

ARMY COMBAT FITNESS TEST (ACFT) PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. What does the maximum deadlift apply to in relation to common soldier tasks?**
 - A. Lifting and moving heavy loads
 - B. Running long distances
 - C. Performing medical inspections
 - D. Navigating through rough terrain
- 2. What components of fitness does the ACFT measure?**
 - A. Only cardiovascular fitness
 - B. Strength, endurance, cardiovascular fitness, and power
 - C. Flexibility and agility only
 - D. Coordination and balance only
- 3. What is the maximum weight for the deadlift in the ACFT?**
 - A. 300 lbs
 - B. 320 lbs
 - C. 340 lbs
 - D. 360 lbs
- 4. What is the standard completion time for the 2-Mile Run for male soldiers aged 17-21?**
 - A. 14:54
 - B. 15:54
 - C. 16:54
 - D. 17:54
- 5. How long do participants have to complete the 1000m swim?**
 - A. 20 minutes
 - B. 25 minutes
 - C. 30 minutes
 - D. 35 minutes

- 6. What is the purpose of the Army Combat Fitness Test (ACFT)?**
- A. To determine eligibility for deployment
 - B. To assess the overall physical fitness of soldiers
 - C. To evaluate mental health and resilience
 - D. To improve soldier morale and teamwork
- 7. What is a significant benefit of proper nutrition for ACFT performance?**
- A. It alleviates stress
 - B. It fuels energy levels and supports recovery
 - C. It increases muscle size
 - D. It improves sleep quality
- 8. What is the primary purpose of the Army Combat Fitness Test?**
- A. To improve teamwork among soldiers
 - B. To measure a soldier's physical fitness and readiness for combat
 - C. To assess mental resilience in soldiers
 - D. To evaluate soldier leadership skills
- 9. Which type of training is recommended to improve performance in the Standing Power Throw?**
- A. Resistance training
 - B. Endurance training
 - C. Plyometric training
 - D. Flexibility training
- 10. What is the acceptable range for the number of repetitions in the leg tuck event?**
- A. 5 to 15 reps
 - B. 1 to 20 reps
 - C. 10 to 25 reps
 - D. 15 to 30 reps

Answers

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

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Explanations

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1. What does the maximum deadlift apply to in relation to common soldier tasks?

- A. Lifting and moving heavy loads**
- B. Running long distances
- C. Performing medical inspections
- D. Navigating through rough terrain

The maximum deadlift is directly related to the ability to lift and move heavy loads, which is a fundamental task for soldiers in various scenarios. This exercise measures core strength, grip strength, and overall lower body power—all essential attributes when handling heavy equipment, gear, or casualties in a variety of military operations. By assessing an individual's maximum deadlift, it provides insight into their potential performance in real-life soldier tasks that require lifting heavy objects, such as ammunition, supplies, or even assisting fellow soldiers. This focus on strength and power is critical for operational readiness and effectiveness in the field. Other tasks such as running long distances, performing medical inspections, or navigating rough terrain, while also important, do not relate as directly to the capabilities assessed in the deadlift.

2. What components of fitness does the ACFT measure?

- A. Only cardiovascular fitness
- B. Strength, endurance, cardiovascular fitness, and power**
- C. Flexibility and agility only
- D. Coordination and balance only

The ACFT measures a comprehensive range of fitness components that are crucial for military readiness and overall physical performance. The test evaluates strength through exercises like the deadlift and the standing power throw, endurance via the two-mile run, cardiovascular fitness through activities such as the sprint-drag-carry, and power through movements that require explosive effort. By encompassing these various aspects, the ACFT ensures that soldiers are well-rounded in their fitness levels, which is vital for their duties and tasks in the field. This multifaceted approach helps the Army to assess physical abilities in a manner that is more reflective of actual combat scenarios and operational demands, making it essential for maintaining combat effectiveness.

