

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

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://armycombatfitness.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. What is the minimum number of hand release pushups required?**
 - A. 5
 - B. 10
 - C. 15
 - D. 20
- 2. What is the primary purpose of the Army Combat Fitness Test (ACFT)?**
 - A. To assess soldiers' physical fitness and evaluate their readiness for combat
 - B. To determine the soldiers' marksmanship skills
 - C. To assess soldiers' knowledge of military tactics
 - D. To evaluate psychological readiness for combat
- 3. How long do participants have to complete the 1000m swim?**
 - A. 20 minutes
 - B. 25 minutes
 - C. 30 minutes
 - D. 35 minutes
- 4. What should soldiers do to prepare for the ACFT?**
 - A. Focus solely on running long distances.
 - B. Engage in strength training, conditioning, and practice.
 - C. Only practice the events once a month.
 - D. Participate in team sports for agility.
- 5. Which of the following best describes the objective of On ground training?**
 - A. To enhance endurance
 - B. To improve strength
 - C. To teach tactical skills
 - D. To promote flexibility
- 6. What is a key requirement for the 5,000m row event?**
 - A. The rower must be in good condition
 - B. The rower must wear a life jacket
 - C. The rower must not rest at any point
 - D. The rower must complete the event in silence

- 7. In the context of the ACFT, which component is being assessed by the Deadlift event?**
- A. Upper body strength
 - B. Core stability
 - C. Lower body strength
 - D. Cardiovascular endurance
- 8. What is the weight of the medicine ball used in the Standing Power Throw?**
- A. 5 pounds
 - B. 10 pounds
 - C. 15 pounds
 - D. 20 pounds
- 9. What ranges does the scoring scale cover for each event in the ACFT?**
- A. 0 to 50 points
 - B. 0 to 75 points
 - C. 0 to 100 points
 - D. 0 to 120 points
- 10. 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

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the minimum number of hand release pushups required?

- A. 5
- B. 10**
- C. 15
- D. 20

In the Army Combat Fitness Test (ACFT), the hand release push-up is designed to assess upper body strength and endurance. The minimum requirement for achieving a passing score in this event is 10 hand release push-ups. This number is set to ensure that Soldiers possess a baseline level of physical readiness essential for maintaining effective operational performance. Reaching this minimum allows for a reliable evaluation of a Soldier's muscular strength and endurance, important factors in overall physical fitness. Performing 10 push-ups demonstrates not only the ability to execute the movement correctly but also provides a sufficient challenge that reflects readiness for the physical demands encountered in various Army tasks. Meeting or exceeding this standard contributes to a Soldier's overall score in the ACFT, which emphasizes the importance of upper body strength in military efficacy.

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

- A. To assess soldiers' physical fitness and evaluate their readiness for combat**
- B. To determine the soldiers' marksmanship skills
- C. To assess soldiers' knowledge of military tactics
- D. To evaluate psychological readiness for combat

The primary purpose of the Army Combat Fitness Test (ACFT) is to assess soldiers' physical fitness and evaluate their readiness for combat. This evaluation is crucial because physical fitness is a fundamental aspect of a soldier's ability to perform in a combat environment, where strength, endurance, agility, and overall fitness can significantly impact mission success and personal safety. The ACFT uses various events to measure different physical fitness components, ensuring that soldiers possess the necessary attributes to meet the demands of their roles effectively. This focus on physical readiness aligns with the Army's goal of maintaining a force that can operate at peak performance in diverse and challenging situations. Other options, while relevant to various aspects of military training and readiness, do not encapsulate the primary aim of the ACFT, which is strictly centered on physical fitness assessments rather than marksmanship, military tactics knowledge, or psychological readiness. By focusing on these physical components, the ACFT equips soldiers with the means to engage effectively during combat operations.

3. 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.

4. What should soldiers do to prepare for the ACFT?

- A. Focus solely on running long distances.
- B. Engage in strength training, conditioning, and practice.**
- C. Only practice the events once a month.
- D. Participate in team sports for agility.

Engaging in strength training, conditioning, and practice is essential for soldiers preparing for the Army Combat Fitness Test (ACFT) because this comprehensive approach targets all aspects of fitness required for the test. The ACFT includes various events that measure strength, endurance, agility, and overall physical readiness, meaning soldiers need a balanced training regimen to effectively build the specific skills and abilities necessary for each event. Strength training develops the muscular endurance and power needed to perform well in exercises like the deadlift and standing power throw. Conditioning improves cardiovascular fitness, which is crucial for the two-mile run, and targeted practice ensures soldiers are familiar with the techniques and requirements of each event in the test. This holistic training approach helps soldiers maximize their performance and ultimately achieve the standards set by the ACFT. Other strategies, such as focusing solely on running long distances or only practicing events infrequently, would not provide a well-rounded preparation and could lead to deficiencies in critical areas assessed by the ACFT. Participation in team sports may enhance certain physical attributes, like agility, but does not adequately address the full spectrum of fitness components tested in the ACFT.

