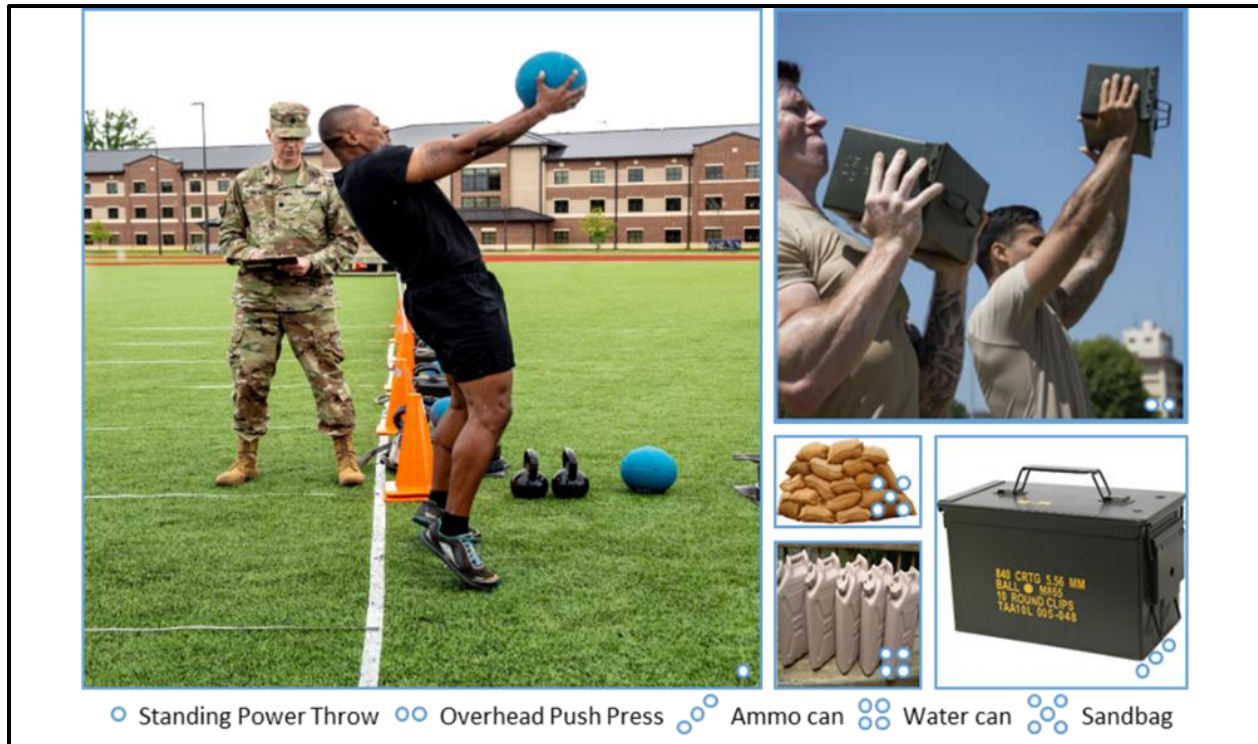


Training Aid – Refer to FM 7-22 for expanded training programs and additional exercises

