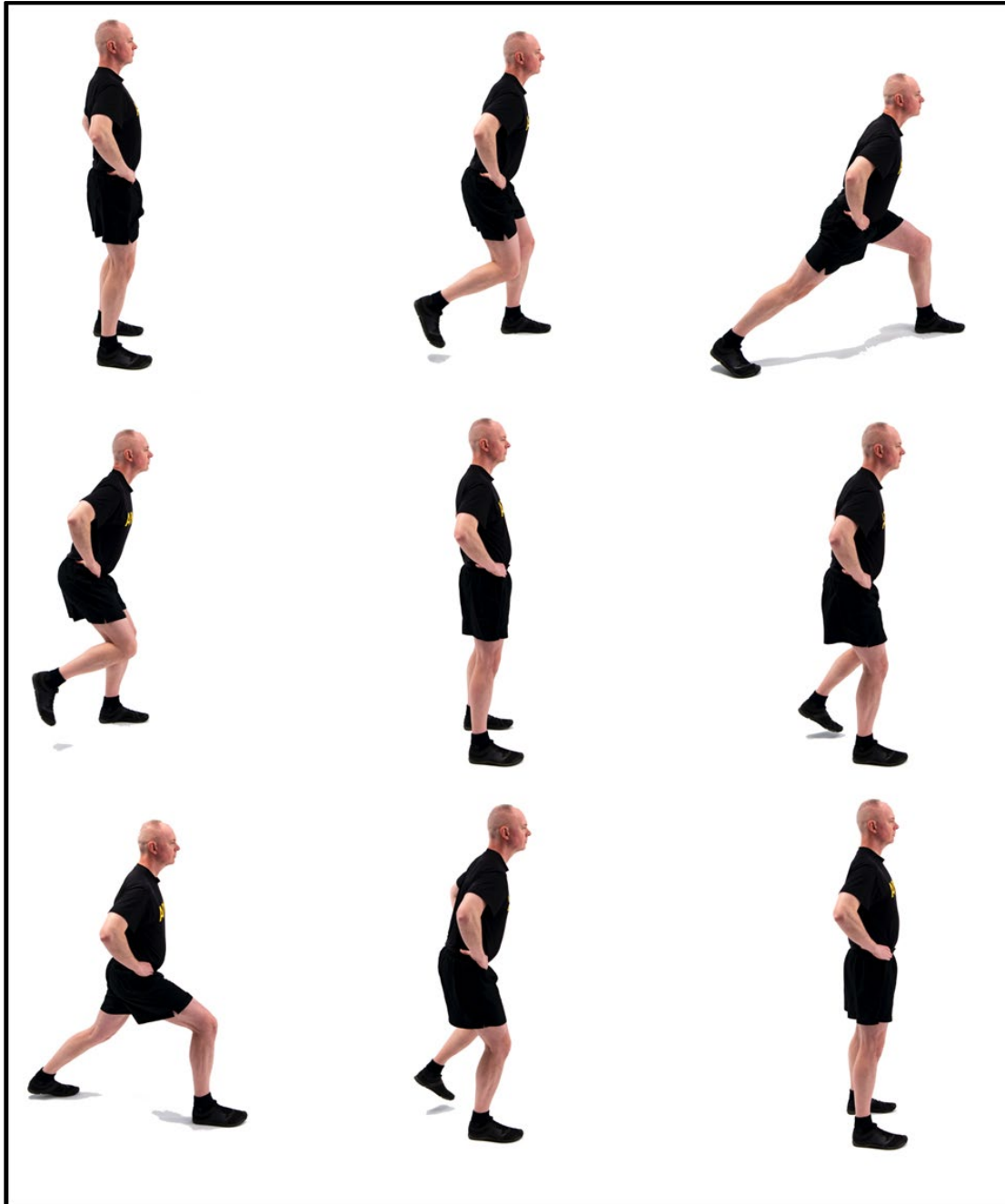


Figure C-2. RD2 Rear Lunge



Figure C-3. RD3 Extend and Flex

## 4. THIGH STRETCH

C-5. The Thigh Stretch is the fourth exercise (see figure C-4). It develops flexibility in the hip and knee joints. Soldiers conduct the movement in formation in the following manner:

- The starting position for the Thigh Stretch is the seated position with the arms at the sides and palms on the floor.
- On the command, “READY, STRETCH,” roll on the right side and place the right elbow and forearm on the ground directly below the shoulder. The right hand makes a fist with the thumb side up. Grasp the left ankle and pull toward the left buttock. Push the left thigh further to the rear with the heel of the right foot. Hold this position for 20–30 seconds.
- On the command, “CHANGE POSITION, READY, STRETCH,” move back through the starting position before changing sides to stretch the right leg. Hold for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” return to the starting position.



Figure C-4. RD4 Thigh Stretch

## 5. SINGLE-LEG OVER

C-6. The Single-Leg Over is the fifth movement (see figure C-5). This exercise develops flexibility of the hip and low back. Soldiers conduct the movement for 30–60 seconds in formation in the following manner:

- The starting position for the Single-Leg Over is the supine position with arms straight out to the side on ground with palms down with fingers and thumbs extended and joined. Feet are together on the ground. The head is on the ground.
- On the command, “READY, STRETCH,” bend the left knee to 90 degrees over the right leg and grasp the outside of the left knee with the right hand pulling toward the right. Keep the left shoulder and arm on the ground. Hold this position for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” assume the starting position.
- On the command, “CHANGE POSITION, READY, STRETCH,” bend the right knee to 90 degrees over the left leg and grasp the outside of the right knee with the left hand pulling toward the left. Keep the right shoulder and arm on the ground. Hold this position for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” return to the starting position.

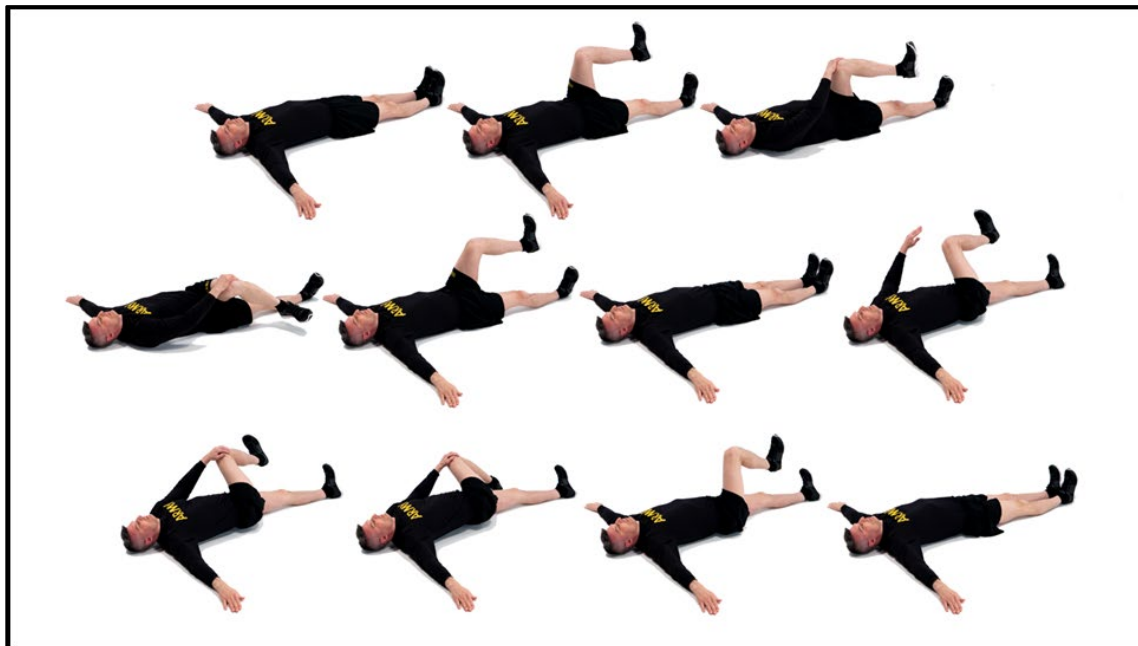


Figure C-5. RD5 Single-Leg Over

## 6. GROIN STRETCH

C-7. The Groin Stretch is the sixth movement (see figure C-6). This exercise increases flexibility in the hip joint. Soldiers conduct the movement in formation in the following manner:

- The starting position for the Groin Stretch is the straddle stance with hands on hips.
- On the command, “READY, STRETCH,” take an exaggerated step with the right leg to the right side bending the right knee into a lateral lunge. Trunk and head continue to face forward. Hold this position or continue into a deeper lunge to stretch the inside of the left thigh for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” assume the starting position.
- On the command, “CHANGE POSITION, READY, STRETCH,” take an exaggerated step to the left with the left leg bending the left knee into a lateral lunge. Trunk and head continue to face forward. Hold the position or continue into a deeper lunge to stretch the inside of the right thigh for 20–30 seconds.
- On count 4, return to the starting position.