5. Which of the following best describes the objective of On ground training?

- A. To enhance endurance
- B. To improve strength**
- C. To teach tactical skills
- D. To promote flexibility

The objective of on-ground training primarily focuses on improving strength. This type of training involves physical conditioning that is critical for soldiers, enhancing their ability to perform tasks that require muscular power and endurance. Strength is a foundational component of physical fitness, which is essential for executing various military operations effectively. On-ground training often includes weightlifting, resistance exercises, and functional movement patterns that promote the development and improvement of muscular strength. While other aspects of fitness such as endurance, tactical skills, and flexibility are also important, the specific emphasis during on-ground training sessions is geared toward building strength to ensure soldiers are well-prepared for the physical demands they may face in the field.

6. What is a key requirement for the 5,000m row event?

- A. The rower must be in good condition**
- B. The rower must wear a life jacket
- C. The rower must not rest at any point
- D. The rower must complete the event in silence

Being in good condition is essential for the 5,000m row event because it directly relates to the performance and safety of the participant. Rowing for such a distance demands a strong cardiovascular system, muscular endurance, and overall physical fitness. Those in good condition are more likely to complete the event effectively, managing the physical exertion involved while maintaining proper rowing technique. Additionally, the nature of this event challenges a rower's stamina and ability to manage fatigue, making physical readiness crucial to successfully complete the task. While there are practical considerations for safety and etiquette in sports, the specific requirements of this event do not mandate the wearing of a life jacket, do not specifically prohibit resting (though excessive resting could impact performance), and do not require silence during the exercise. Therefore, physical fitness stands out as a key requirement for success in this rowing event.

7. In the context of the ACFT, which component is being assessed by the Deadlift event?

- A. Upper body strength
- B. Core stability
- C. Lower body strength**
- D. Cardiovascular endurance

The Deadlift event in the Army Combat Fitness Test (ACFT) primarily assesses lower body strength. This exercise specifically targets key muscle groups, including the glutes, hamstrings, quadriceps, and lower back, which are crucial for overall lower body power and functionality. Effective performance in the Deadlift demonstrates an individual's ability to generate force using the lower body, which is essential for various physical tasks, both in a military context and in everyday activities. Understanding the role of the Deadlift helps to recognize its importance in building foundational strength that is necessary for other exercises and military duties. In contrast, aspects like upper body strength, core stability, and cardiovascular endurance are evaluated in other events within the ACFT, such as the push-up, and sprint-drag-carry, which focus on different physiological attributes.

8. What is the weight of the medicine ball used in the Standing Power Throw?

- A. 5 pounds
- B. 10 pounds**
- C. 15 pounds
- D. 20 pounds

The weight of the medicine ball used in the Standing Power Throw for the Army Combat Fitness Test is indeed 10 pounds. This particular event assesses an individual's ability to generate and transfer power, which is crucial for numerous tasks in a military context. The 10-pound weight is specifically chosen to provide a balance between challenge and manageability, enhancing the assessment of an individual's explosive strength and core stability. Using a 10-pound ball allows soldiers to effectively demonstrate their power without excessive risk of injury or fatigue. The key focus of the Standing Power Throw is to maximize distance while maintaining correct form, making this weight appropriate for the majority of service members participating in the ACFT.

9. What ranges does the scoring scale cover for each event in the ACFT?

- A. 0 to 50 points
- B. 0 to 75 points
- C. 0 to 100 points**
- D. 0 to 120 points

The correct scoring scale for each event in the Army Combat Fitness Test (ACFT) ranges from 0 to 100 points. This scoring system is designed to evaluate a soldier's physical fitness across six different events, which measure various aspects of strength, endurance, and agility. Each event has a specific performance standard, and soldiers earn points based on their performance relative to these standards. The maximum score of 100 points is achieved by meeting or exceeding the highest performance level in each event, while a score of 0 points is given for failing to meet the minimum standard. This range allows the Army to provide a clear and standardized method for assessing physical fitness levels across its personnel. Other scoring ranges are not applicable to the ACFT events, as the set maximum of 100 points aligns with the test's standards and goals for soldier readiness.

10. 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.

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!

SAMPLE