

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

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which of the following is a component of the ACFT?**
 - A. Bench Press**
 - B. Hand Release Push-Up**
 - C. Squat Test**
 - D. 800-Meter Run**

- 2. What alternative event was replaced by Leg Tuck in the ACFT?**
 - A. The Plank**
 - B. The Sit-Up**
 - C. The Push-Up**
 - D. The Sprint**

- 3. What is the recommended warm-up before performing the ACFT?**
 - A. A static stretch routine**
 - B. A dynamic warm-up focusing on mobility and muscle activation**
 - C. Only cardiovascular exercises**
 - D. A group performance warm-up**

- 4. What principle of PRT emphasizes the need for gradual increase in exercise intensity?**
 - A. Precision**
 - B. Progression**
 - C. Integration**
 - D. Recovery**

- 5. What exercise can be performed to enhance performance in the sprint drag carry event?**
 - A. Bent over rows**
 - B. Barbell curls**
 - C. Push-ups**
 - D. Squats**

- 6. What characterizes a hand release pushup?**
- A. A pushup starting in a standing position**
 - B. A pushup with legs elevated**
 - C. A pushup that begins from the ground with outward hand movement**
 - D. A pushup performed on one leg**
- 7. Which exercise in the ACFT involves lowering and raising the body with support from the arms?**
- A. Hand-Release Push-Up**
 - B. Leg Tuck**
 - C. Standing Power Throw**
 - D. Deadlift**
- 8. Which body position must be maintained during the hand release pushup for it to be valid?**
- A. Flat on the ground**
 - B. Arms bent**
 - C. Body elevated**
 - D. Head down**
- 9. How heavy is each kettlebell used in the sprint drag carry event?**
- A. 20 lbs**
 - B. 30 lbs**
 - C. 40 lbs**
 - D. 50 lbs**
- 10. What is another exercise you can perform to enhance your deadlift performance?**
- A. Dead bug**
 - B. Alternating staggered squat jump**
 - C. High knees**
 - D. Jumping jacks**

Answers

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

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Explanations

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1. Which of the following is a component of the ACFT?

- A. Bench Press**
- B. Hand Release Push-Up**
- C. Squat Test**
- D. 800-Meter Run**

The Hand Release Push-Up is indeed a component of the Army Combat Fitness Test (ACFT). This specific exercise is included to evaluate upper body strength and endurance, crucial for tasks performed in combat situations. In the Hand Release Push-Up, the individual lowers themselves to the ground and lifts their hands off the ground before pressing back up, which requires not only strength but also technique and stability. This variation emphasizes the full range of motion and engages different muscle groups compared to traditional push-ups. The other options listed do not reflect components of the ACFT. For example, while the Bench Press is a common measure of upper body strength in various fitness tests, it is not an exercise included in the ACFT. Similarly, the Squat Test is not a part of the ACFT; instead, the ACFT features a deadlift component to assess lower body strength. Lastly, while the 800-Meter Run is a physical assessment commonly found in military fitness culture, the ACFT actually incorporates a two-mile run to measure cardiovascular endurance rather than the 800-meter distance.

2. What alternative event was replaced by Leg Tuck in the ACFT?

- A. The Plank**
- B. The Sit-Up**
- C. The Push-Up**
- D. The Sprint**

The Leg Tuck was introduced as a core strength exercise in the Army Combat Fitness Test (ACFT) in place of the Plank event. The Plank was previously used to assess core stability and strength, focusing on the ability to maintain a rigid posture for an extended period. However, the Leg Tuck emphasizes dynamic strength and control, requiring soldiers to perform a pulling motion to bring their knees to their elbows while hanging from a pull-up bar. This change aims to provide a more functional assessment of muscular endurance and core strength that is relevant to a soldier's performance in physical tasks encountered in the field. The Leg Tuck is designed to engage multiple muscle groups, ultimately enhancing readiness for combat situations.

3. What is the recommended warm-up before performing the ACFT?

- A. A static stretch routine
- B. A dynamic warm-up focusing on mobility and muscle activation**
- C. Only cardiovascular exercises
- D. A group performance warm-up

A dynamic warm-up that focuses on mobility and muscle activation is recommended before performing the ACFT because it prepares the body for the specific demands of the test. This type of warm-up involves movements that mimic the activities that will be performed during the ACFT, helping to increase blood flow to the muscles, improve range of motion, and activate the specific muscle groups that will be engaged during the physical tasks. Dynamic warm-ups typically include movements such as leg swings, arm circles, high knees, and lunges, which enhance coordination and flexibility while also elevating the heart rate. This approach reduces the risk of injury and optimizes performance by ensuring that the muscles are properly prepared to handle intense exercise. While cardiovascular exercises are beneficial for overall heart health and endurance, they do not sufficiently activate the specific muscles you'll use during the test or improve joint mobility. Static stretching is focused on lengthening muscles and is most effective post-exercise rather than before high-intensity activities, as it can temporarily decrease muscle strength and power. Group performance warm-ups can be useful for team cohesion but may not specifically address individual needs for mobility and activation prior to the test. Choosing a dynamic warm-up is thus more effective for readiness in the ACFT, allowing the soldier to perform at

4. What principle of PRT emphasizes the need for gradual increase in exercise intensity?

- A. Precision
- B. Progression**
- C. Integration
- D. Recovery

The principle of progression is vital in physical readiness training (PRT) because it highlights that individuals should gradually increase the intensity, duration, and frequency of their training over time. This gradual progression helps to prevent injury and allows the body to adapt to the growing demands placed upon it. By adhering to this principle, soldiers can enhance their strength and endurance effectively without overtraining. It also acknowledges the need for individuals to build a solid foundation before moving on to more challenging levels of activity. This ensures that the body can handle increased stress, optimizing physical performance and overall fitness. The other principles, while important in their own right, do not specifically address the gradual increase in exercise intensity. Precision relates to the correct execution of movements, integration focuses on combining different training elements, and recovery emphasizes allowing the body time to heal and adapt post-exercise.

