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Fm 7-22 acft instructions

The US Army has finalized its new combat fitness test, ACFT, after years of development. The updated test focuses on general fitness rather than combat preparedness and introduces age-based scoring standards for men and women. The test includes six events: the three-repetition deadlift, standing power throw, hand-release push-up, sprint-drag-carry, plank, and two-mile run. The test must be completed in 70 minutes or less. Soldiers should utilize this opportunity to rehearse and warm up without becoming fatigued. Their preparation routine includes a variety of exercises such as bend and reach, rear lunge, high jumper, rower, squat bender, windmill, forward lunge, prone row, bent-leg body twist, and push-ups. During each test event, soldiers will receive a scorecard and pencil to record their performance. They must bring this scorecard with them to the next testing session. At the end of the test, soldiers will sign their scorecards before leaving the area. For the deadlift event, the soldiers should aim to lift weights that are 25-50% of their maximum capacity. The stations should be organized by weight and no more than five soldiers should line up at any station. If necessary, adjustments can be made to other stations to accommodate additional participants. The test consists of three phases: preparatory, upward movement, and downward movement. Preparatory involves stepping into the trap bar with feet shoulder-width apart, bending knees and hips, and grabbing the center handles. Upward movement involves standing up, lifting the bar, and ending in an upright stance. Downward movement requires lowering the bar to the ground without dropping it. The deadlift event also includes rules for repeated attempts and rest periods. Soldiers are allowed two attempts to successfully complete three repetitions with the same weight and can take a two-minute break if they need to lower the weight. Additionally, soldiers will participate in other events such as the ACFT Standing Power Throw and Hand-Release Push-Up. In the standing power throw, soldiers must throw the medicine ball from a designated area without stepping over the line. They are allowed only two repeated throws before failing the attempt. Soldiers participating in this event must perform hand-release push-ups as quickly as possible within a two-minute time frame. Upon hearing the command "Get set," each soldier assumes the prone position with their hands flat on the ground and feet shoulder-width apart. The starting signal is given, and soldiers begin by pushing themselves up from the ground, extending their arms fully while keeping their body straight. They then lower their bodies back down to the ground, ensuring their hips, chest, and thighs touch the ground but their face does not. Next, they extend their hands upwards until they are fully extended, forming a 90-degree angle between their arms and trunk. The soldier is then required to return their hands to under their shoulders while keeping their elbows bent. Upon completing the push-ups, soldiers move on to the sprint-drag-carry portion of the event. On hearing "Get set," each soldier assumes the prone position with their head at the start line. With the command "Go," they quickly stand up and sprint 25 meters, touching the 25-meter line with both foot and hand before turning around and sprinting back to the start point. The soldier then drags a pre-positioned 90-lb sled behind them by grabbing each strap handle, pulling it down the lane until the entire sled crosses the 25-meter line. They then turn around and drag the sled back to the start point. Following the sled drag, the soldier moves laterally down the lane, touching the 25-meter line with their hand and foot before returning facing the same direction. Soldiers are not allowed to cross their feet but can shuffle and touch as needed. Next, they grab two 40-lb kettlebells and run to the 25-meter turn line, step over it, and then run back to the start point. If a kettlebell is dropped during this segment, the soldier must resume the carry from where the kettlebell landed on the ground. Finally, upon returning to the start point with the kettlebells, soldiers place them on the ground, turn around, and sprint down to the 25-meter turn line, touching it with their hand and foot before returning to the start point. The time is called when the soldier crosses the start line after completing the final sprint. The ACFT requires soldiers to position themselves correctly during each event. For the plank, they must be on the ground with fists clenched and palms flat, keeping their hands about a fist-width apart. On the command "Go," they lift their knees off the ground, maintaining this position for 15-second intervals until completion. Shaking is permitted as long as the plank position remains steady. In addition to the plank, soldiers must also participate in the two-mile run, which can be done on flat terrain either outdoors or indoors. They are not allowed to wear headphones during the test. Once they finish the event, a 10-minute rest period begins. The ACFT instructions outline specific guidelines for each test event, including positioning, execution, constraints, and scoring. These instructions are available at the test site and in the ACFT Regulations document. Soldiers should familiarize themselves with these rules to perform their best and meet the required standards. Get set for the ultimate soldier fitness challenge, where endurance, strength, and agility are put to the test. The event consists of five grueling shuttle runs, each designed to push you to your limits. First up is the Medicine Ball Throw, where you'll bend down to grasp a 10lb ball and propel it forward without touching the start line. Faults will result in a zero score, so perfect your technique to maximize your record throw. Next, get ready for the Plank exercise, which demands discipline and control. Lie on your stomach with hands under shoulders and maintain a straight body alignment for 2 minutes. Any deviation from this position will end your attempt. After that, it's time for the Shuttle runs, where you'll sprint, drag sleds, perform lateral movements, and carry heavy kettlebells. Each shuttle is timed individually, so strategy and speed are key. The final event is the 50-meter run, where you'll give it everything you've got to complete the course in the shortest time possible. A perfect performance will earn you top marks, but don't get discouraged if you don't make it - every effort counts. Soldiers are expected to participate in physical activities alongside their peers under the command of higher-ups. The instructions for these events are as follows: a timed run will take place where soldiers must complete the course at a steady pace to avoid exhaustion or injury. It is crucial to stay on track to prevent accidents. Soldiers should also prioritize hydration and warm up/cool down properly before each event. Trained observers, known as Graders, will be present to monitor the activities and intervene if necessary. If a soldier fails to correct their form after a warning, the event will be stopped immediately. Breaks are scheduled between events for recovery time. Written instructions will be available for soldiers who require clarification on any aspect of the test. Soldiers are encouraged to ask questions if they have any concerns or doubts about the procedures. The goal is to perform at one's best in each event, ensuring a fair and consistent assessment across all locations and units. (rewritten with NNES method)