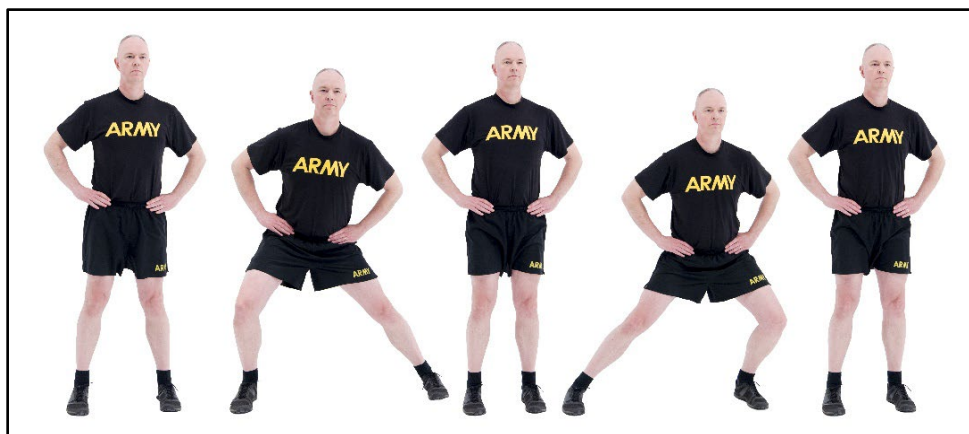


Figure C-6. RD6 Groin Stretch

## +7. CALF STRETCH

C-8. The Calf Stretch is the seventh exercise (see figure C-7). This stretch increases flexibility of the ankle. Soldiers conduct the movement in formation in the following manner:

- The starting position for the Calf Stretch is the straddle stance with hands on hips.
- On the command, “READY, STRETCH,” take a step backward with the left leg, placing the foot flat on the ground 1–2 feet behind its starting position. Keeping the left heel on the ground, bend both knees until a stretch is felt in the left Achilles tendon. Hold stretch position for 20–30 seconds. Increase the stretch sensation in the left calf muscle by stepping further back with the left foot and locking the left knee. Keep the left foot pointing forward throughout the stretch. Hold stretch position for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” return to the starting position.
- On the command, “CHANGE POSITION, READY, STRETCH,” repeat the stretch with the right leg. Take a step backward with the right leg, placing the foot flat on the ground 1–2 feet behind its starting position. Keeping the right heel on the ground, bend both knees until a stretch is felt in the right Achilles tendon. Hold stretch position for 20–30 seconds. Increase the stretch sensation in the right calf muscle by stepping further back with the right foot and locking the right knee. Keep the right foot pointing forward throughout the stretch. Hold stretch position for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” return to the starting position.



Figure C-7. RD7 Calf Stretch

## 8. HAMSTRING STRETCH

C-8. The Hamstring Stretch is the final exercise (see figure C-8). This stretch increases flexibility of the knee and hip. Soldiers conduct the movement in formation in the following manner:

- The starting position for the Hamstring Stretch is the sitting position, arms at the sides and palms on the floor.
- On the command, “READY STRETCH,” reach forward with both hands toward the feet, grasping the feet, ankle or lower legs. Keep the knees straight without locking them. Hold this stretch position for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” return to the starting position.
- On the command, “READY, STRETCH,” repeat the first stretch position reaching slightly further.
- On the command, “STARTING POSITION, MOVE,” return to the starting position.



Figure C-8. RD8 Hamstring Stretch

## RECOVERY DRILL (MODIFIED)

C-9. The Recovery Drill (Modified) (known as RD MOD) includes the same exercises as those described in the Recovery Drill but with restricted ranges of motion to accommodate for injury. Positions include modified seated, standing, prone, and supine supported by one or both upper and lower extremities. These modified exercises are ideal for Soldiers who are reconditioning from injury, who are deconditioned, or who are new to the Army.

### 1. OVERHEAD ARM PULL (MODIFIED)

C-10. The Overhead Arm Pull can be modified by stretching the arms across the upper body instead of overhead (see figure C-9). If possible, perform the standard stretch on the uninjured arm. Soldiers conduct the modified movement in formation in the following manner:

- The starting position for the modified Overhead Arm Pull is the straddle stance with hands on hips.
- On the command, “READY, STRETCH,” raise the left arm across the front of the chest. Grasp above the left elbow with the right hand and pull to the right, leaning the body to the right. A stretch sensation should be felt in the left triceps muscle and flank. Hold this position for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” return to the starting position.
- On the command, “CHANGE POSITION, READY, STRETCH,” repeat the movement on the right side.
- On the command, “STARTING POSITION, MOVE,” return to the starting position, and then the position of attention.



Figure C-9. RD MOD1 Overhead Arm Pull (modified)



## 2. REAR LUNGE (MODIFIED)

C-11. The Rear Lunge can be modified by reducing the range of motion for the lunge or by stepping forward into the lunge (see figure C-10). If possible, perform the standard stretch on the uninjured leg. Soldiers conduct the modified movement in formation in the following manner:

- The starting position for the modified Rear Lunge is the straddle stance with hands on hips.
- On the command, “READY, STRETCH,” take a step backward with the left leg, touching down with the ball of the foot directly behind the starting position. Keep the trunk erect and move the pelvis forward. This creates a stretch sensation in the front of the left thigh and hip area. The back remains straight and gaze remains forward. Hold the position for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” return to the starting position.
- On the command, “READY, STRETCH,” repeat the first movement on the right side.
- On the command, “STARTING POSITION, MOVE,” return to the starting position, and then the position of attention.



Figure C-10. RD MOD2 Rear Lunge (modified)

## 3. EXTEND AND FLEX (MODIFIED)

C-12. The Extend and Flex can be modified by reducing weight placed on the arms, by limiting the range of motion, or by remaining standing and arching the spine forward and backward (see figure C-11 and figure C-12). Soldiers conduct the modified movement in formation in the following manner:

- The starting position for the modified Extend and Flex is the front leaning rest position.
- On the command, “READY, STRETCH,” lower the body toward the ground, sagging in the middle and bending the elbows so that the forearms rest on the ground. The gaze remains straight

ahead—do not look up. The legs and low back should be relaxed with toes on the ground and pointing to the rear. Hold the position for 20–30 seconds.

- On the command, “STARTING POSITION, MOVE,” return to the starting position.
- On the command, “CHANGE POSITION, READY, STRETCH,” keep the hands in place on the ground and slide the trunk and pelvis rearward. Let the knees bend until the buttocks rest on the back of the legs. Keep the head near to the ground to flex the spine and upper back while the arms remain overhead on the ground. Hold the position for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” return to the starting position and then the position of attention.
- The standing position for the modified Extend and Flex avoids weight bearing on the arms but should not be used in cases of injury to the low back. Hands should be placed on the low back prior to bending backward and on the front of the thighs prior to bending forward. Move in and out of this position for 20–30 seconds or hold for 10–15 seconds and repeat one time.

