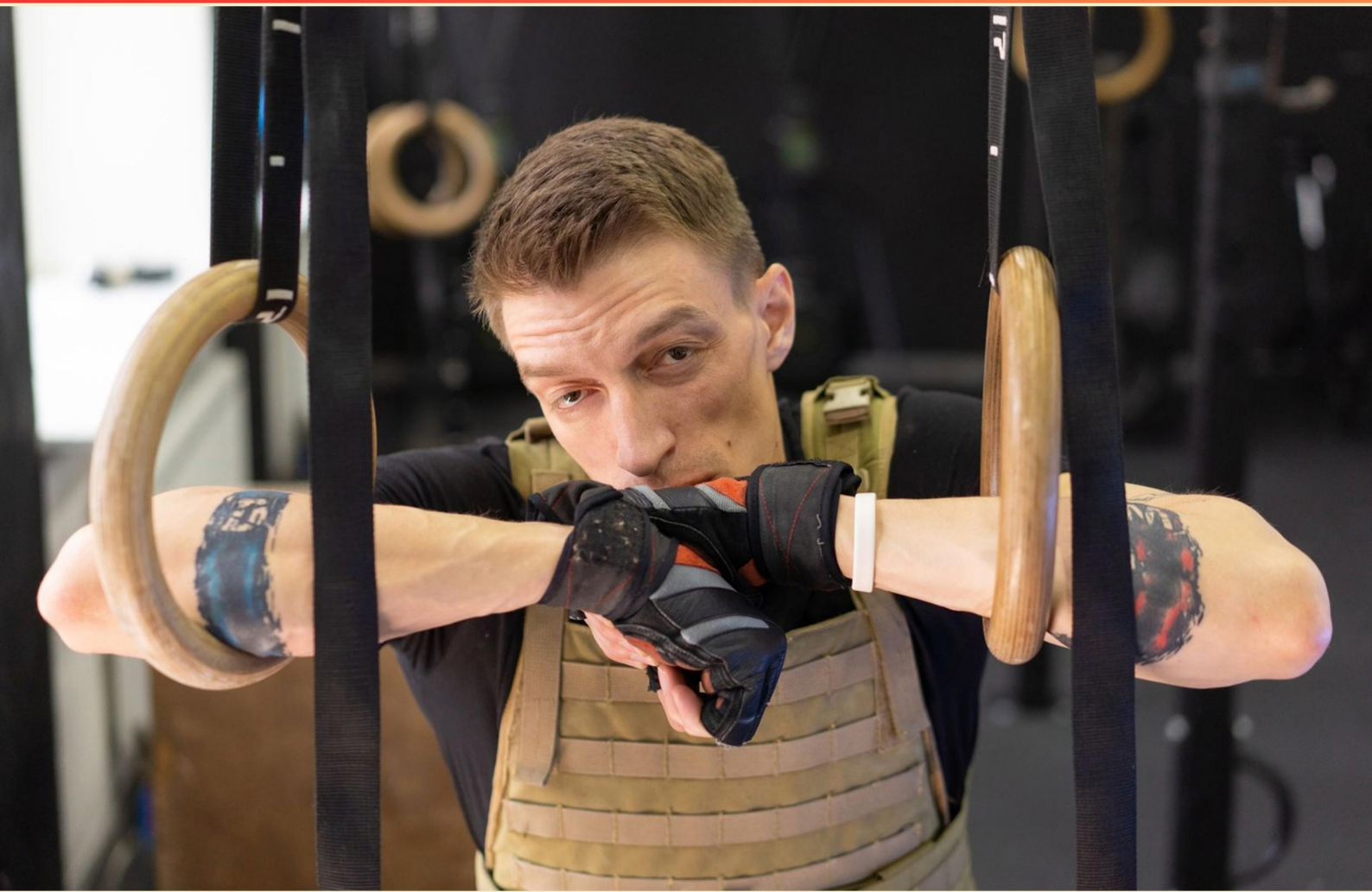


ARMY COMBAT FITNESS TEST (ACFT) PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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

<https://armycombatfitness.examzify.com>



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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 is the minimum weight required for the deadlift event?**
 - A. 120 lbs
 - B. 140 lbs
 - C. 160 lbs
 - D. 180 lbs
- 2. How long is the Two-Mile Run event in the ACFT?**
 - A. 15 minutes
 - B. 18 minutes
 - C. 21 minutes
 - D. 24 minutes
- 3. What health guideline should soldiers follow regarding hydration during ACFT preparation?**
 - A. Drink only after workouts
 - B. Avoid hydration to reduce weight
 - C. Ensure proper hydration at all times
 - D. Only hydrate if feeling thirsty
- 4. Which fitness component contributes most to the Leg Tuck exercise?**
 - A. Agility
 - B. Core strength
 - C. Flexibility
 - D. Leg power
- 5. What score is considered passing for each ACFT event?**
 - A. A minimum of 60 points
 - B. A minimum of 70 points
 - C. A minimum of 80 points
 - D. A minimum of 90 points
- 6. Which of the following is NOT a component of PRT?**
 - A. Strength
 - B. Flexibility
 - C. Endurance
 - D. Mobility