Army Combat Fitness Test

Training Guide



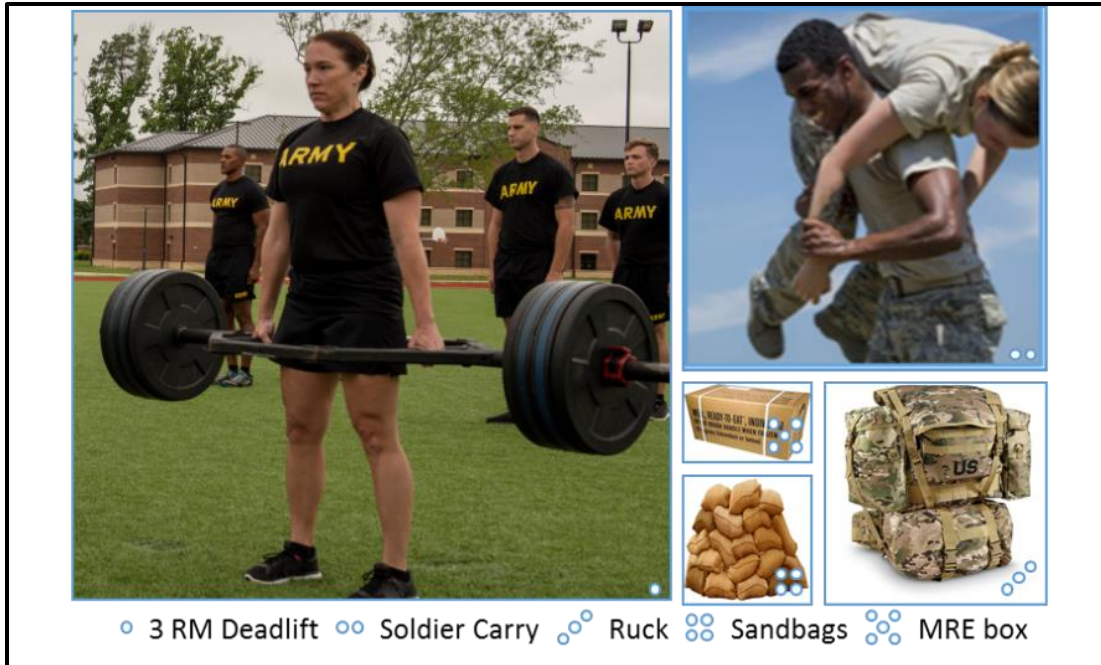
INTRODUCTION

The purpose of the Army Combat Fitness Test (ACFT) Training Guide is to provide exercises that will help Soldiers successfully prepare to take the ACFT. These specific exercises will help develop strength, endurance, and mobility using common strength training methods and Army doctrine.

The Army's current Physical Readiness Training doctrine, Field Manual 7-22 (October 2012), and the Army Physical Readiness Training application for smart devices (iOS and Android) can assist with more extensive workout information. Refer to Preparation Drill (PD), Hip Stability Drill (HSD), Shoulder Stability Drill (SSD), Four for the Core (4C), and Military Movement Drills (MMDs) for warm-up exercises and Recovery Drill (RD) in FM 7-22 for cool-down exercises. A copy of FM 7-22 can be found at:

https://armypubs.army.mil/epubs/DR_pubs/DR_a/pdf/web/ARN7938_FM%207-22%20INC%20C1%20Final.pdf

The exercises and drills in this guide can be conducted anywhere and are not resource intensive. When time or environmental constraints limit PRT sessions, this guide will provide potential modifications to individual and collective training.



OVERVIEW

Table 1: A Summary of the recommended garrison and field exercises and supporting drills for each ACFT event. Alternate equipment options are listed for circumstances where standardized training and testing equipment is not available.

	3 Repetition Maximum Deadlift	Standing Power Throw	Hand-Release Push-up	Sprint-Drag-Carry	Leg Tuck	2 Mile Run
Top Exercises	1. Sumo Squat 2. Alternate Staggered Squat Jump 3. Forward Lunge	1. Power Jump 2. Overhead Push-Press 3. Tuck Jump	1. Supine Chest Press 2. 8-Count Push-up 3. Incline Bench 4. Quadraplex	1. Straight-Leg Deadlift 2. Bent Over Row 3. 300M Shuttle Run	1. Bent Leg Raise 2. Leg Tuck and Twist 3. Alternating Grip Pull-up	1. Sprint Intervals (30:60s, 60:120s) 2. Release Run 3. Hill Repeats
Top PRT Drill	Strength Training Circuit	Conditioning Drill 3	Four for the Core	Guerilla Drill	Climbing Drill 2	10 x 60:120s
Standard Equipment	60lb trap bar and plates	10lb Medicine Ball	Kettlebells	2x40lb KBs 90lb sled	Climbing Bar	2MR Route
Alternate Equipment	Ammo Cans Duffle Bag Rucksack 5 gallon water cans Tow bars PVC pipe Wooden handle	10lb sand bag Slam ball Kettlebell	Ammo Cans Tow bar IOTV	40lb Duffle 40lb Rucksack 90lb SKEDCO 90lb Litter 90lb Log Tires	Pull-up bar Suspension trainer Stretch Cords	Treadmill (to simulate the drills and exercises listed above.)