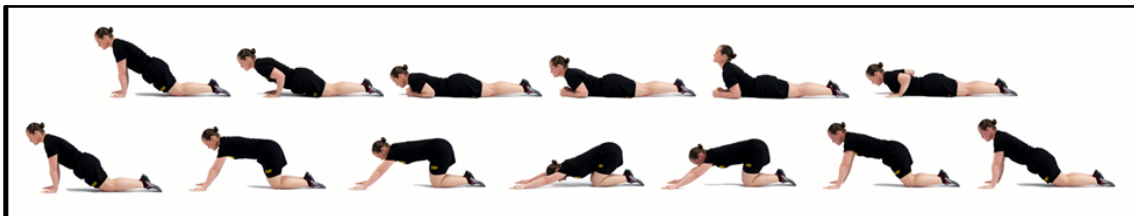


Figure C-11. RD MOD3 Extend and Flex (modified)



Figure C-12. RD MOD3 Extend and Flex (modified)—standing

## 4. THIGH STRETCH (MODIFIED)

C-13. The Thigh Stretch can be modified by reducing the knee range of motion (see figure C-13). Soldiers conduct the modified movement in formation in the following manner:

- The starting position for the modified Thigh Stretch is the seated position with the arms at the sides and palms on the floor.
- On the command, “READY, STRETCH,” roll on the right side and place the right elbow and forearm on the ground directly below the shoulder. The right hand makes a fist with the thumb up. Grasp the left ankle and pull toward the left buttock. Ensure the right leg remains straight. Hold this position for 20–30 seconds.
- On the command, “CHANGE POSITION, READY, STRETCH,” move back through the starting position before changing sides to stretch the right leg. Hold for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” return to the starting position, and then the position of attention.

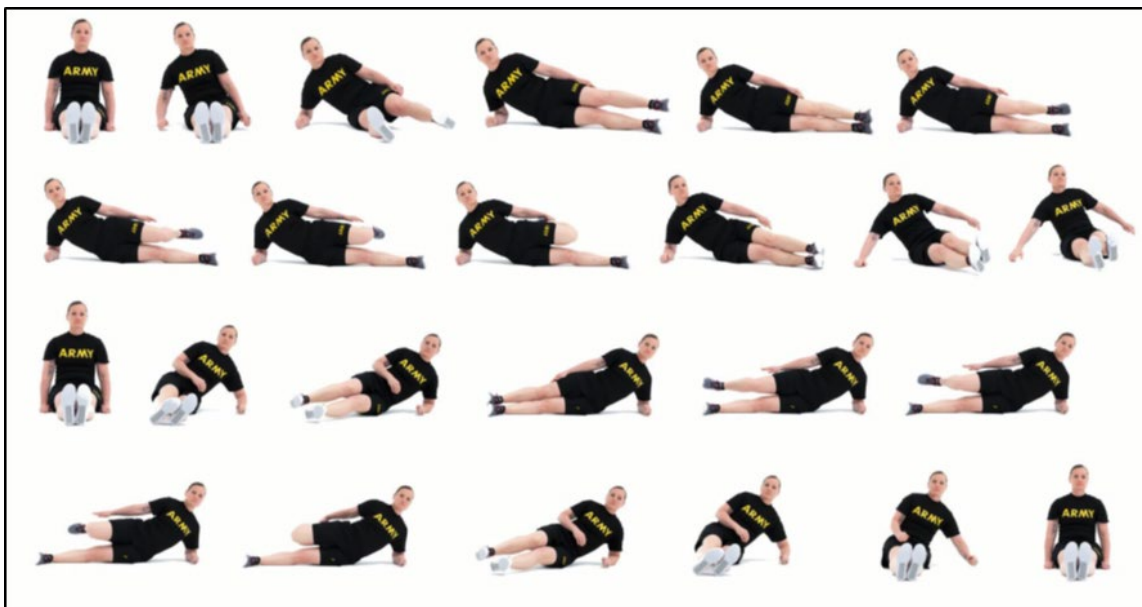


Figure C-13. RD MOD4 Thigh Stretch (modified)

## 5. SINGLE-LEG OVER (MODIFIED)

C-14. The Single-Leg Over can be modified by decreasing the range of motion, by stretching only one leg, or by modifying the position of the stretch (see figure C-14). Soldiers conduct the movement for 30 to 60 seconds in formation in the following manner:

- The starting position for the modified Single-Leg Over is the supine position with the head on the ground, arms at a 45-degree angle, hips and knees bent with feet on the ground. The knees are bent at 90 degrees and the feet are together.
- On the command, “READY, STRETCH,” rotate the hips to the right and lower the knees toward the ground. Keep the left shoulder and arm on the ground. Hold this position for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” assume the starting position.
- On the command, “CHANGE POSITION, READY, STRETCH,” rotate the hips to the left and lower the knees toward the ground. Keep the right shoulder and arm on the ground. Hold this position for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” return to the starting position, and then the position of attention.



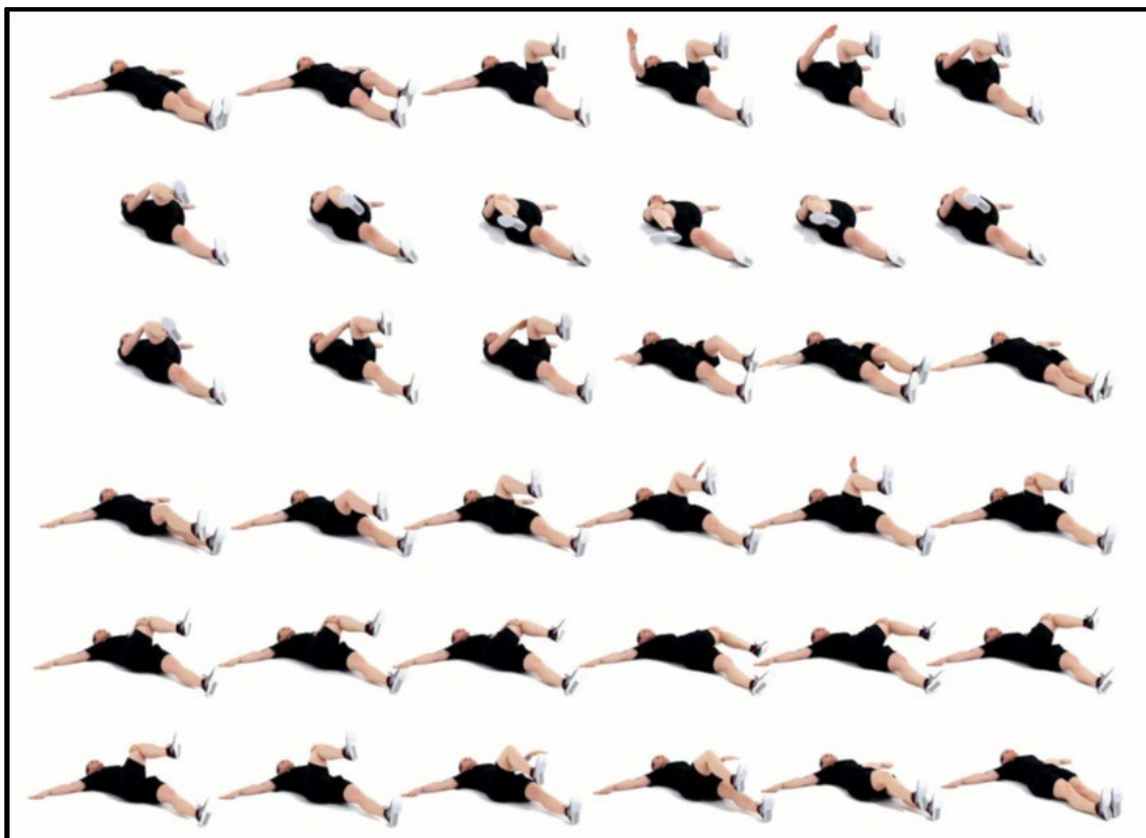


Figure C-14. RD MOD5 Single-Leg Over (modified)

## 6. GROIN STRETCH (MODIFIED)

C-15. The Groin Stretch can be modified by using smaller movements to help increase flexibility in the hip joint (see figure C-15 on page C-12). Soldiers conduct the movement in formation in the following manner:

- The starting position for the modified Groin Stretch is the straddle stance with hands on hips.
- On the command, “READY, STRETCH,” take a small step with the left leg to the left side bending the left knee into a lateral lunge. Trunk and head continue to face forward. Hold this position or continue into a deeper lunge to stretch the inside of the right thigh for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” assume the starting position.
- On the command, “CHANGE POSITION, READY, STRETCH,” take a small step to the right with the right leg bending the right knee into a lateral lunge. Trunk and head continue to face forward. Hold this position or continue into a deeper lunge to stretch the inside of the left thigh for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” return to the starting position, and then the position of attention.



