

MARINE CORPS COMBAT FITNESS TEST (CFT) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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<https://marinecorpscombatfitness.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 an essential focus of the CFT for Marines?**
 - A. Mental agility
 - B. Physical conditioning
 - C. Administrative skills
 - D. Technical proficiency
- 2. What is a key component of active recovery post-CFT?**
 - A. Intensive weightlifting
 - B. Long-duration running
 - C. Low-impact exercises
 - D. Avoiding physical activity
- 3. What psychological benefit do Marines gain from passing the Combat Fitness Test?**
 - A. Increased physical strength
 - B. Enhanced technical skills
 - C. Boosted morale and confidence
 - D. Improved strategic thinking
- 4. What should monitors do to assist in a safe performance during AL?**
 - A. Encourage participants to lift heavier weights
 - B. Evaluate their performance accurately
 - C. Count total weight lifted by each participant
 - D. Remind them to take frequent water breaks
- 5. Who is responsible for completing section C of the Risk Factor Worksheet?**
 - A. The Marine completing the CFT
 - B. Health care provider
 - C. The unit commander
 - D. Independent duty corpsman

- 6. During the CFT, what is required to ensure the ammo can weighs accurately?**
- A. A calibrated scale
 - B. A standard ruler
 - C. A weighing bag
 - D. A manual counter
- 7. How can a Marine improve their score in the 880-meter run?**
- A. By focusing on weightlifting
 - B. Improving running speed and endurance through training
 - C. By practicing swimming regularly
 - D. By increasing their diet
- 8. What equipment is used for the chest press event in the CFT?**
- A. Kettlebell
 - B. Dumbbell
 - C. Medicine Ball
 - D. Barbell
- 9. What is the purpose of the cooldown after CFT events?**
- A. To gradually reduce heart rate and prevent stiffness and injury
 - B. To increase heart rate post-exercise
 - C. It is unnecessary after intense events
 - D. To prepare for the next training session immediately
- 10. Which event may be more critical for infantry units?**
- A. The Ammunition Can Lift event
 - B. The Movement to Contact event
 - C. The 880-meter run event
 - D. The Obstacle Course event

Answers

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

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Explanations

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1. What is an essential focus of the CFT for Marines?

- A. Mental agility
- B. Physical conditioning**
- C. Administrative skills
- D. Technical proficiency

The essential focus of the Combat Fitness Test (CFT) for Marines is physical conditioning. The CFT is specifically designed to evaluate a Marine's physical fitness and readiness for combat situations. It assesses key physical capabilities relevant to operational demands, such as endurance, strength, and agility. The test includes components like the movement to contact, ammunition can lift, and the maneuver under fire, all aimed at simulating physical challenges that Marines may face in real-world scenarios. A strong emphasis on physical conditioning ensures that Marines maintain the necessary fitness levels to perform effectively in diverse environments and under stress. This focus directly contributes to their overall preparedness for combat and their ability to carry out missions that require sustained physical exertion.

2. What is a key component of active recovery post-CFT?

- A. Intensive weightlifting
- B. Long-duration running
- C. Low-impact exercises**
- D. Avoiding physical activity

Active recovery is an important aspect of post-exercise regimens, especially after strenuous activities like the Marine Corps Combat Fitness Test (CFT). Incorporating low-impact exercises in active recovery helps to promote blood flow, reduce muscle stiffness, and aid in the healing process without placing additional strain on the body. Low-impact exercises, such as walking, swimming, or cycling at a gentle pace, facilitate the removal of metabolic waste produced during intense workouts and enhance nutrient delivery to muscles. This type of recovery allows service members to remain physically active while helping to restore their body's energy levels and flexibility. Engaging in intensive weightlifting or long-duration running following a rigorous test could lead to increased fatigue and a higher risk of injury, while avoiding physical activity altogether would not support recovery needs or maintain physical readiness. Thus, low-impact exercises are recognized as a beneficial approach to active recovery after the CFT.

3. What psychological benefit do Marines gain from passing the Combat Fitness Test?

- A. Increased physical strength
- B. Enhanced technical skills
- C. Boosted morale and confidence**
- D. Improved strategic thinking

Passing the Combat Fitness Test provides a significant boost in morale and confidence for Marines. Successfully completing the rigorous physical standards set by the CFT reinforces a sense of achievement and personal accomplishment, which is crucial in a combat-ready environment. This boost in confidence is particularly important as it not only contributes to individual self-esteem but also enhances overall unit cohesion and effectiveness. When Marines feel confident in their physical abilities, they are more likely to execute their roles effectively in demanding situations, further instilling a sense of pride and determination within the unit. While increased physical strength, enhanced technical skills, and improved strategic thinking are important aspects of a Marine's overall capability, they do not directly address the immediate psychological benefits obtained from the successful completion of the CFT. The confidence and morale boost that comes from passing the test is directly linked to the Marines' readiness and mental fortitude in the field.

4. What should monitors do to assist in a safe performance during AL?

- A. Encourage participants to lift heavier weights
- B. Evaluate their performance accurately**
- C. Count total weight lifted by each participant
- D. Remind them to take frequent water breaks

Evaluating participants' performance accurately is essential for ensuring safety during the Assessment of Lifting (AL) portion of the Marine Corps Combat Fitness Test. When monitors provide a precise evaluation, it allows them to identify any potential issues in technique or performance that could lead to injury. This includes observing improper lifting mechanics, offering corrective feedback, and adjusting expectations based on individual capabilities and skill levels. Accurate evaluation also contributes to maintaining a structured and effective testing environment, where safety is prioritized and each participant is supported in achieving their best performance without taking undue risks. While monitoring hydration and ensuring appropriate lifting techniques are important, the primary responsibility of monitors during this phase must focus on evaluating performance to mitigate risks effectively.