EVENT TRAINING



3 Repetition Maximum Deadlift

TOP THREE EXERCISES

Exercise 1: Sumo Squat (from Strength Training Circuit (STC) Drill)

Risk Mitigation: Soldiers should begin training with an empty straight bar or PVC pipe to perfect their squat technique (see check points below). A master fitness trainer can assist in developing proper form. Beginners should work for 2-4 weeks at loads of 40-50% of their body weight (ex: body weight = 170lbs; lift weight = 70-85lbs) or 25-50% of their 1 repetition maximum (1RM). Beginners should maintain a relatively constant weight and increase repetitions with proper technique during a 2-4 week base phase.

Purpose: This exercise develops strength, endurance and mobility of the trunk and lower extremities.

Equipment: Kettlebell, straight bar (45lbs), weight plates, collars, spotter.

Starting Position: Straddle stance with the feet wider than the shoulders and the toes pointing outward. Hold a single kettlebell or straight bar with both hands, in front of the body, using a pronated grip (palms facing the body). Weight will be appropriate for the goal of the PRT session.

Execution: Squat while leaning slightly forward from the waist with head in line with the spine. Move downward until the upper legs are at least parallel to the ground, pause and return to the starting position.

Exercise Prescription: 2-3 Sets of 12-15 reps using weight equal to 50-65% of 1RM.

Figure 1: Sumo Squat



Check Points:

- Ensure feet are spread wider than shoulder width apart.
- Ensure knees are in line with the toes and heels remain on the floor.
- Ensure head and neck are in line with eyes facing forward.
- Avoid rounding of the shoulders and spine and avoid letting the knees collapse inward (knock-knee).

Exercise 2: Alternate Staggered Squat Jump (from Conditioning Drill 3 (CD3))

Risk Mitigation: Soldiers will perform a dynamic warm-up before starting this exercise. A master fitness trainer can assist in developing proper form. Beginners should start with 5 repetitions in a limited range of movement. Beginners should increase repetitions with proper technique to 10 repetitions across a 2-4 week base phase.

Purpose: This exercise develops balance and explosive strength of the legs.

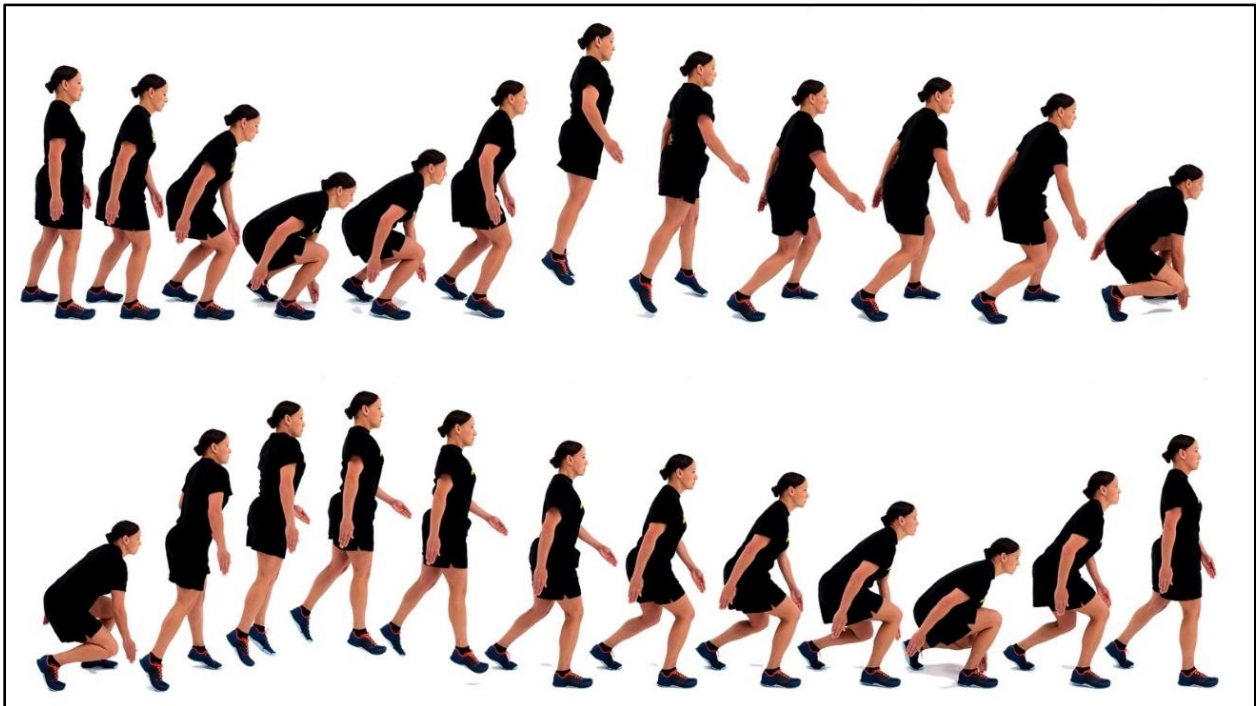
Equipment: Level space.