Figure C-15. RD MOD6 Groin Stretch (modified)

## 7. CALF STRETCH (MODIFIED)

C-16. The modified Calf Stretch increases flexibility of the ankle (see figure C-16). Soldiers conduct the movement in formation in the following manner:

- The starting position for the modified Calf Stretch is the straddle stance with hands on hips.
- On the command, “READY, STRETCH,” take a step backward with the left leg, placing the foot flat on the ground 1–2 feet behind its starting position. Keeping the left heel on the ground, bend both knees until a stretch is felt in the left Achilles tendon.
- On the command, “STARTING POSITION, MOVE,” return to the starting position.
- On the command, “READY, STRETCH,” repeat the stretch with the right leg. Keep the right foot pointing forward throughout the stretch. Hold either stretch position for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” return to the starting position and then the position of attention.



Figure C-16. RD MOD7 Calf Stretch (modified)

## 8. HAMSTRING STRETCH (MODIFIED)

C-17. The modified Hamstring Stretch is the final exercise for recovery (see figure C-17). This stretch increases flexibility of the knee and hip. Soldiers conduct the movement in formation in the following manner:

- The starting position for the modified Hamstring Stretch is the seated position, arms at the sides and palms on the floor.
- On the command, “READY, STRETCH,” reach forward with both hands until a stretch is felt in the back of the thigh. Keep the knees straight without locking them. Hold this stretch position for 20–30 seconds.
- On the command, “STARTING POSITION, MOVE,” return to the starting position.
- On the command, “READY, STRETCH,” repeat the first stretch position, reaching slightly further.
- On the command, “STARTING POSITION, MOVE,” return to the starting position.
- A modification of this stretch is the single-leg hamstring stretch (see figure C-18). The Soldier bends one knee while keeping the other straight and reaches toward the foot until a stretch is felt in the back of the thigh. Hold this stretch position on each side for 20–30 seconds.



Figure C-17. RD MOD8 Hamstring (modified)



Figure C-18. RD MOD8 Hamstring (modified)—single leg

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## Appendix D

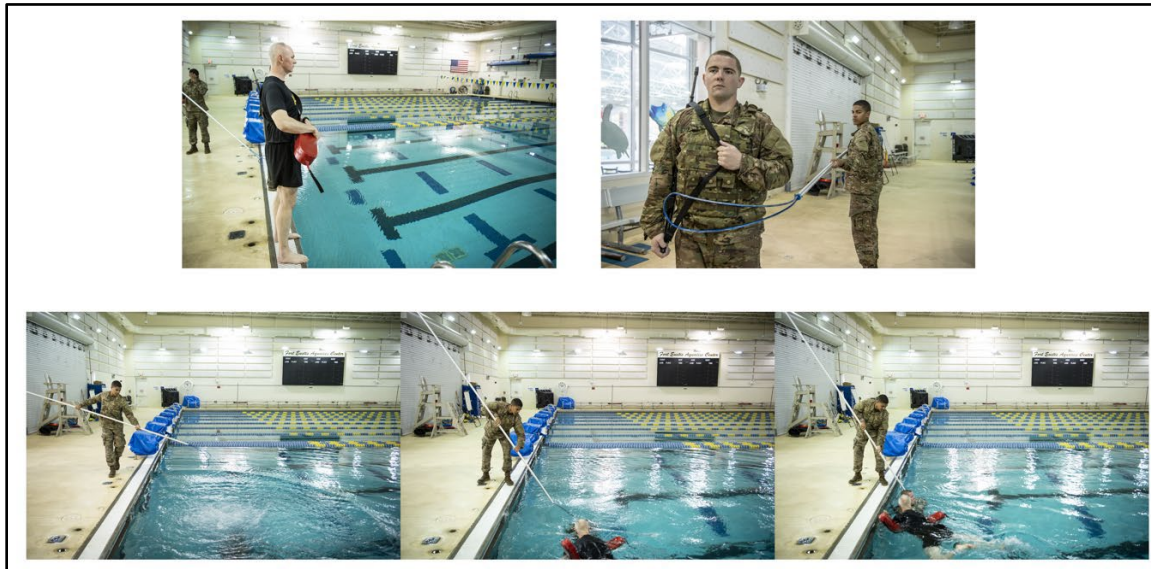
# Army Water Survival Training

Army Water Survival Training (AWST) builds Soldier confidence and survivability in and around water. AWST teaches the skill, endurance, strength, and mental toughness required for waterborne field training and combat environments. For all tasks and tests, Soldiers will be prepared to wear ACUs, boots, and their own IOTV without plates or neck collar. For certain tasks, Soldiers will use an M16- or M4-series training aid. This appendix discusses the shepherd's crook rescue and basic survival swimming. Chapter 7 of FM 7-22 addresses safety guidance during planning, preparation, and execution of water survival training.

### **SHEPHERD'S CROOK RESCUE**

D-1. The Shepherd's Crook Rescue is the recommended technique for bringing a Soldier to the edge of the pool for recovery or extraction. This technique avoids dependence on ropes tied to the Soldier which can become entangled in the Soldier's equipment. If no rescue swimmer is present, this technique can be conducted by a member of the AWST personnel working on his or her own (see figure D-1 on page D-2). Soldiers conduct the Shepherd's Crook Rescue on a Soldier who has submerged to the bottom of the deep end of the pool in the following manner:

- The shepherd's crook device is lowered into the water by a member of on-deck AWST personnel.
- The rescue swimmer remains at the surface and avoids obstructing the on-deck personnel.
- The second swimmer submerges to the bottom of pool.
- The on-deck personnel maneuver the crook around the front of the submerged Soldier, hooking him or her at the waistline.
- The on-deck personnel use the crook to pull the submerged Soldier to the surface, and then to the edge of the pool.
- The rescuer swimmer may assist in bringing the Soldier to the edge of the pool and securing him or her there.



**Figure D-1. AWST Shepherd's crook rescue**

## BASIC SURVIVAL SWIMMING

D-2. Basic survival swimming (known as BSS) develops elementary skills to help Soldiers survive in water. Water survival skills are critical for conducting operations in and around aquatic environments. Paragraphs D-3 through D-8 list basic survival swimming tasks leaders can incorporate into physical training schedules or treat as a special training events.

### 1. TROUSER INFLATION AND FLOAT

D-3. Figure D-2 shows the Trouser Inflation and Float. The Trouser Inflation and Float is the first skill in the Basic Survival Swimming Training. Soldiers wear ACUs, boots, and IOTV. They do not carry a weapon. Soldiers conduct the Trouser Inflation and Float in the following manner:

- Perform a stride entry from the edge of the pool, bringing the legs together as they contact the water. Simultaneously, slap the water with the arms, palms down. This technique keeps the head above or closer to the surface of the water.
- Use the Emergency Quick Release on the IOTV to release it, rolling the body if necessary to allow the IOTV to drop to the bottom of the pool.
- Perform a hanging float.
- Remove one boot at a time, tucking the first boot under the armpit.
- Tie the boot laces together and put the boots around the neck.
- Remove the trousers, button the fly, and tie off each trouser leg using the drawstring to tie a bow. Next, tie the ankles together using a square knot.
- Inflate the trousers using either the Sling or Splash method.





Figure D-2. BSS1 Trouser Inflation and Float

D-4. For the Sling Method, place the trousers on top of the water, legs directed away from the body. Soldiers then do the following:

- Grasp the waistband with both hands to form a circular opening at the surface.
- Cross the left arm over the right before scissor-kicking while swinging the trousers behind and over the head.
- Quickly bring the trousers forward and down into the water, trapping air in the trouser legs.
- Immediately gather the waistband to keep the air in the legs.
- Grasp the waistband with one hand while bringing the other arm over the trouser leg.
- Float over the trousers, sculling with the free hand while grasping the waistband with the other.
- Switch hands and repeat as needed to stay afloat.

D-5. For the Splash Method, there are two options. For the first, place the trousers on top of the water, with the tied-off trouser legs directed away from the body. Soldiers then do the following:

- Grasp the waistband at the fly with one hand to hold it open.
- Immediately splash water and air into the opening with the free hand, stopping the motion at the opening.
- After trapping enough air to inflate the legs, grasp the waistband in one hand to maintain inflation of each trouser leg.
- Bring the other arm over the trouser leg.
- Float over the trousers, sculling with the free hand while grasping the waistband with the other.
- Switch hands and repeat the inflation as needed to stay afloat.