5. What exercise can be performed to enhance performance in the sprint drag carry event?

- A. Bent over rows**
- B. Barbell curls**
- C. Push-ups**
- D. Squats**

The exercise that can significantly enhance performance in the sprint drag carry event is the bent over row. This exercise targets the muscles of the back, shoulders, and arms which are essential for maintaining proper form and generating power during the sprinting and dragging components of the event. Stronger upper body and back muscles help improve force production when dragging weights, while also supporting the posture needed during sprints. In contrast, while squats can improve leg strength important for sprinting, they do not specifically target the upper body muscles used during the drag. Barbell curls mainly focus on the biceps and do not contribute meaningfully to the movements performed in this event. Push-ups enhance upper body strength but again do not sufficiently address the specific muscle groups engaged in the drag and carry activity. Hence, the bent over row is the most relevant exercise for improving performance in the sprint drag carry event due to its comprehensive engagement of the crucial muscle groups involved.

6. What characterizes a hand release pushup?

- A. A pushup starting in a standing position**
- B. A pushup with legs elevated**
- C. A pushup that begins from the ground with outward hand movement**
- D. A pushup performed on one leg**

A hand release pushup is characterized by the requirement to lift the hands off the ground at the bottom of the movement, which is a key element that distinguishes it from a traditional pushup. In this variation, the exercise begins from the ground with the chest touching the floor, and as the individual pushes up, they must release their hands momentarily before bringing them back to the ground to complete the motion. This emphasizes not only the strength required for the upward motion but also the control needed to handle the hand release at the bottom. The other options describe different types of pushups that do not align with the specific mechanics of a hand release pushup. For instance, starting from a standing position is not a traditional pushup at all, while elevated legs would reference a decline pushup, which alters body angle, and performing on one leg either refers to a one-legged pushup variation or stability challenge, neither of which involve the hand release technique. Thus, option C accurately captures the essence of a hand release pushup.

7. Which exercise in the ACFT involves lowering and raising the body with support from the arms?

- A. Hand-Release Push-Up**
- B. Leg Tuck**
- C. Standing Power Throw**
- D. Deadlift**

The exercise that involves lowering and raising the body with support from the arms is indeed the Hand-Release Push-Up. This movement requires the individual to start in a prone position, using their arms to push their body up off the ground. When performing the hand-release version, the participant must lift their hands off the ground at the bottom of the movement, ensuring a complete range of motion before pressing back up into the starting position. This not only works the upper body but also engages the core muscles, making it a comprehensive exercise in the ACFT framework. In contrast, the Leg Tuck primarily focuses on core strength by involving the legs being tucked towards the chest while hanging from a bar, without significant arm support for raising and lowering the body. The Standing Power Throw involves explosive movement using primarily your legs and arms for throwing a weighted object, and the Deadlift is a lower body exercise where the weight is lifted from the ground with minimal use of the arms compared to the overall body movement. Thus, the Hand-Release Push-Up uniquely encapsulates the exercise of lowering and raising the body with support from the arms within the ACFT.

8. Which body position must be maintained during the hand release pushup for it to be valid?

- A. Flat on the ground**
- B. Arms bent**
- C. Body elevated**
- D. Head down**

The requirement for maintaining a flat body position on the ground during the hand release pushup is crucial for ensuring that the exercise is valid. This position ensures that the core, chest, hips, and legs are all aligned and in contact with the ground at the start and end of the repetition. A flat body position also guarantees proper form, activating the intended muscle groups effectively, including the chest, shoulders, and triceps. In contrast, having arms bent would prevent the full range of motion necessary for a pushup, as the correct form involves extending the arms fully to the ground before releasing the hands. An elevated body position would negate the mechanics of a standard pushup, making it easier than intended and compromising the intended fitness goals of the exercise. Keeping the head down is not a specific requirement for the hand release pushup; instead, it's more about ensuring the body forms a straight line from head to heels, maintaining proper alignment for both safety and effectiveness.

9. How heavy is each kettlebell used in the sprint drag carry event?

- A. 20 lbs**
- B. 30 lbs**
- C. 40 lbs**
- D. 50 lbs**

In the sprint-drag-carry event of the Army Combat Fitness Test (ACFT), each kettlebell weighs 40 lbs. This weight is specifically designed to challenge the participant's strength and endurance during the drag and carry components of the event. The use of 40 lb kettlebells ensures that soldiers are tested on their ability to manage a significant weight while maintaining speed and agility, which are critical components of combat readiness. This weight also matches physical training standards that aim to prepare soldiers for the demands of their duties. Utilizing a weight of 40 lbs effectively promotes the development of the muscle groups necessary for tasks they may encounter in operational environments, thereby enhancing overall physical preparedness.

10. What is another exercise you can perform to enhance your deadlift performance?

- A. Dead bug**
- B. Alternating staggered squat jump**
- C. High knees**
- D. Jumping jacks**

Enhancing deadlift performance often involves exercises that build strength in the muscles specifically engaged in the deadlift, such as the glutes, hamstrings, and lower back. The alternating staggered squat jump is a plyometric exercise that not only targets the lower body muscles but also helps improve explosive power, stability, and coordination. This exercise mimics the dynamic movement pattern of the deadlift, requiring the lower body to generate force and maintain balance, which is critical during the lift itself. By incorporating the alternating staggered squat jump into a training regimen, you can develop the quick-twitch muscle fibers and overall core stability necessary for effective deadlifts, thereby enhancing performance.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://armycombatfitness.examzify.com>

We wish you the very best on your exam journey. You've got this!

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