5. Who is responsible for completing section C of the Risk Factor Worksheet?

- A. The Marine completing the CFT
- B. Health care provider**
- C. The unit commander
- D. Independent duty corpsman

The completion of section C of the Risk Factor Worksheet is the responsibility of a health care provider. This section typically involves assessing and documenting an individual's medical history and potential risk factors that could affect their health and performance during the Combat Fitness Test (CFT). This responsibility falls on health care providers because they possess the necessary training and expertise to evaluate medical conditions, interpret health data accurately, and make appropriate recommendations. They can also conduct physical examinations and interpret relevant medical information, which is essential to ensure the safety and readiness of the Marine undergoing the test. Other roles, such as the Marine participating in the CFT, the unit commander, or independent duty corpsmen, may have important functions in the overall process, but only a trained health care provider is qualified to fill out this specific section of the Risk Factor Worksheet due to the clinical nature of the information required.

6. During the CFT, what is required to ensure the ammo can weighs accurately?

- A. A calibrated scale**
- B. A standard ruler
- C. A weighing bag
- D. A manual counter

The accurate measurement of the ammo can's weight during the Combat Fitness Test is crucial for ensuring that the test is conducted under consistent and standardized conditions. A calibrated scale is essential because it has been adjusted to provide precise measurements. This calibration ensures that the weight of the ammo can is correct, which directly impacts the evaluation of the performance of the Marines participating in the test. Using a calibrated scale eliminates discrepancies that could arise from using an uncalibrated device, thereby maintaining the integrity of the testing process and helping to ensure that all participants are assessed fairly. The other options, while potentially useful in various contexts, do not serve the specific purpose of accurately measuring weight. For instance, a standard ruler measures length rather than weight, a weighing bag would not provide a measurement without a scale, and a manual counter does not measure weight at all. Therefore, the necessity of using a calibrated scale becomes evident in guaranteeing that the weight measurement is both accurate and reliable.

7. How can a Marine improve their score in the 880-meter run?

- A. By focusing on weightlifting
- B. Improving running speed and endurance through training**
- C. By practicing swimming regularly
- D. By increasing their diet

Improving running speed and endurance through training is essential for a Marine looking to enhance their performance in the 880-meter run. This test requires both aerobic capacity and sprinting ability, which can be developed through targeted running sessions. The right training regimen typically includes interval sprints, distance runs, and tempo runs, which help to enhance cardiovascular efficiency, increase muscle strength in the legs, and improve overall stamina. Incorporating these types of workouts not only helps a Marine to run faster but also builds the endurance necessary to maintain a strong pace throughout the run. Structured training that focuses specifically on running mechanics, pace judgment, and race strategy is crucial for maximizing performance in this particular event. While other options might have their benefits in different contexts, such as cross-training or dietary adjustments, they do not directly address the specific skills and attributes required for improving a Marine's score in the 880-meter run as effectively as targeted running training does.

8. What equipment is used for the chest press event in the CFT?

- A. Kettlebell
- B. Dumbbell
- C. Medicine Ball**
- D. Barbell

The chest press event in the Marine Corps Combat Fitness Test utilizes a medicine ball. This choice is essential because the medicine ball provides a unique combination of weight and size that allows for the simulation of pushing movements while also engaging the core and stabilizing muscles. The exercise typically involves performing repetitions of chest presses while lying on your back, emphasizing both strength and endurance in the upper body. The other equipment mentioned does not align with the specific requirements of the chest press during the CFT. Kettlebells, dumbbells, and barbells typically relate to other strength training exercises, but the medicine ball is central to the functional training focus of the CFT, which aims to prepare Marines for the physical demands of their duties.

9. What is the purpose of the cooldown after CFT events?

- A. To gradually reduce heart rate and prevent stiffness and injury
- B. To increase heart rate post-exercise
- C. It is unnecessary after intense events
- D. To prepare for the next training session immediately

The purpose of the cooldown after CFT events is to gradually reduce heart rate and prevent stiffness and injury. Engaging in a cooldown helps the body transition from a high-intensity state back to a resting state in a controlled manner. This process aids in the recovery of the cardiovascular system, allowing the heart rate to decrease steadily, which can help prevent dizziness or fainting that might occur if someone stops physical activity abruptly. Additionally, cooldown activities help to reduce the buildup of lactic acid in the muscles, which contributes to feelings of stiffness or soreness later on. Stretching and light activity during the cooldown phase can also promote flexibility and help maintain muscle elasticity, thus reducing the risk of injuries in future training sessions.

10. Which event may be more critical for infantry units?

- A. The Ammunition Can Lift event
- B. The Movement to Contact event
- C. The 880-meter run event
- D. The Obstacle Course event

The Movement to Contact event is particularly critical for infantry units as it simulates a tactical scenario where Marines must move quickly and effectively to engage with the enemy. This event tests not only the physical endurance and speed of the Marines but also their ability to operate under real-life combat conditions. This includes evaluating their capacity for teamwork, communication, and tactical movement in a setting that closely resembles battlefield environments. In contrast, the other events, while important for overall physical fitness and readiness, do not replicate the specific demands and scenarios that infantry units face during engagements. The Ammunition Can Lift focuses on upper body strength, the 880-meter run measures cardiovascular endurance, and the Obstacle Course tests agility and coordination, but none encapsulate the urgency and tactical maneuvering required in combat situations like the Movement to Contact does. Therefore, this event holds greater significance for the operational effectiveness of infantry units.

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://marinecorpscombatfitness.examzify.com>

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

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