D-6. For the second Splash Method, place the tied-off legs over the head to rest against the back of the neck. Soldiers then do the following:

- Hold the waist open with one hand. Splash water and air into the opening with the free hand until enough air is trapped to inflate the legs.
- Float on the back, holding the waist closed with one hand, resting the head on the inflated trouser legs while floating.

## **2. BOB AND TRAVEL**

D-7. Figure D-3 demonstrates the Bob and Travel. Soldiers conduct the Bob and Travel without wearing the IOTV in the following manner:

- Sling the weapon over the right shoulder, grasping the sling close to the sling clamp with the left hand at the chest and the weapon butt plate in the right hand. The weapon is pulled tight to the back.
- Take a deep breath before stepping off the pool deck with knees slightly flexed.
- While submerging, exhale slowly through the nose, controlling the weapon.
- Drop to the pool floor, absorbing the impact with the knees.
- Place the weapon on the pool floor.
- Squat as deeply as needed to push off the bottom of the pool at a 45-degree angle to return to the surface. This is the Travel portion of the task.
- Move arms overhead while squatting, and keep them overhead until reaching the surface where they extend from the sides.
- Upon reaching the surface, take a full breath, and pull the knees toward the chest. This is the Bob portion of the task.
- Re-submerge by straightening the legs and bringing the arms forcefully overhead. As the palms move upwards to break the water surface, they generate downward force.
- After dropping to pool bottom, repeat the Travel and Bob tasks for 15 meters before exiting the pool.



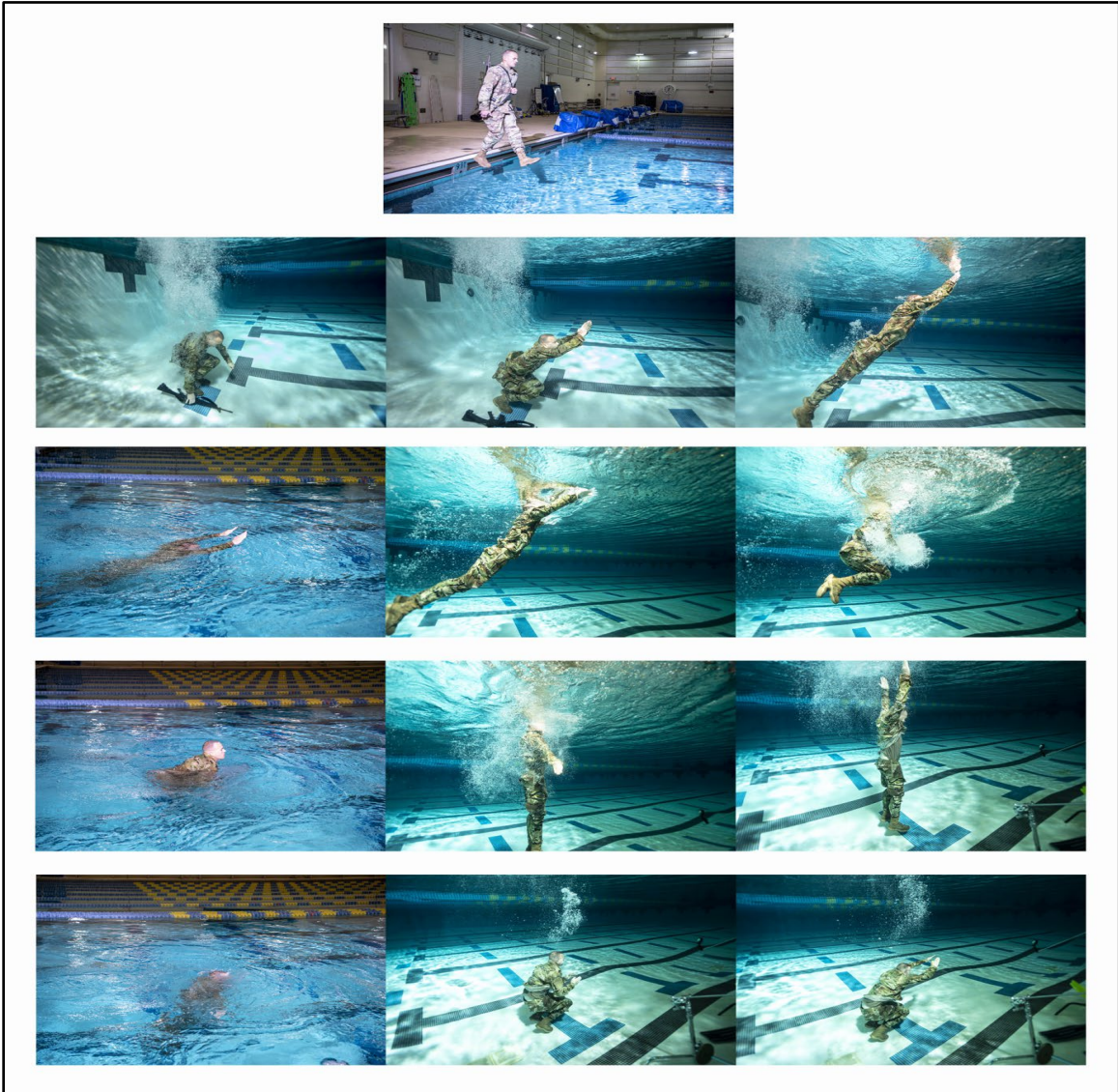


Figure D-3. BSS2 Bob and Travel

### 3. TWO-STROKE TEST

D-8. Figure D-4 and figure D-5 illustrate the Two-Stroke Test. The Two-Stroke Test is the third task in the Basic Survival Swimming Training. Soldiers may conduct this test in a pool (25 yards or 25 meters in length) in the following manner:

- Sling the weapon on the right shoulder and secure it by grasping the sling close to the sling clamp with the left hand at the chest and the weapon butt plate in the right hand. The weapon is pulled tight to the back.
- Perform the stride entry from the pool deck, bringing the legs together as they contact the water.
- Use the sidestroke to travel the length of the pool. The right shoulder and weapon stay close to the surface.
- Do not let feet touch the floor of the pool until reaching the end of the 25-meter length.
- Exit the pool before re-entering at the deep end to swim the same distance using the breaststroke.
- Sling the weapon across the back.

D-9. Soldiers use two swimming strokes for the Two-Stroke Test. The sidestroke is one of the most efficient strokes because it gives the Soldier the ability to rest on top of the water. It is also the stroke used in the Collar Tow. The breaststroke is the most useful stroke for military swimming. It is efficient when swimming through debris and in full clothing and gear, and it provides good visibility. During the Two-Stroke Test, Soldiers may submerge their head during the pull phase of the breaststroke (see figure D-5). The test ends when the Soldier has reached the end of the length.

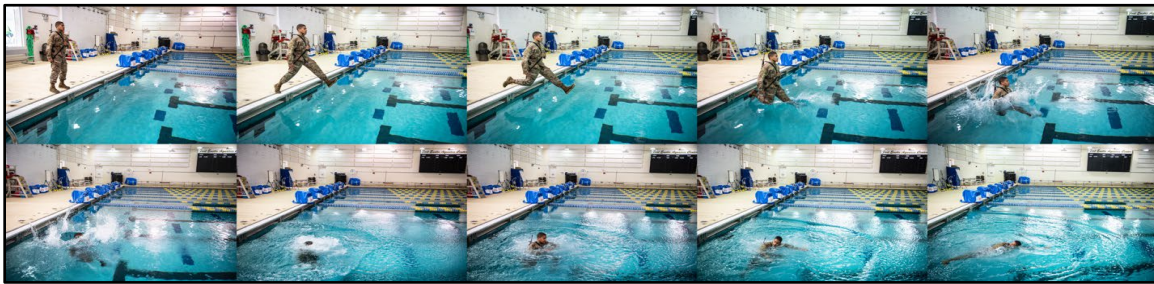


Figure D-4. BSS3 Two-Stroke Test, entry and sidestroke

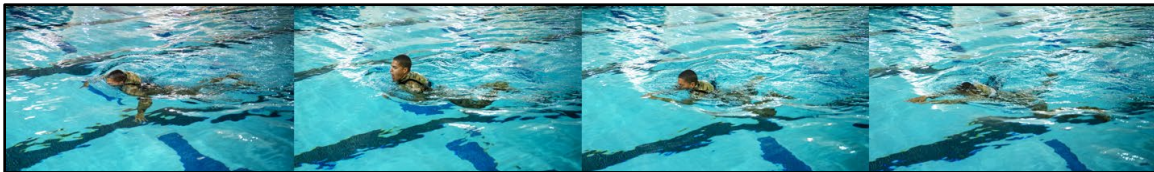


Figure D-5. BSS3 Two-Stroke Test, breaststroke

## Appendix E

# +ACFT Testing Equipment and Field

ACFT testing standards are the same across the Army. Appendix E provides the specifications for ACFT testing equipment as well as the ACFT field requirements

### ACFT EQUIPMENT

E-1. ACFT equipment standards may vary slightly within acceptable limits to the right or left of specification. The sites where units conduct the ACFT will vary depending on the location and climate. Specifications for ACFT test equipment must be closely followed for valid record testing. See table introduction-1 on page xv for metric to standard conversions for lengths and weights. Some equipment is not required for testing but assists with ease of testing and includes:

- A point to mark properly the landing of the ball thrown in the Standing Power Throw. Suggested BOI is one per two lanes.
- Cones for marking lanes and distance if the test site is not permanently marked.
- One stopwatch per lane
- One outdoor timing clock for the 2-Mile Run event.

