

# **Appendix A Army Physical Fitness Test Apft**

**U. S. Army Physical Fitness School, United States. Department of the  
Army**

**Publications Combined: Army Combat Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More** ,2019-03-05 Over 600 total pages ... CONTENTS: Army Combat Fitness Test Training Guide Version 1.2 FIELD TESTING MANUAL Army Combat Fitness Test Version 1.4 Army Combat Fitness Test CALL NO. 18-37, September 2018 FM 7-22 ARMY PHYSICAL READINESS TRAINING, October 2012 IOC TESTING - ACFT EQUIPMENT LIST (1 X LANE REQUIREMENT) Version 1.1, 4 September 2018 ACFT Field Test Highlight Poster (Final) OVERVIEW: The Army will replace the Army Physical Fitness Test (APFT) with the Army Combat Fitness Test (ACFT) as the physical fitness test of record beginning in FY21. To accomplish this, the ACFT will be implemented in three phases. Phase 1 (Initial Operating Capability - IOC) includes a limited user Field Test with approximately 60 battalion-sized units from across all components of the Army. While the ACFT is backed by thorough scientific research and has undergone several revisions, there are still details that have not been finalized. The ACFT requires a testing site with a two-mile run course and a flat field space approximately 40 x 40 meters. The field space should be grass (well maintained and cut) or artificial turf that is generally flat and free of debris. While maintaining testing standards and requirements, commanders will make adjustments for local conditions when necessary. The start and finish point for the two-mile run course must be in close proximity to the Leg Tuck station. When test events are conducted indoors, the surface must be artificial turf only. Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint-Drag-Carry. When environmental conditions prohibit outdoor testing, an indoor track may be used for the 2 Mile Run. The

Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes. There should not be more than 4 Soldiers per testing group for the SPT, HRP, and SDC. The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group. Concerns related to Soldiers, graders, or commanders will be addressed prior to test day. The number of lanes varies by number of Soldiers testing. A 16-lane ACFT site will have the following: ACFT specific test equipment requirements: 16 hexagon/trap bars (60 pounds), each with a set of locking collars. While all NSN approved hexagon bars must weigh 60 pounds, there is always a small manufacturer's production tolerance. The approved weight tolerance for the hexagon bar is + 2 pounds (58-62 pounds). Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars. On average hexagon bar collars weigh < 2.0 pounds per pair and are considered incidental to the total weight of the MDL weight. Approximately 3,000 lbs. of bumper plates. 16 x 10 lb. medicine ball 16 x nylon sled with pull straps. 32 x 40 lb. kettle bells. Permanent or mobile pull up bars (16 x pull-up bars at approximately 7.5 feet off the ground with, step-ups for shorter Soldiers). Common unit equipment for set-up and grading: 16 stop watches. 8 x 25m tape measures. 8 x wooden or PVC marking sticks for the SPT. One stick for every two lanes. 70 x 18" traffic cones. 50 field / dome cones. A soft, flat, dry test area approximately 40m x 40m on grass or artificial turf (half of a soccer or football field). A site that is free of any significant hazards. A preparation area (can be same as briefing area) to conduct Preparation Drill. A generally flat, measured running course with a solid, improved surface that is not more than 3 percent uphill grade and has no overall decline (start and finish

must be at the same altitude).

*You and the APFT, Army Physical Fitness Test ,1987*

**The Army Combat Fitness Test** U. S. Army,2020-02-29 Our nation's greatest assets - our Soldiers - face a dynamic, competitive, and lethal operational environment (OE) that has evolved in recent years, one in which our adversaries will employ a mix of traditional, unconventional, and hybrid strategies. Our Army's physical readiness program must evolve to keep pace with the demands of modern war - our physical fitness test must evolve as well. Based on results of years of scientific study, the Secretary and Chief of Staff of the Army have directed replacement of the Army Physical Fitness Test (APFT). While the legacy APFT is an acceptable test for measuring general fitness, it does not adequately assess the domains of combat physical fitness. The six-event Army Combat Fitness Test (ACFT) was developed to better predict a Soldier's readiness for the demands of the modern battlefield. Like combat, the ACFT is both age and gender neutral. The desired end-states of ACFT implementation are an increase in physical readiness...