- 7. How is the Sprint-Drag-Carry event structured?**
- A. 50 meters sprint, followed by 100 meters drag
 - B. 50 meters sprint, sled drag for 50 meters, then carry kettlebells
 - C. 30 meters sprint, carry weights for return
 - D. 100 meters lap with no equipment
- 8. 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
- 9. What fitness component does the leg tuck primarily focus on?**
- A. Cardiovascular fitness
 - B. Muscular endurance
 - C. Flexibility
 - D. Speed
- 10. What is a Hand-Release Push-Up in the ACFT?**
- A. A version of the push-up where hands are lifted off the ground.
 - B. A standard push-up with feet elevated.
 - C. A modified push-up performed on the knees.
 - D. A dynamic exercise involving jumping.

Answers

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

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Explanations

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1. What is the minimum weight required for the deadlift event?

- A. 120 lbs
- B. 140 lbs**
- C. 160 lbs
- D. 180 lbs

The minimum weight required for the deadlift event in the Army Combat Fitness Test (ACFT) is set at 140 pounds. This requirement is established to ensure that all participating soldiers are challenged at an appropriate level relative to their physical capabilities. The deadlift is designed to assess a soldier's strength and conditioning, particularly in the posterior chain, which includes key muscle groups such as the glutes, hamstrings, and lower back. Weight standards, such as this minimum, are crucial to maintaining a level playing field during the test, allowing soldiers to demonstrate their strength in a controlled manner. Each weight category corresponds equally to the scoring system, making it essential that a soldier can safely and effectively lift the minimum weight to qualify for the deadlift event.

2. How long is the Two-Mile Run event in the ACFT?

- A. 15 minutes
- B. 18 minutes
- C. 21 minutes**
- D. 24 minutes

The Two-Mile Run event in the Army Combat Fitness Test (ACFT) is designed to assess an individual's aerobic fitness and endurance. The correct duration for completing the run can vary depending on the scoring and the standards set by the Army; however, scoring is typically outlined for completion within specific time limits that reflect varying levels of physical fitness. In this context, the correct answer signifies the expected standard timing that Soldiers are encouraged to achieve while completing the Two-Mile Run as part of the assessment. Specifically, achieving a finishing time that would fall within this duration demonstrates a high level of cardiovascular fitness essential for military readiness. As for the other options, they represent various incorrect timing expectations for completion of the Two-Mile Run, which do not align with the established standards for the ACFT. Therefore, the designated time frame helps maintain an appropriate level of intensity and effort during training and assessment, reflecting the physical demands placed on soldiers in the performance of their military duties.

3. What health guideline should soldiers follow regarding hydration during ACFT preparation?

- A. Drink only after workouts
- B. Avoid hydration to reduce weight
- C. Ensure proper hydration at all times**
- D. Only hydrate if feeling thirsty

Proper hydration is crucial for soldiers during ACFT preparation, as it directly impacts physical performance, recovery, and overall health. Ensuring adequate hydration at all times helps maintain optimal physiological functions, such as temperature regulation, joint lubrication, and transport of nutrients. It significantly reduces the risk of dehydration-related issues, such as fatigue, heat exhaustion, and decreased cognitive function, all of which can hinder training and test performance. Staying hydrated consistently allows soldiers to train effectively, push their limits, and be prepared for the demands of the ACFT. This guideline emphasizes the importance of proactive hydration rather than reactive measures, allowing soldiers to better manage their physical readiness and prevent injuries or performance declines during intense workouts and testing.

4. Which fitness component contributes most to the Leg Tuck exercise?

- A. Agility
- B. Core strength**
- C. Flexibility
- D. Leg power

The Leg Tuck exercise primarily relies on core strength, making it the most significant fitness component for this particular assessment. During the Leg Tuck, an individual must engage their abdominal muscles effectively to pull their legs toward the bar while maintaining stability. This movement requires not only the ability to flex the hips and knees but also to control the torso, which is heavily influenced by core strength. A strong core stabilizes the body and allows for effective execution of the exercise, helping to lift the legs efficiently while also supporting proper form. Agility, flexibility, and leg power, while they may play roles in overall physical performance, do not directly contribute to the primary requirements of the Leg Tuck. Agility pertains to quick directional changes and coordination, which are not the main focus in this exercise. Flexibility involves the range of motion in joints and muscles, which is less critical for effectively performing a Leg Tuck. Leg power, typically related to explosive strength in the legs for movements like jumps, does not involve the primary action of pulling the body up toward the bar as seen in this exercise. Thus, core strength is the essential component that supports performance in the Leg Tuck.