Paragraphs E-2 through E-24 detail the specifications for the major equipment components of the ACFT.

### HEX BAR

E-2. One hex bar is required for each lane. (See figure E-1 for the hex bar.)



**+Figure E-1. Hex bar**

E-3. Bulk purchase of hex bars need to conform to standard design and weight specifications. Other hex bar variants are acceptable for test purposes as long as they meet basic design characteristics. Hex bars can come in black oxide bare steel, bright zinc, black zinc chrome, nickel, and phosphorus zinc plate. Painting of the hex bar is not preferred but acceptable. The OIC or NCOIC verifies the weight before the ACFT. A standard hex bar meets the following specifications:

- Preferably no D-handles. If a unit has hex bar with D-handles for ACFT, face the D-handles down.
- Weight of 60 pounds (unloaded). Units can use a hex bar of other weights so long as it is weighed unloaded and new load layout calculations are performed to account for the weight difference.
- A sufficient sleeve length to accommodate four x 45-pound bumper plates with a collar on each end of the bar.
- Parallel handles approximately 1.34 inches in diameter and spaced approximately 25 inches apart.
- Rust proofed to ensure quality and durability.
- Solid sleeve design.

- Hex bars with adjustable handle width are permissible.
- Walk-in hex bars are permissible.

**BUMPER PLATES**

E-4. Each lane requires 550 pounds of single high temperature, standard bumper plates. (See figure E-2 for a bumper plate.)



**+Figure E-2. Bumper plates**

E-5. ^Standard bumper plates are constructed of vulcanized rubber and a 2-inch stainless steel insert. Inserts on the bumper require an inset from the plane of the plate allowing for better protection when Soldiers load multiple plates on the bar. Units may acquire additional 5-pound plates locally and use them to adjust target weights for Soldiers. See table E-1 for bumper plate quantities and weights required for each lane.

**^Table E-1. Standard bumper plate requirements per lane**

| <i>Quantity</i> | <i>Weight</i>             | <i>Plate width</i>             |
|-----------------|---------------------------|--------------------------------|
| 4               | 10 pound (4.5 kilograms)  | 1 3/8 inches (3.5 centimeters) |
| 4               | 15 pound (6.8 kilograms)  | 1 7/8 inches (4.8 centimeters) |
| 2               | 25 pound (11.3 kilograms) | 2 1/4 inches (5.7 centimeters) |
| 2               | 35 pound (15.8 kilograms) | 3 1/8 inches (7.9 centimeters) |
| 8               | 45 pound (20.4 kilograms) | 3 3/4 inches (9.5 centimeters) |

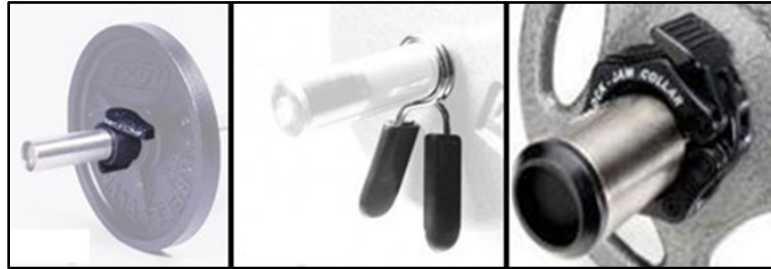
E-6. OICs will measure and weigh plates to ensure they meet specifications listed and accurately reflect stated weight. Non-standard plates require additional maintenance and cleaning. Other colors, types, and styles of plates, such as iron, steel, or plastic, are authorized as long as they meet basic design characteristics and verified by the ACFT OIC or NCOIC. A standard bumper plate meets the following specifications:

- Standard diameter, 450 millimeters (17.7 inches).
- Solid rubber plates made from high quality rubber.
- Hole durometer at 87.7–88.3.
- Insert opening of 50.4 millimeters (1.98 inches).
- Insert type is forged stainless steel.
- Bumper plate thickness tolerance is within 1\16 of an inch (1.6 millimeters).
- Weight tolerance is within +/- 1 percent of the claimed weight.

**HEX BAR COLLAR**

E-7. Two hex bar collars are required per lane. (See figure E-3 for three types of hex bar collars.) They are designed to be used on 50-millimeter hex bar sleeves to provide a secure and snug fit against the bumper plates. The collar will have a quick and easy locking mechanism for easy placement and removal. Units primarily use collars as a safety measure to prevent movement of plates during a lift.





+Figure E-3. Types of hex bar collars

E-8. Hex bar collars come in various colors and styles. OICs do not include the weight of hex bar collars in weight calculations. A standard hex bar collar meets the following specifications:

- Plastic or metal.
- Weight of approximately 0.5-pound per pair.
- Hex bar fully compatible with collar.
- Manufacturer is non-specific.

### SLED WITH PULL STRAP

E-9. ^Units require one sled and pull strap per lane for the Sprint-Drag-Carry event. (See figure E-4 for a sled and strap.)



^Figure E-4. Sled and strap

E-10. The surface for the Sprint-Drag-Carry event may be standard or modified. Units cannot conduct the Sprint-Drag-Carry event on restricted surfaces. Restricted surfaces include unimproved dirt or gravel surfaces, rubberized track, ice, or snow. Standard and modified surfaces have the following characteristics:

- Standard surface—properly maintained grass or artificial turf. Soldiers use a standard 90-pound nylon sled. When the surface does not obviously meet the standard definition, it will be classified as modified.
- Modified surface—wood (for example a gym floor), packed dirt (for example a baseball infield or parade field), vinyl, or smooth concrete (for example a motor pool or hangar bay). Soldiers use a standard 180-pound nylon sled. The OIC or NCOIC will adjust the sled weight during set-up when a unit uses a modified surface for the ACFT.

E-11. The OIC or NCOIC will use sound judgment to select the safest Sprint-Drag-Carry surface. All surfaces must be level with enough space on each end of the 25-meter lane for Soldiers to turn or sprint across the finish line. Standard surfaces should be the primary surface used for testing. When environmental conditions prohibit outdoor testing, units can use an indoor surface for the Sprint-Drag-Carry with the

requisite adjustments to the sled weight. No other adjustments to Sprint-Drag-Carry event standards and scoring are authorized.

E-12. A standard sled and pull strap meets the following specifications:

- Made of thick heavy-duty nylon.
- Sled is 22 inches long and 19.5 inches wide.
- Sled can hold up to four 45-pound plates.
- Sled has a one-piece pull strap of 92 inches (+/- 2 inches) with a loop handle on both ends.
- Color is non-specific.
- Manufacturer is non-specific.

### 10-POUND SOLID MEDICINE BALL

E-13. Units require one 10-pound medicine ball per lane. (See figure E-5 for a medicine ball.) The medicine ball is approximately 9 inches (+/- 0.5 inches) in diameter.



**+Figure E-5. Medicine ball**

E-14. A standard medicine ball meets the following specifications:

- Made of hard, durable rubber.
- Firm and non-malleable.
- A textured grip surface to make it easy to handle.
- Maintains its shape and can withstand impact from landing on the ground after being thrown.
- Inner material cannot shift; it cannot be sand or similar loose material.
- Weatherproof.
- Color is non-specific.
- Manufacturer is non-specific.