Starting Position: Staggered stance with the left leg back and arms at sides; the trunk is generally straight, but tilted slightly forward.

Execution: Squat and touch the ground between the legs with the fingertips of the left hand. Jump forcefully into the air, switching legs in mid-air to land with the right leg back and arms at the sides. Repeat the squat, touch and jump on the opposite side.

Exercise Prescription: 1 Set of 5 to 10 repetitions.

Figure 2: Alternate Staggered Squat Jump



Check Points:

- Do not allow the back to round; keep the head up and the eyes forward.
- Cadence is slow to allow for precision and adequate time to properly jump and land; however, each jump should be performed quickly and explosively.
- On each landing, the feet should be oriented to the front.
- The landing should be “soft” and proceed from the balls of the feet to the heels.

Exercise 3: Forward Lunge (from Preparation Drill (PD))

Risk Mitigation: Soldiers will perform a dynamic warm-up before starting this exercise. A master fitness trainer can assist in developing proper form. Beginners should start with 5 repetitions in a limited range of movement. Beginners should increase repetitions with proper technique to 10 repetitions across a 2-4 week base phase.

Purpose: This exercise develops strength, endurance, balance and mobility of the legs and trunk.

Equipment: Level space.

Starting Position: Staggered stance.

Execution: Step forward with the left leg as in the forward lunge as in the PD, allowing the left knee to bend until the left thigh is parallel to the ground. Return to the starting position. Repeat with the right leg. Return to the starting position. As skill improves and to add load, perform the same movements with weight in each hand. More advanced Soldiers can increase exercise overload by adding kettlebells, water cans, sandbags, etc. to the Forward Lunge. Loads should progress from light (5lbs) to moderate (10lbs) to heavy (20lbs) in each hand. Lean slightly forward from the waist and bring the kettlebells to the left and right sides of the forward leg. Return to the starting position. Repeat with the right leg. Return to the starting position.

Exercise Prescription: 1 to 3 sets of 5-10 reps.

Figure 3: Forward Lunge



Check Points:

- Keep the forward heel flat on the ground and the rear heel up.
- Keep the forward knee directly over the ball of the foot.
- Push off vigorously with the forward leg to return to the starting position.
- Do not allow the forward knee to go beyond the forward toes or waiver from side to side. Do not jerk the trunk rearward to return to the starting position.
- Ensure feet are spread approximately shoulder width apart.
- Ensure knees are in line with the toes and heels remain on the floor.
- Ensure head and neck are in a neutral position with eyes facing forward.
- Avoid rounding of the spine and letting the knees collapse inward (knock-knee).