**Physical Performance Predictors of Success in Special Forces Assessment and Selection** Martha L. Teplitzky,1991

**Army Physical Readiness Training** U. S. US ARMY,U. S. Defense US DEFENSE DEPARTMENT,2017-09-24 Physical readiness training prepares Soldiers and units for the physical challenges of fulfilling the mission in theface of a wide range of threats, in complex operational environments, and with emerging technologies.□ Part I, Philosophy, covers approach, system, and leadership.□ Part II, Strategy, covers types of programs, planning considerations, and special conditioningprograms.□ Part III, Activities, covers execution of

training, preparation and recovery, strength and mobility, and endurance and mobility. □ Appendix A is the Army Physical Fitness Test. □ Appendix B discusses climbing bars. □ Appendix C discusses posture and body mechanics. □ Appendix D discusses environmental considerations. □ Appendix E discusses obstacle negotiation. This field manual-- □ Provides Soldiers and leaders with the doctrine of Army physical readiness training. □ Reflects lessons learned in battles past and present, time-tested theories, and principles and emerging trends in physical culture. □ Helps ensure the continuity of our nation's strength and security. □ Prepares Soldiers physically for full spectrum operations. □ Explains training requirements and objectives. □ Provides instructions, required resources, and reasons why physical fitness is a directed mandatory training requirement as specified in AR 350-1, Army Training and Leader Development. □ Allows leaders to adapt physical readiness training to unit missions and individual capabilities. □ Guides leaders in the progressive conditioning of Soldier strength, endurance, and mobility. □ Provides a variety of physical readiness training activities that enhance military skills needed for effective combat and duty performance.

*A Historical Review and Analysis of Army Physical Readiness Training and Assessment*  
Whitfield B. East, 2013 In this monograph, Dr. Whitfield Chip East provides a pragmatic history of physical readiness training in our Army. He tells us we initially mirrored the professional Armies of Europe as they prepared their forces for war on the continent. Then he introduces us to some master trainers, and shows us how they initiated an American brand of physical conditioning when our forces were found lacking in the early wars of the last century. Finally, he shows us how we have and must incorporate science (even when there exists considerable debate!) to contribute to what we do-and how we do it-in shaping

today's Army. Dr. East provides the history, the analysis, and the pragmatism, and all of it is geared to understanding how our Army has and must train Soldiers for the physical demands of combat.

*U.S. Army Physical Readiness Training Manual* Department of the Army, 2012-01-14  
Special conditioning programs; Preparation & recovery; Posture & body mechanics; Strength, endurance & mobility exercises; Environmental considerations; Runs, marches & obstacle courses--Cover.

**U.S. Army Fitness Training Handbook** U. S. Army Physical Fitness School, United States. Department of the Army, 2010-09-01 This publication supersedes and comprehensively updates U.S. Army Field Manual FM 21-20, dated 30 September 1992. Physical readiness training prepares Soldiers and units for the physical challenges of fulfilling the mission in the face of a wide range of threats, in complex operational environments, and with emerging technologies. Part I, Philosophy, covers approach, system, and leadership. Part II, Strategy, covers types of programs, planning considerations, and special conditioning programs. Part III, Activities, covers execution of training, preparation and recovery, strength and mobility, and endurance and mobility. Appendix A is the Army Physical Fitness Test. Appendix B discusses climbing bars. Appendix C discusses posture and body mechanics. Appendix D discusses environmental considerations. Appendix E discusses obstacle negotiation. August 2010. 432p. ill.