### 40-POUND KETTLEBELL

E-15. Units require two 40-pound kettlebells per lane. (See figure E-6 for a kettlebell.) The kettlebell is a cast-iron or cast steel weight resembling a cannonball with a closed single loop handle. The handle should be made with a slip-free texture with a seamless and even finish.



**+Figure E-6. 40-pound kettlebell**

E-16. A standard kettlebell meets the following specifications:

- Weighs within 2 pounds of the 40 pound required weight.
- Made of cast iron, cast steel, or other similar material.
- Painted or coated to resist rust.
- Approximately 11 inches (+/- 1 inch) high.
- Has a flat base allowing it to stand with the handle positioned vertically.
- Color is non-specific.
- Manufacturer is non-specific.

### **MEASURING TAPE (METRIC)**

E-17. One metric measuring tape is recommended per lane. (See figure E-7 for measuring tapes.) However, two lanes can share one measuring tape. The recommended tape should be a durable, long-lasting vinyl-coated fiberglass tape in a shatter-resistant case that has an easy-to-wind, flush-folding handle. Metal tapes may be used but require higher maintenance and more prone to breakage.



**+Figure E-7. Metric measuring tape**

E-18. A standard measuring tape meets the following specifications:

- Minimum of 30-meter long tape divided into increments of meters and centimeters.
- Color is non-specific.
- Manufacturer is non-specific.

### **ACFT ALTERNATE AEROBIC ENDURANCE EQUIPMENT**

E-19. The Army has four alternate aerobic endurance test events:

- 5,000-Meter Row.
- 12,000-Meter Bike.
- 1,000-Meter Swim.
- 2.5-mile Walk

E-20. The Army does not endorse or recommend any brand of stationary bike or rowing machines used for alternate cardio testing during the modified ACFT. Units can consider any brand that meets the required features listed in paragraphs E-21 and E-26 until shown otherwise. If the stationary cycle or rowing machine measures distance as a function of power (watts) output, the user may select any resistance setting. Successful users practice and manipulate resistance settings before taking the MODIFIED ACFT to best familiarize themselves with the equipment.

### ROW

E-21. The 5,000-Meter Row event requires a stationary rowing machine. The machine must have mechanically adjustable resistance and must be available for training and testing. The seat, handles, and foot straps must be adjustable to accommodate Soldiers of different sizes. It must have an odometer. The OIC, NCOIC or grader ensures the rowing machine is calibrated prior to testing to ensure it accurately computes the time and distance rowed.

E-22. A standard stationary rowing machine meets the following specifications:

- Adjustable seat, handles, and footrests with straps.
- Electronic display of time, distance, and resistance.
- Ability to measure performance or distance by watts.
- Does not require sophisticated calibration.
- Adjustable resistance setting for watt production or output.
- Manufacturer is non-specific.

### BIKE

E-23. The 12,000-Meter Bike event requires a stationary cycle ergometer. The ergometer must be available for training and testing. The seat and handlebars must be adjustable to accommodate Soldiers of different sizes. It must have an odometer. The OIC, NCOIC or grader ensures the cycle ergometer is calibrated prior to testing to ensure it accurately computes the time and distance biked. The process for setting the distance on the odometer is similar to that used on the rowing machine. If pedals that accommodate clip-in cycling shoes are available, Soldiers may use them.

E-24. 2. The US Army does not endorse or recommend any brand of stationary bike or rowing machine used for alternate cardio testing during the ACFT. Any brand that meets the required features listed in paragraphs E-31 and E-32 should be considered acceptable until shown otherwise. If the bike measures distance as a function of power (watts) output, the user may select any resistance setting. It is highly recommended that users practice/manipulate resistance settings before taking the ACFT in order to best familiarize themselves with the equipment.

E-25. For bikes that do not measure in meters, the OIC, NCOIC, or grader will need to have the following conversions in hand before starting the event:

- 12,000 Meters = 7.45 miles.
- 12,000 Meters = 13,123 yards.

E-26. A standard stationary bike meets the following specifications:

- Adjustable seat and handlebars (toe clips preferable).
- Electronic display of time, distance, and resistance.
- Ability to measure performance or distance by watts.
- Does not require sophisticated calibration.
- Adjustable resistance setting for watt production or output.
- Manufacturer is non-specific.

E-27. The Monarch stationary cycle ergometer must be calibrated on a regular basis. The Monarch ergometer must have a mechanically adjustable resistance measured in kiloponds or newtons and must be available for training and testing. The seat and handlebars must be adjustable to accommodate Soldiers of difference sizes. It should have an adjustable tension setting (resistance) and an odometer. The resistance is set by a tension



strap on a weighted pendulum connected to the flywheel. The OIC or NCOIC or grader calibrates the cycle ergometer prior to test administration. Event graders require clipboard and black pen. Administration for the Monarch Cycle Ergometer is executed as follows:

- The OIC, NCOIC or graders sets the stationary cycle ergometer's resistance at two (2) kilponds (20 newtons). The event supervisor will read the instructions aloud and answer questions. He or she will also allow each Soldier a short warm-up period and an opportunity to adjust handlebar and seat height. If pedals that accommodate clip-in cycling shoes are available, Soldiers may use them.
- The grader must observe that the ergometer is functioning correctly. He or she must then make sure that the ergometer's tension settings have been calibrated and are accurate, and that the resistance of the ergometer has been set at 2 kilponds or 20 newtons. The grader must observe Soldiers throughout the event. The grader will have to make small adjustments to the resistance to ensure that a continuous resistance of exactly 2 kilponds is maintained throughout the test.



**^Figure E-8. Stationary Cycle Ergometer**

## SWIM

E-28. The 1,000-Meter Swim event requires a swimming pool with a minimum depth of one meter. The event requires one OIC or NCOIC and one grader for every three Soldiers. A timer and/or back-up timer, and support personnel to ensure proper control and safety. The OIC or NCOIC should not serve as an event grader. A grader may serve as a timer.

E-29. Most American pools are 25 yards long. If the pool length (equal to one lap) is measured in yards, the NCOIC converts 25 meters to yards. To convert 1,000 meters to yards, multiply 1,000 by 1.094 (1,000 meters = 1094 yards). To swim 1,000 meters in a 25-yard pool requires the Soldier to swim  $43 \frac{3}{4}$  laps or 43 laps and 75 feet. The NCOIC should measure the distance from the end of the pool to the 75-foot point and place a marker or cone at the endpoint for the 1,000-meter swim. Graders should position themselves at the endpoint of the swim (1,000 meters or 1094 yards) to mark the finish time accurately.

E-30. Certified lifeguards are highly encouraged during the 1,000-meter swim test.

## HOW TO ORDER ACFT EQUIPMENT

E-31. ^The Defense Logistics Agency is the primary source of supply for ACFT component equipment. Army units can submit a unit-funded requisition into Global Command and Control System-Army to procure ACFT sets and components. All purchases and replacement equipment are at unit expense. See table E-1 for ACFT set and component nomenclatures, national stock numbers (known as NSNs).