EVENT TRAINING



Standing Power Throw

TOP THREE EXERCISES

Exercise 1: Power Jump (from Conditioning Drill 1 (CD1))

Risk Mitigation: Soldiers will perform a dynamic warm-up before starting this exercise. A master fitness trainer can assist in developing proper form. Beginners should start with 5 repetitions in a limited range of movement. Beginners should increase repetitions with proper technique to 10 repetitions across a 2-4 week base phase.

Purpose: This exercise develops balance and explosive strength of the legs.

Equipment: Level space.

Starting Position: Straddle stance with hands on hips.

Execution: Squat with the heels flat, bending forward at the hips and keeping the back straight to allow the straight arms to reach to the ground. Attempt to touch the ground with the palms of the hands. Jump forcefully in the air, vigorously raising arms overhead, with palms facing inward. Control the landing and then repeat the squat and jump movement.

Exercise Prescription: 1 Set of 5 to 10 repetitions.

Figure 4: Power Jump



Check Points:

- Keep the back straight to assist with generating power.
- Keep the head up and the eyes forward.
- Arms should be extended fully overhead. The trunk and legs should also be in line.
- On each landing, the feet are directed forward and maintained at shoulder distance apart.
- The landing should be soft and proceed from the balls of the feet to the heels.
- The landing should be “soft” and proceed from the balls of the feet to the heels.

Exercise 2: Overhead Push-Press

Risk Mitigation: Soldiers should begin training with light kettlebells, an empty straight bar, PVC pipe, or wooden handle to perfect their technique. A master fitness trainer can assist in developing proper form. Beginners should work for 2-4 weeks at loads of 10-25% of their body weight (ex: body weight = 170lbs; lift weight = 17-40lbs). Beginners should maintain a relative constant weight and increase repetitions with proper technique during a 2-4 week base phase.

Purpose: This exercise develops strength of the arms, shoulders and grip.

Equipment: Kettlebells, straight bar, PVC pipe, or wooden handle.

Starting Position: Straddle stance holding the kettlebells at the collar bones using a neutral grip with palms facing each other – the racked position.

Execution: From the starting position slightly flex the hips and knees (slight squat) with feet flat on the floor, keeping the trunk vertical and upper arms parallel to the ground. Forcefully extend the hips, knees, and ankles while simultaneously extending the elbows to raise the kettlebells overhead. Return to the starting position by flexing the elbows, controlling the descent to the collar bones and shoulders while simultaneously flexing the hips and knees to reduce the impact of the kettlebells on the shoulders. Repeat 5 to 10 times. As Soldiers become more advanced they can increase the workload by progressively increasing the weight of the kettlebells or the range of motion on the initial flex at the hips and knees.

Exercise Prescription: 1 to 3 sets of 5 to 10 repetitions.

Figure 5: Overhead Push-Press



Check Points:

- Hold the head and neck in alignment, looking straight ahead or slightly upward.
- Perform the press movement in a fast, continuous motion.
- Always control the descent of the kettlebells to avoid injury to the trunk and back.
- In the up position, straighten the elbows but do not lock them.

Exercise 3: Tuck Jump (from Conditioning Drill 3 (CD3))

Risk Mitigation: Soldiers will perform a dynamic warm-up before starting this exercise. A master fitness trainer can assist in developing proper form. Beginners should start with 5 repetitions in a limited range of movement. Beginners should increase repetitions with proper technique to 10 repetitions across a 2-4 week base phase.

Purpose: This exercise develops balance and explosive strength of the legs.