*The Soldier's Blue Book* Department of Defense, U. S. Army, U. S. Government, 2017-04-12 This is the guide for all Initial Entry Training (IET) Soldiers who enter the Army. It provides an introduction to the Army. Throughout the Blue Book, Soldiers

will read and learn about Army Values, Culture, History, Organizations, and Training they will receive. It provides assistance with pay issues, leave, Thrift Saving Plans, and organizations that will be available to assist the families. The Soldier's Blue Book is an inspectable item and will be carried at all times. Training to standard and gaining the inner strength to adapt and overcome adversity became the theme for our Army's training model. Baron von Steuben, by then the Army Inspector General, wrote the Regulations for the Order and Discipline of the Troops of the United States-now commonly referred to as the Blue Book- as an instructional guide for future generations. This book consists, as our modern version does now, of detailed training procedures, the standards of military conduct, and the fundamentals every Soldier needs to know for them to succeed. Chapter 1 - The Army \* 1-1. Why we have an Army \* 1-2. What the Army uniform represents \* 1-3. Why We Serve \* 1-4. The Army's Motto - This We'll Defend \* 1-5. Oath of Enlistment \* Chapter 2 - The Army as a Profession \* 2-1. The Army Profession \* 2-2 What it means to be a Soldier \* 2-3. How We Conduct Ourselves \* 2-4. Who We Are Not \* 2-5. The Army's Commitment to You \* 2-6. The Journey Begins \* Chapter 3 - The Reception Battalion \* 3-1. The Path \* 3-2. Critical Information Needed Upfront \* 3-3. The Battle Buddy System \* 3-4. Army Values \* 3-5. Sexual Harassment /Assault Response & Prevention (SHARP) \* 3-6. Suicide Prevention \* 3-7. The Soldier's Creed and Warrior Ethos \* 3-8. The BCT / One Station Unit Training (OSUT) / Advanced Individual Training (AIT) Golden Rules. \* Chapter 4 - BCT / OSUT / AIT \* 4-1. What to Expect. \* 4-2. The Training Company - Your Unit \* 4-3. Safe and Secure Environment \* 4-4. Drill sergeants \* 4-5. The Soldierization Process \* 4-6. Military Time \* 4-7. Daily Schedule \* 4-8. Basic Combat Training \* 4-9. Warrior Tasks and Battle

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**Army Physical Readiness Training Manual** Barry Leonard, 2011-05 Guides leaders through a systematic approach to training, consisting of an ordered, comprehensive assemblage of facts, principles and methods for training soldiers and units. Provides a



balanced training program that prepares soldiers for successful task performance and provides linkage to other training. Injury control is woven into the training's fabric by recommended exercise intensity, volume, specificity and recovery within its progressive training schedules. Sample schedules provide the commander a doctrinal template that can be applied to the unit's training needs. Append.: Physical Fitness Test; Climbing Bars; Posture and Body Mechanics; Environ. Considerations; Obstacle Negotiations. Numerous photos. This is a print on demand pub.

*ACFT For Dummies* Angela Papple Johnston, 2020-12-17 The best standalone resource for the Army Combat Fitness Test As the Army prepares to shift to the new Army Combat Fitness Test (ACFT) from the Army Physical Fitness Test, hundreds of thousands of new and current servicemembers will have to pass a more rigorous and demanding set of physical events to prove they have what it takes to meet the physical demands of an army job. Utilizing the accessible and simple approach that has made the For Dummies series famous the world over, ACFT For Dummies is packed with everything you need to train for and ultimately crush the ACFT. Topics include: An overview of the test, including how it fits into your army role How the test is administered (location, equipment, etc.) Instructions on how to perform each of the six events How the ACFT is scored Training for the ACFT on your own time The importance of recovery, including essential stretches How to build your own workout routine Videos for each of the six events with tips for how to train for them The ACFT For Dummies prepares readers to tackle the new, tougher Army fitness test with practical examples and concrete strategies that will push each servicemember to new heights.