**^Table E-2. ACFT Equipment Ordering Information**

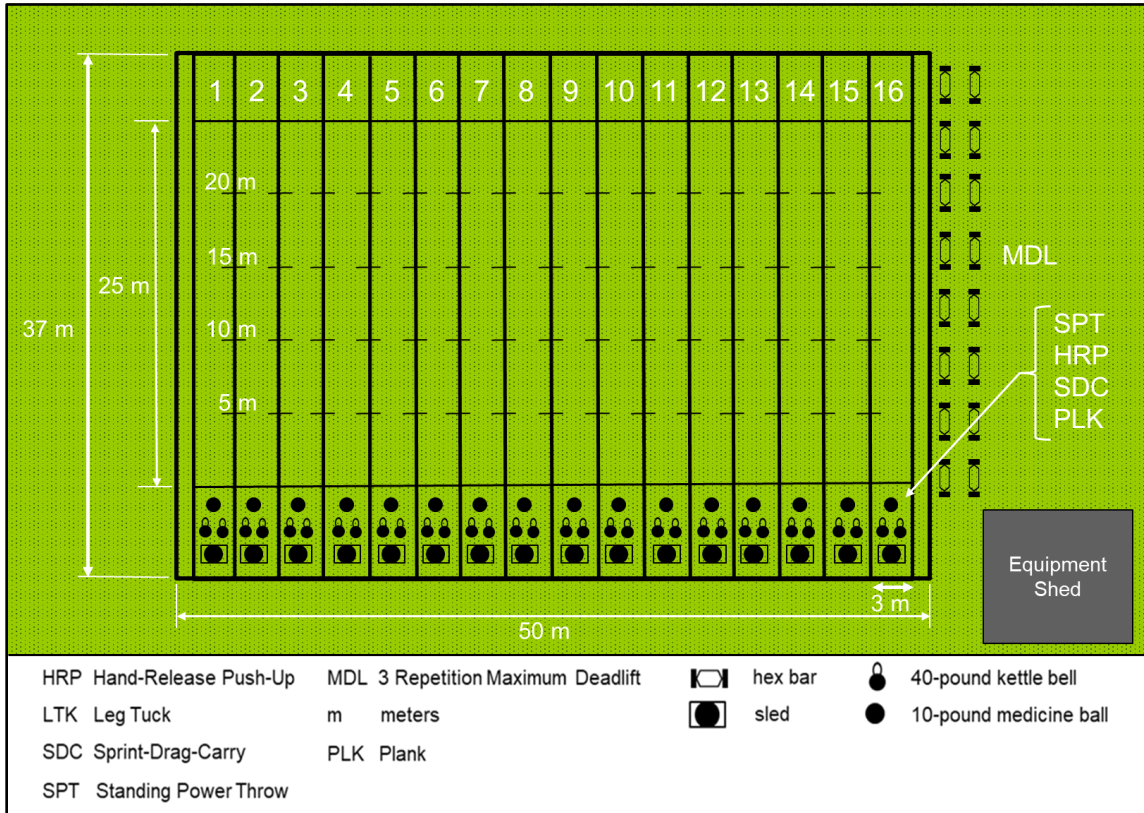
| <i>Item</i>                   | <i>National Stock Number</i> |
|-------------------------------|------------------------------|
| Set, Army combat fitness test | 6930-01-692-1671             |
| Barbell collar spring         | 6930-01-684-6430             |
| Hexagon barbell, 60 lbs       | 6930-01-684-6427             |
| Kettlebell, 40 lbs            | 6930-01-684-6438             |
| Bumper plate, 10 lbs          | 6930-01-684-6410             |
| Bumper plate, 15 lbs          | 6930-01-684-6409             |
| Bumper plate, 25 lbs          | 6930-01-684-6415             |
| Bumper plate, 35 lbs          | 6930-01-684-6419             |
| Bumper plate, 45 lbs          | 6930-01-684-6420             |
| Medicine ball, rubber, 10 lbs | 6930-01-684-6435             |
| Nylon sled with pull strap    | 6930-01-684-6433             |
| Measuring tape                | 6930-01-684-6431             |
| lbs      Pound                |                              |

## ACFT FIELD

E-32. A standard ACFT field site consists of an outdoor grass or artificial turf area that is flat and free of obstacles, hazards or debris. The test area measures approximately 30 meters long by 50 meters wide. Each lane is sub-divided and marked in 5-meter increments. The Standing Power Throw (SPT), Hand-Release Push-Up (HRP) and Sprint-Drag-Carry (SDC) events are conducted in these lanes.

E-33. The ACFT layout includes space adjacent to the 16-lane configuration to safely accommodate up to 16 hexagon bars for the 3 Repetition Maximum Deadlift (MDL).

E-34. Standard ACFT Field sites also include a storage shed or container with adequate space and security features for all equipment required to execute the ACFT. Permanent or portable lighting is required for field sites where the ACFT will be executed during hours of limited visibility. See figure E-11 for a sample field layout.



+Figure E-9. Sample ACFT field layout

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# Glossary

## SECTION I – ACRONYMS AND ABBREVIATIONS

|               |  |
|---------------|--|
| <b>ACFT</b>   | Army Combat Fitness Test   |
| <b>ACU</b>    | Army combat uniform  |
| <b>APFU</b>   | Army physical fitness uniform                                      |
| <b>+APFT</b>  | Army Physical Fitness Test   |
| <b>AR</b>     | Army regulation  |
| <b>^ARISS</b> | Army Recruiting Information Support System                         |
| <b>ATP</b>    | Army techniques publication  |
| <b>AWST</b>   | Army Water Survival Training                                       |
| <b>BSS</b>    | basic survival swimming (figure caption)                           |
| <b>CIMT</b>   | United States Army Center for Initial Military Training            |
| <b>CWST</b>   | Combat Water Survival Test   |
| <b>DA</b>     | Department of the Army   |
| <b>DD</b>     | Department of Defense (form)                                       |
| <b>FM</b>     | field manual   |
| <b>H2F</b>    | holistic health and fitness  |
| <b>IOTV</b>   | improved outer tactical vest                                       |
| <b>MCTP</b>   | Marine Corps techniques publication                                |
| <b>MOS</b>    | military occupational specialty                                    |
| <b>NCOIC</b>  | noncommissioned officer in charge                                  |
| <b>OIC</b>    | officer in charge  |
| <b>OPAT</b>   | Occupational Physical Assessment Test                              |
| <b>OPAT-I</b> | Occupational Physical Assessment Test improvement (figure caption) |
| <b>Pam</b>    | Pamphlet   |
| <b>PD</b>     | Preparation Drill (figure caption)                                 |
| <b>PD MOD</b> | Preparation Drill (Modified) (figure caption)                      |
| <b>RD</b>     | Recovery Drill (figure caption)                                    |
| <b>RD MOD</b> | Recovery Drill (Modified) (figure caption)                         |
| <b>+TACOM</b> | United States Army Tank-automotive and Armaments Command           |
| <b>TC</b>     | training circular  |
| <b>TRADOC</b> | United States Army Training and Doctrine Command                   |
| <b>U.S.</b>   | United States  |

Terms included in the glossary are not codified Army terms. They are included for clarity for the reader.

## SECTION II – TERMS

### **2-mile run**

The sixth and final event of the Army Combat Fitness Test.

### **3 repetition maximum deadlift**

The first event in the Army Combat Fitness Test.

### **aerobic endurance**

A component of fitness that involves long-duration, low-intensity physical activity.

### **anaerobic endurance**

A component of fitness that involves short-duration, high-intensity physical activity.

### **conditioning**

A state of health and well-being that enables the performance of daily activities including exercise and occupational tasks.

### **coordination**

The ability to synchronize limb, torso, and head movements at varying speeds of motion.

### **flexibility**

The range of motion across single or multiple joints that allows the body to be positioned for optimal movement.

### **hand-release push-up**

The third event in the Army Combat Fitness Test.

### **holistic health and fitness**

The Army's doctrinal system for physical and nonphysical readiness training of Soldiers.

### **intensity**

The amount of effort exerted to complete an exercise.

### **interval aerobic run**

The final of four events in the Occupational Physical Assessment Test.

### **muscular endurance**

A component of fitness that involves sustained bouts of lower intensity strength.

### **pace**

The ability to adjust the speed of an activity to manage fatigue.

### **physical readiness**

The ability to meet the physical demands of any duty or combat position, move lethally on the battlefield, accomplish the mission and continue to fight, win, and come home healthy.

### **power**

The component of fitness associated with short-duration, explosive movements performed with heavy loads and/or at high speeds.

### **profile**

Official medical document (DA Form 3349) that describes which exercises, drills, and activities can be done to standard, must be modified, or cannot be performed are restricted.

### **reconditioning**

Physical training regimens designed to improve or rehabilitated a certain part of the body to increase activity or to recover from illness or injury.

**recovery**

The period of four to eight weeks when the Soldier begins to prepare for the primary mission. It is characterized by low workloads and general adaptation and recuperation.

**rehabilitation**

The process of restoring health or conditioning through training and therapy after an illness, injury, or other debilitating event.

**running**

A recurring change of support from one foot to the other.

**seated power throw**

One of the first three events in the Occupational Physical Assessment Test.

**sprint-drag-carry**

The fourth event in the Army Combat Fitness Test.

**standards**

Something established by authority, regulation, policy, or doctrine as the accepted requirement.

**standing long jump**

One of the first three events in the Occupational Physical Assessment Test.

**standing power throw**

The second event in the Army Combat Fitness Test.

**strength deadlift**

One of the first three events in the Occupational Physical Assessment Test.

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