3. What is the maximum weight for the deadlift in the ACFT?

- A. 300 lbs
- B. 320 lbs
- C. 340 lbs**
- D. 360 lbs

The maximum weight for the deadlift in the Army Combat Fitness Test (ACFT) is 340 pounds. This event is designed to assess a soldier's ability to perform a heavy lift, reflecting functional strength required in various military tasks. The deadlift targets multiple muscle groups and promotes overall strength, which is vital for physical readiness. The 340-pound maximum is set to challenge soldiers while also being attainable for those who train specifically for the ACFT. This limit ensures that all soldiers, regardless of their size or training background, have a standardized benchmark to work toward. It enables effective performance assessment which is critical in maintaining high levels of fitness within the Army. The other weights listed do not correspond to the ACFT's established maximum for the deadlift.

4. What is the standard completion time for the 2-Mile Run for male soldiers aged 17-21?

- A. 14:54
- B. 15:54**
- C. 16:54
- D. 17:54

The standard completion time for the 2-Mile Run for male soldiers aged 17-21 is indeed 15:54. This time is established as part of the Army Combat Fitness Test (ACFT), which sets performance benchmarks to optimize the physical readiness of soldiers. The 2-Mile Run is a key event that assesses cardiovascular endurance, a crucial component for overall soldier fitness. Achieving the standard time reflects a solid level of fitness necessary for various military tasks that require sustained physical activity. The time of 15:54 has been determined based on performance data and physical testing within the Army to ensure soldiers can meet the demands of their duties effectively. This standard aids in preparing soldiers for the physical challenges they may face during training and operations.

5. How long do participants have to complete the 1000m swim?

- A. 20 minutes
- B. 25 minutes**
- C. 30 minutes
- D. 35 minutes

The time limit for completing the 1000-meter swim during the Army Combat Fitness Test is set at 25 minutes. This duration is designed to challenge participants while ensuring the standard remains attainable for those who are adequately prepared. The swim is a significant component of physical readiness training, emphasizing the importance of swimming skills in various operations and scenarios that soldiers may encounter. This time limit allows for a moderate pace that can accommodate individuals at varying fitness levels. Keeping the standard at 25 minutes also ensures that participants are encouraged to improve their swimming efficiency and overall cardiovascular fitness, contributing to better performance in military duties.

6. What is the purpose of the Army Combat Fitness Test (ACFT)?

- A. To determine eligibility for deployment
- B. To assess the overall physical fitness of soldiers**
- C. To evaluate mental health and resilience
- D. To improve soldier morale and teamwork

The Army Combat Fitness Test (ACFT) is designed primarily to assess the overall physical fitness of soldiers. Its purpose is to ensure that all service members possess the necessary strength, endurance, and agility required to perform their duties effectively in combat and other demanding physical tasks. The test evaluates various components of fitness, including strength, power, speed, endurance, and agility, through a series of exercises that simulate the physical demands encountered in the field. By focusing on multiple facets of physical fitness, the ACFT helps identify areas where soldiers may need improvement, ultimately enhancing individual readiness for combat situations. This holistic approach to fitness not only prepares soldiers for the rigors of their roles but also contributes to the Army's mission of maintaining a ready and physically capable force. Although other options may address important aspects of military life—such as mental health, resilience, morale, and teamwork—they do not encapsulate the primary aim of the ACFT, which is specifically geared toward evaluating and enhancing physical readiness among soldiers.