**Army Physical Readiness Training** Department of the Army,2014-04-30 The Army assesses, plans, prepares, and executes training and leader development through training based on tasks, conditions, and standards. Knowing the task, assessing the level of proficiency against the standard and developing a sustained or improved training plan is the essence of all Army training. Army training overall prepares Soldiers, leaders, and units to fight in the full spectrum of operations. Combat readiness is the Army's primary focus as it transitions to a more agile, versatile, lethal, and survivable force. Physical readiness training prepares Soldiers and units for the physical challenges of fulfilling the mission in the face of a wide range of threats, in complex operational environments, and with emerging technologies. Part I, Philosophy, covers approach, system, and leadership. Part II, Strategy, covers types of programs, planning considerations, and special conditioning programs. Part III, Activities, covers execution of training, preparation and recovery, strength and mobility, and endurance and mobility. Appendix A is the Army Physical Fitness Test. Appendix B discusses climbing bars. Appendix C discusses posture and body mechanics. Appendix D discusses environmental considerations. Appendix E discusses obstacle negotiation

Training Circular TC 3-22. 20 (FM 21-20) Army Physical Readiness Training August 2010  
United States Government US Army,Us Army,2012-07-23 The Army assesses, plans, prepares, and executes training and leader development through training based on tasks, conditions, and standards. Knowing the task, assessing the level of proficiency against the standard and developing a sustained or improved training plan is the essence of all Army training. Army training overall prepares Soldiers, leaders, and units to fight in the full

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program. A well-conceived plan of military physical readiness training must be an integral part of every unit training program. This training circular prescribes doctrine for the execution of the Army Physical Readiness Training System.

*Army Physical Fitness Test (APFT)* ,1994

FM 7-22 Army Physical Readiness Training Headquarters Department of the Army,2018-09-16 Field Manual 7-22 encompasses the US Army Physical Readiness Training program in its entirety. This is a must have reference for all leaders and Soldiers in order to fully understand and implement PRT (Physical Readiness Training) at the Squad, Company / Battery / Troop and higher levels. This 6x9 inch paperback is perfect for personal use and carry, and is designed to fit with other books published in this series.

*Army Physical Readiness Training* Department of the Army,2019-12-08

**Army Physical Readiness Training** Department of the Army,2010-08-20 The Army assesses, plans, prepares, and executes training and leader development through training based on tasks, conditions, and standards. Knowing the task, assessing the level of proficiency against the standard and developing a sustained or improved training plan is the essence of all Army training.Army training overall prepares Soldiers, leaders, and units to fight in the full spectrum of operations. Combat readiness is the Army's primary focus as it transitions to a more agile, versatile, lethal, and survivable force.Physical readiness training prepares Soldiers and units for the physical challenges of fulfilling the mission in the face of a wide range of threats, in complex operational environments, and with emerging technologies.\* Part I, Philosophy, covers approach, system, and leadership.\* Part II, Strategy, covers types of programs, planning considerations, and special conditioning

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**Army Physical Readiness Training Fm 7-22** Department Of the Army Headquarters, 2013-03 With May 2013 update. This is FM 7-22, with Change No. 1, Army Physical Readiness Training. It is formally called TC 3-22.20. Similar material; different name. Being Army Tough is the result of tremendous physical fitness training. Until now, FM 21-20 has been used for decades to train America's Army to go to battle. FM 7-22 has replaced the old FM, giving soldiers new strength and endurance sustaining exercises. Now you can have this same intense level of fitness. Whether you are a soldier, civilian or on the

Delayed Entry Program, you can learn to exercise properly. FM 7-22, US Army Physical Readiness Training provides results. Soldier physical readiness is acquired through the challenge of a precise, progressive, and integrated physical training program. A well-conceived plan of military physical readiness training must be an integral part of every unit training program. This field manual prescribes doctrine for the execution of the Army Physical Readiness Training System. This publication comprises the print portion of Army physical readiness training. Companion portions are available on the internet. Terms that have joint or Army definitions are identified in both the Glossary and the text. This publication prescribes DA Form 705 (Army Physical Fitness Test Scorecard). The proponent for this publication is the United States Army Training and Doctrine Command (TRADOC). The preparing agency is the United States Army Physical Fitness School.

Репин об искусстве ,1960

**Training in Units** United States. Department of the Army,1993

## **Appendix A Army Physical Fitness Test Apft** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Appendix A Army Physical Fitness Test Apft**," written by a very

acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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