

Preparing for the Army Combat Fitness Test

The Army Combat Fitness Test (ACFT) is a comprehensive physical fitness test that is required for all Soldiers in the United States Army. The ACFT is designed to assess a Soldier's ability to perform tasks that are essential to combat readiness, such as running, jumping, pulling, and carrying heavy weights.



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by NSCA -National Strength & Conditioning Association

★★★★☆ 4.7 out of 5

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The ACFT is a challenging test, but it is also an important one. Passing the ACFT is a requirement for promotion, and it can also help Soldiers improve their overall fitness and performance. If you are preparing for the ACFT, there are a few things you should keep in mind.

1. Start training early

The ACFT is a demanding test, so it is important to start training early. Begin by gradually increasing your fitness level by incorporating regular

exercise into your routine. As you get closer to the test date, you can increase the intensity and duration of your workouts.

2. Focus on the right exercises

The ACFT consists of six events: the deadlift, standing power throw, hand-release push-ups, sprint-drag-carry, leg tuck, and two-mile run. Each event tests a different aspect of fitness, so it is important to focus on training all of the muscle groups involved.

3. Use proper form

Using proper form is essential for both safety and performance. Make sure to learn the correct technique for each exercise and focus on maintaining good form throughout your workouts.

4. Get enough rest

Rest is just as important as training when it comes to preparing for the ACFT. Make sure to get plenty of sleep and give your body time to recover from your workouts.

5. Nutrition is key

Eating a healthy diet is essential for providing your body with the nutrients it needs to perform at its best. Make sure to eat plenty of fruits, vegetables, and whole grains. Limit your intake of processed foods, sugary drinks, and unhealthy fats.

6. Stay motivated

Preparing for the ACFT can be challenging, but it is important to stay motivated. Set realistic goals for yourself and track your progress along the

way. Remember, the ACFT is not just about passing a test; it is about improving your overall fitness and performance.

The ACFT is a challenging test, but it is also an important one. By following the tips in this guide, you can prepare for the test and pass with flying colors. Remember, the ACFT is not just about passing a test; it is about improving your overall fitness and performance. So start training today and see what you can achieve.



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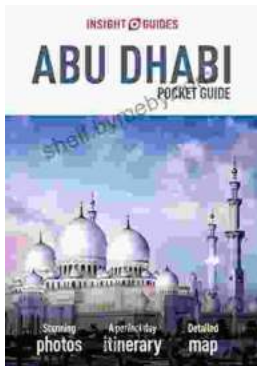
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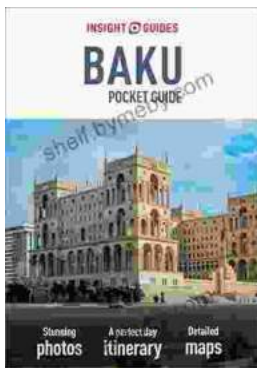
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