7. What is a significant benefit of proper nutrition for ACFT performance?

- A. It alleviates stress
- B. It fuels energy levels and supports recovery**
- C. It increases muscle size
- D. It improves sleep quality

Proper nutrition is essential for optimal performance in the Army Combat Fitness Test (ACFT) because it directly impacts energy levels and recovery processes. Adequate intake of carbohydrates, proteins, fats, vitamins, and minerals provides the body with the necessary fuel to perform high-intensity exercises effectively. When soldiers consume a balanced diet, they enhance their energy availability, which is critical during rigorous physical activities involved in the ACFT. Additionally, proper nutrition plays a crucial role in recovery after strenuous workouts. Nutrients help repair muscle tissues, replenish glycogen stores, and reduce inflammation, which is vital for maintaining performance over time. Effective recovery ensures that soldiers can train consistently and improve their physical conditioning, which is a key factor in achieving success on the ACFT. While proper nutrition may also contribute to alleviating stress, increasing muscle size, and improving sleep quality, the most direct and immediate benefit with respect to performance in the ACFT is how it supports energy levels and recovery. This makes it the most significant advantage for soldiers preparing for the test.

8. What is the primary purpose of the Army Combat Fitness Test?

- A. To improve teamwork among soldiers
- B. To measure a soldier's physical fitness and readiness for combat**
- C. To assess mental resilience in soldiers
- D. To evaluate soldier leadership skills

The primary purpose of the Army Combat Fitness Test is to measure a soldier's physical fitness and readiness for combat. This assessment is crucial because it evaluates the physical capabilities necessary to perform effectively in combat situations. The test aims to ensure that soldiers meet the physical standards required to carry out their duties, which include tasks that involve strength, endurance, agility, and overall fitness levels. By measuring elements such as muscular strength, aerobic endurance, and mobility, the ACFT directly correlates a soldier's physical fitness to their ability to handle the rigors of military operations. This focus on physical readiness is essential in maintaining a combat-ready force, ultimately contributing to mission success and the safety of soldiers in the field. While other aspects like teamwork, mental resilience, and leadership skills are important in military training and operations, they are not the primary focus of the ACFT. The test is specifically designed to quantify the physical readiness necessary to execute combat tasks, making it a key component of a soldier's overall readiness profile.

9. Which type of training is recommended to improve performance in the Standing Power Throw?

- A. Resistance training
- B. Endurance training
- C. Plyometric training**
- D. Flexibility training

Plyometric training is recommended to improve performance in the Standing Power Throw because this type of training focuses on explosive movements that enhance power, speed, and strength. Plyometrics involve rapid stretching of muscles (eccentric action) followed by shortening (concentric action), which helps to develop the ability to generate force quickly. This ability is crucial for the Standing Power Throw, as the event relies on a combination of strength and explosive power to propel the weighted object effectively. In contrast, resistance training primarily builds muscle strength but may not focus on the explosive power needed for throws. Endurance training emphasizes sustaining activity over longer periods, which may not directly translate to the explosive demands of the Standing Power Throw. Flexibility training is important for overall physical performance and injury prevention but does not specifically target the explosive power generation that plyometric exercises provide. Therefore, plyometric training is the most beneficial approach to achieving optimal performance in the Standing Power Throw.

10. What is the acceptable range for the number of repetitions in the leg tuck event?

- A. 5 to 15 reps
- B. 1 to 20 reps**
- C. 10 to 25 reps
- D. 15 to 30 reps

The leg tuck event in the Army Combat Fitness Test (ACFT) is a crucial part of assessing core strength and stability, which are essential for overall physical readiness and performance. The acceptable range for the number of repetitions for this event is set to evaluate soldiers on their ability to perform a crucial movement that engages multiple muscle groups, particularly the core, arms, and back. An acceptable range of 1 to 20 repetitions is designed to accommodate a wide range of physical conditioning levels among soldiers. This flexibility allows both newly assigned soldiers and those who are more physically advanced to have realistic targets that can promote improvement in their strength and endurance. By including lower repetitions, it acknowledges individuals who may be new to the event or are still developing their strength, while allowing a higher range to challenge those who are more advanced. Clearly defining this range aligns with the Army's focus on developing every individual soldier's physical capability, ensuring that they can meet the demands placed upon them in various operational scenarios. This approach fosters a more inclusive training environment where soldiers can work towards personal bests within a structured framework.

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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