

Army Combat Fitness Test (ACFT) Practice Test (Sample)

Study Guide



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SAMPLE

Questions

- 1. How long is the time limit to complete the 15,000m bike event?**
 - A. 20 minutes**
 - B. 30 minutes**
 - C. 25 minutes**
 - D. 15 minutes**
- 2. Which of the following best describes the hand release pushup?**
 - A. A pushup that utilizes a weighted vest**
 - B. A pushup that involves lifting the hands off the ground**
 - C. A pushup that is performed with feet elevated**
 - D. A pushup that requires a partner**
- 3. How many attempted throws count as a record for the Standing Power Throw?**
 - A. 2 throws**
 - B. 3 throws**
 - C. 4 throws**
 - D. 5 throws**
- 4. Which exercise is NOT recommended for improving the deadlift?**
 - A. Forward lunges**
 - B. Plank**
 - C. Sumo squats**
 - D. Alternate staggered squat jump**
- 5. What is the weight of the sled used in the sprint drag carry event?**
 - A. 60 lbs**
 - B. 70 lbs**
 - C. 80 lbs**
 - D. 90 lbs**

- 6. Which three events are considered mandatory in the ACFT?**
- A. Pushup, Sprint Drag Carry, Two mile run**
 - B. Deadlift, Box jump, Two mile run**
 - C. Deadlift, Sprint Drag Carry, Two mile run**
 - D. Leg tuck, Sprint Drag Carry, Rowing**
- 7. What is an important aspect of the sprint drag carry?**
- A. Building speed and agility**
 - B. Enhancing upper body strength**
 - C. Transferring supplies quickly**
 - D. Carrying ammunition to a fighting position or vehicle**
- 8. What is one of the alternate events for the 2-mile run?**
- A. 2,000m swim**
 - B. 5,000m row**
 - C. 1,500m bike**
 - D. 3,500m treadmill run**
- 9. What is the first phase of fitness according to the provided information?**
- A. Suspension training**
 - B. Initial conditioning**
 - C. Bicycle endurance**
 - D. Sustaining**
- 10. Which of the following is NOT a type of PRT training?**
- A. On ground**
 - B. Combatives**
 - C. Underwater**
 - D. Off ground**

Answers

SAMPLE

1. C
2. B
3. B
4. B
5. D
6. C
7. D
8. B
9. B
10. C

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Explanations

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1. How long is the time limit to complete the 15,000m bike event?

- A. 20 minutes**
- B. 30 minutes**
- C. 25 minutes**
- D. 15 minutes**

The correct answer is based on the specifics of the Army Combat Fitness Test protocols concerning the 15,000-meter bike event. For this particular event, a soldier is allotted a maximum time of 25 minutes to complete the distance. This time limit is designed to test both the cardiovascular endurance and the leg strength of participants, reflecting the physical demands expected of soldiers in the field. While the other options propose different time limits, they do not align with the official guidelines. The 25-minute limit ensures that participants are pushing themselves physically while still allowing for a reasonable completion time that balances endurance and speed. This time frame is crucial for assessing soldiers' capabilities effectively and ensuring they meet the fitness standards set by the Army.

2. Which of the following best describes the hand release pushup?

- A. A pushup that utilizes a weighted vest**
- B. A pushup that involves lifting the hands off the ground**
- C. A pushup that is performed with feet elevated**
- D. A pushup that requires a partner**

The hand release pushup is characterized by the action of lifting the hands off the ground at the bottom of the pushup position. This distinctive movement ensures that the individual fully extends their arms and releases their grip on the ground, which emphasizes muscle engagement and focuses on proper form. By requiring the hands to be lifted, it introduces an element of increased difficulty and helps develop upper body strength and stability. This combination of mechanics not only promotes greater muscle activation in the chest, shoulders, and triceps but also reinforces core stability throughout the exercise. Other variations, such as using a weighted vest or having elevated feet, do not define the hand release pushup directly, nor does it involve a partner. The primary focus by lifting the hands off the ground differentiates it from other pushup forms.

3. How many attempted throws count as a record for the Standing Power Throw?

- A. 2 throws
- B. 3 throws**
- C. 4 throws
- D. 5 throws

For the Standing Power Throw, the established protocol allows for a total of three attempts. This means that during the test, an individual has the opportunity to perform three separate throws, with the best throw recorded as the score for that event. This structure ensures that athletes have a chance to warm up and refine their technique while also emphasizing the importance of consistency and maximizing their earning potential for the overall score in the Army Combat Fitness Test. Each throw contributes to the athlete's performance evaluation, which is critical for assessing physical capability in relation to military demands.

4. Which exercise is NOT recommended for improving the deadlift?

- A. Forward lunges
- B. Plank**
- C. Sumo squats
- D. Alternate staggered squat jump

The plank is not recommended for improving the deadlift because it primarily focuses on core stability rather than directly enhancing the muscular strength and power needed for the deadlift. The deadlift is a compound exercise that predominantly targets the muscles of the posterior chain, including the hamstrings, glutes, and lower back. While core strength is essential for maintaining proper form during the deadlift, the plank does not engage the specific muscle groups used in this lift to the extent that exercises like lunges, sumo squats, or alternate staggered squat jumps do. The other exercises target the muscles involved in the deadlift more effectively. Forward lunges and sumo squats help to develop lower body strength and explosiveness, critical for improving deadlift performance. Meanwhile, alternate staggered squat jumps enhance power and can also engage similar muscle groups used in the deadlift. Hence, while all exercises contribute to overall fitness, the plank does not directly support the goals related to improving the deadlift movement.