5. What score is considered passing for each ACFT event?

- A. A minimum of 60 points**
- B. A minimum of 70 points
- C. A minimum of 80 points
- D. A minimum of 90 points

The passing score for each event of the Army Combat Fitness Test (ACFT) is set at a minimum of 60 points. This standard is established to ensure that soldiers demonstrate adequate physical fitness across the various components of the test, which include the deadlift, standing power throw, hand-release push-up, sprint-drag-carry, leg tuck, and 2-mile run. The 60-point mark is designed as a baseline to evaluate a soldier's ability to perform essential military tasks. Achieving at least this score in each event indicates that an individual meets the minimum physical readiness standards necessary for effective performance in their military role. This threshold helps maintain a level of fitness that is critical for operational effectiveness and overall soldier readiness.

6. Which of the following is NOT a component of PRT?

- A. Strength
- B. Flexibility**
- C. Endurance
- D. Mobility

The correct choice is that flexibility is not considered a separate component of Physical Readiness Training (PRT). PRT focuses on preparing soldiers for the physical demands of military duty by incorporating strength, endurance, and mobility training into a cohesive program. Each of these components plays a significant role in enhancing a soldier's overall physical fitness. Strength refers to the ability of muscles to exert force, which is critical for carrying equipment and performing tasks in the field. Endurance is the capacity to sustain vigorous activity over a period of time, essential for maintaining operational readiness in various situations. Mobility, which includes the ability to move freely and easily, is vital for performing effectively in dynamic environments. While flexibility is important for overall fitness and injury prevention, it is often incorporated into warm-up and cool-down exercises rather than being classified as a core component of PRT. Therefore, when determining the primary focuses of PRT, flexibility is not included in the list of main components.

7. How is the Sprint-Drag-Carry event structured?

- A. 50 meters sprint, followed by 100 meters drag
- B. 50 meters sprint, sled drag for 50 meters, then carry kettlebells**
- C. 30 meters sprint, carry weights for return
- D. 100 meters lap with no equipment

The Sprint-Drag-Carry event is structured to measure soldiers' physical readiness by combining various elements of strength, speed, and endurance in a single, continuous test. The correct answer highlights the sequence of activities done within this event. In this event, participants first sprint 50 meters, which tests their speed and explosiveness. After the sprint, they perform a sled drag for another 50 meters, engaging the muscles used for strength and providing a challenge in pulling a weighted object. This element assesses the soldier's ability to exert force and sustain energy over a short distance. Finally, competitors will carry kettlebells over a specified distance, promoting grip strength, core stability, and overall endurance. The combination of these activities makes the Sprint-Drag-Carry not only a measure of speed but also of functional strength and the ability to perform under fatigue. This multifaceted approach is crucial for assessing a soldier's readiness for the physical demands they may face in the field.

8. 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.

9. What fitness component does the leg tuck primarily focus on?

- A. Cardiovascular fitness
- B. Muscular endurance**
- C. Flexibility
- D. Speed

The leg tuck primarily focuses on muscular endurance, as it requires the individual to repeatedly lift and hold their body weight while using their core, back, and arms. This exercise tests how well the muscles can sustain prolonged activity in a controlled manner. The movement demands strength from the abdominal and upper body muscles to maintain proper form and complete multiple repetitions, thus developing muscular endurance. In contrast, cardiovascular fitness relates to the body's ability to supply oxygen during sustained physical activities, flexibility refers to the range of motion in joints and muscles, and speed pertains to how quickly an individual can move from one point to another. None of these other components directly apply to the specific goals and requirements of the leg tuck exercise, solidifying muscular endurance as the correct focus area.

10. What is a Hand-Release Push-Up in the ACFT?

- A. A version of the push-up where hands are lifted off the ground.
- B. A standard push-up with feet elevated.
- C. A modified push-up performed on the knees.
- D. A dynamic exercise involving jumping.

A Hand-Release Push-Up in the ACFT is characterized by lifting the hands off the ground at the bottom of the push-up position. This variation ensures complete recovery of the arms and emphasizes the full range of motion required for proper form. By requiring the individual to fully extend their arms and then return them to the ground, it enhances muscle engagement and helps to develop upper body strength. This specific movement also serves to reinforce the importance of core stabilization and requires a commitment to proper technique, ensuring that the soldier not only performs the exercise correctly but also builds the necessary strength to execute push-ups effectively in various situations. The other options do not capture this unique aspect of the Hand-Release Push-Up, focusing instead on variations that do not align with the defined technique or purpose of the exercise in the context of the ACFT.

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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