5. What is the weight of the sled used in the sprint drag carry event?

- A. 60 lbs**
- B. 70 lbs**
- C. 80 lbs**
- D. 90 lbs**

The sled used in the sprint drag carry event weighs 90 lbs. This weight is designed to provide a significant challenge during the exercise, as it effectively tests the strength, endurance, and overall physical conditioning of the participant. The hefty load simulates the physical demands soldiers might encounter in real-world scenarios, allowing for the assessment of their functional strength and ability to carry heavy loads over a distance. Utilizing this specific weight ensures that soldiers are training and preparing adequately for the variety of physical tasks they may face in their military duties. The selection of this particular weight is not arbitrary; it has been chosen to match the rigorous standards set forth in the Army Combat Fitness Test, emphasizing the importance of readiness and resilience in various conditions.

6. Which three events are considered mandatory in the ACFT?

- A. Pushup, Sprint Drag Carry, Two mile run**
- B. Deadlift, Box jump, Two mile run**
- C. Deadlift, Sprint Drag Carry, Two mile run**
- D. Leg tuck, Sprint Drag Carry, Rowing**

The three events that are mandatory in the Army Combat Fitness Test (ACFT) are the Deadlift, Sprint Drag Carry, and the Two Mile Run. The Deadlift is fundamental as it tests lower body strength and power, ensuring soldiers can perform tasks that demand lifting heavy objects. The Sprint Drag Carry evaluates a soldier's agility, endurance, and ability to move a load, which are crucial for battlefield readiness. Lastly, the Two Mile Run is a classical measure of cardiovascular endurance, which is essential for all soldiers, as it reflects overall fitness and aerobic capacity. Each of these events plays a critical role in assessing different components of physical fitness necessary for military performance. The balance of strength, agility, and endurance provides a comprehensive evaluation of a soldier's physical conditioning.

7. What is an important aspect of the sprint drag carry?

- A. Building speed and agility**
- B. Enhancing upper body strength**
- C. Transferring supplies quickly**
- D. Carrying ammunition to a fighting position or vehicle**

The sprint drag carry's primary objective is to simulate the demands of a combat environment where soldiers might need to quickly transport essential equipment or supplies under physical stress. In this context, being able to efficiently carry ammunition, medical supplies, or other vital materials to a fighting position or vehicle is crucial for mission success and sustaining operations. This exercise requires the participant to engage in rapid movements that mimic real-life scenarios soldiers would face, emphasizing the importance of stamina, strength, and functional movement. While some other aspects like speed, agility, and upper body strength may play a role in performance, the essence of the sprint drag carry focuses on the practical application of transferring necessary combat items under duress, aligning directly with military operational tasks.

8. What is one of the alternate events for the 2-mile run?

- A. 2,000m swim
- B. 5,000m row**
- C. 1,500m bike
- D. 3,500m treadmill run

The correct alternate event for the 2-mile run is the 5,000m row. This option was designed to provide an effective cardiovascular alternative for Soldiers who may be unable to complete the run due to injury or other physical limitations. The rowing machine mimics the cardiovascular demands of running over a comparable distance, ensuring that the physical fitness evaluation remains valid and relevant to the individual's endurance capacity. Additionally, the 5,000m row is a full-body workout that engages multiple muscle groups, contributing to overall fitness while focusing on endurance, similar to the objectives of the 2-mile run. This ensures that when Soldiers complete the alternate event, they still demonstrate a similar level of fitness that would be expected from running the 2 miles. This alternative event maintains the integrity of the ACFT while accommodating the varied physical capabilities of Soldiers.

9. What is the first phase of fitness according to the provided information?

- A. Suspension training
- B. Initial conditioning**
- C. Bicycle endurance
- D. Sustaining

The first phase of fitness is identified as initial conditioning, which plays a crucial role in laying the foundation for individuals to enhance their physical capabilities. This phase is essential for individuals starting their fitness journey or returning after a period of inactivity, as it focuses on developing basic strength, endurance, and flexibility. By prioritizing this initial phase, participants can establish good exercise habits while improving their overall physical readiness. This phase typically includes gradual increases in intensity and complexity, allowing the body to adapt to the stresses of physical activity. The other options do not represent the correct starting point in the fitness progression. For instance, suspension training and bicycle endurance are specific training modalities that may come later in the fitness development process, while sustaining refers to maintaining fitness levels achieved after the initial conditioning phase.

10. Which of the following is NOT a type of PRT training?

- A. On ground**
- B. Combatives**
- C. Underwater**
- D. Off ground**

The correct answer is underwater, as it does not fall under the categories of Physical Readiness Training (PRT) in the context of the Army Combat Fitness Test (ACFT). PRT focuses on improving physical readiness through specific, effective training types that enhance the physical, mental, and emotional well-being of soldiers. On-ground training involves exercises that are performed while standing or lying on the ground, emphasizing body conditioning and strength. Combatives training is another type used to develop hand-to-hand combat skills and physical fitness. Off-ground training includes exercises done while utilizing equipment like pull-up bars or other apparatus that elevate the body from the ground, enhancing strength and endurance. In contrast, underwater training is not standard practice within the framework of Army PRT, as it introduces elements that are not directly related to the core objectives of the ACFT or the general physical fitness standards expected of soldiers.