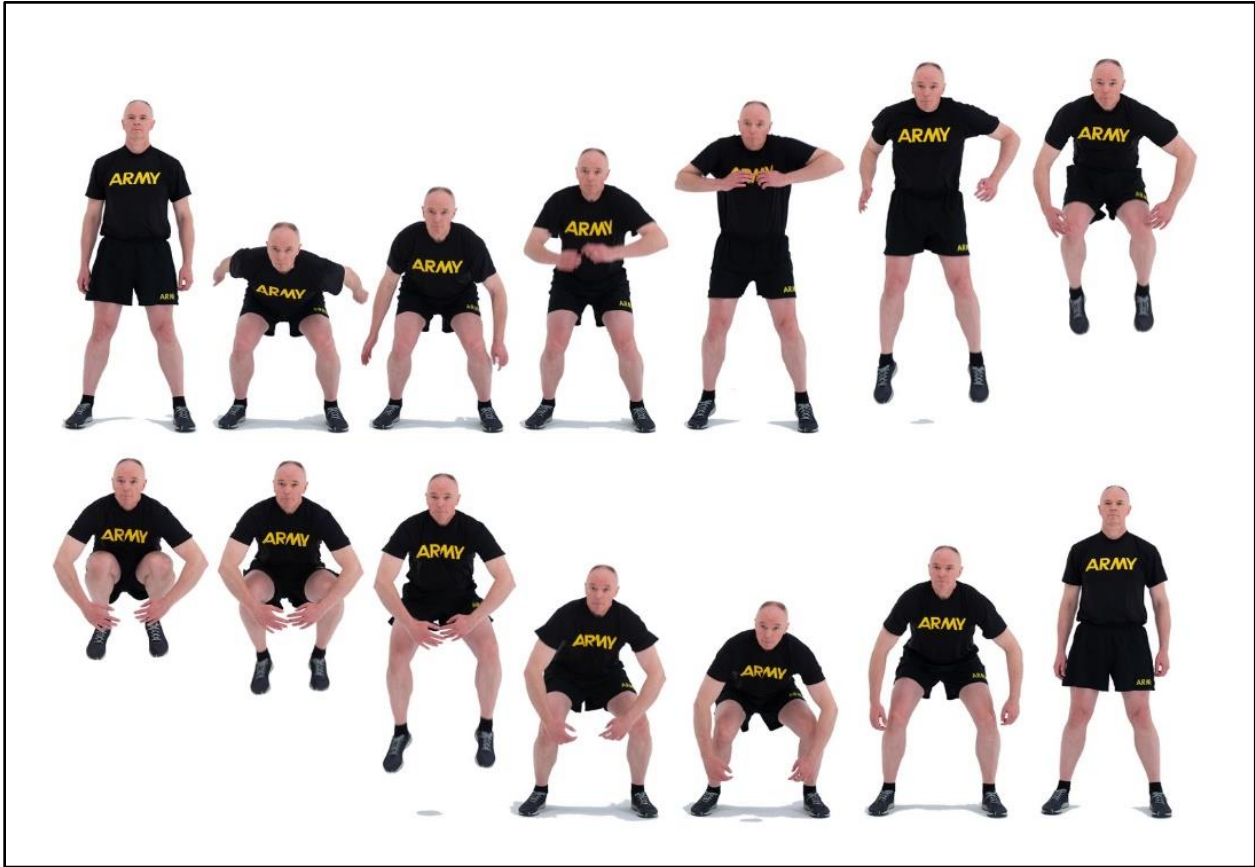
Equipment: Level space.

Starting Position: Staggered stance with the left leg back and arms at sides; the trunk is generally straight, but tilted slightly forward.

Execution: Squat and touch the ground, between the legs, with the fingertips of the left hand. Jump forcefully into the air, switching legs in mid-air to land with the right leg back and arms at the sides. Repeat.

Exercise Prescription: 1 Set of 5 to 10 repetitions.

Figure 6: Tuck Jump



Check Points:

- Do not allow the back to round; keep the head up and the eyes forward.
- Cadence is slow to allow for precision and adequate time to properly jump and land; however, each jump should be performed quickly and explosively.
- The landing should be “soft” and proceed from the balls of the feet to the heels.

EVENT TRAINING



Hand-Release Push-up

TOP FOUR EXERCISES

Exercise 1: Supine Chest Press (from STC)

Risk Mitigation: Soldiers should begin training with light kettlebells, an empty straight bar, PVC pipe, or wooden handle to perfect their technique. A master fitness trainer can assist in developing proper form. Beginners should work for 2-4 weeks at loads of 10-25% of their body weight (ex: body weight = 170lbs; lift weight = 17-40lbs). Beginners should maintain a relative constant weight and increase repetitions with proper technique during a 2-4 week base phase.

Purpose: This exercise strengthens the chest, shoulders, and triceps muscles.

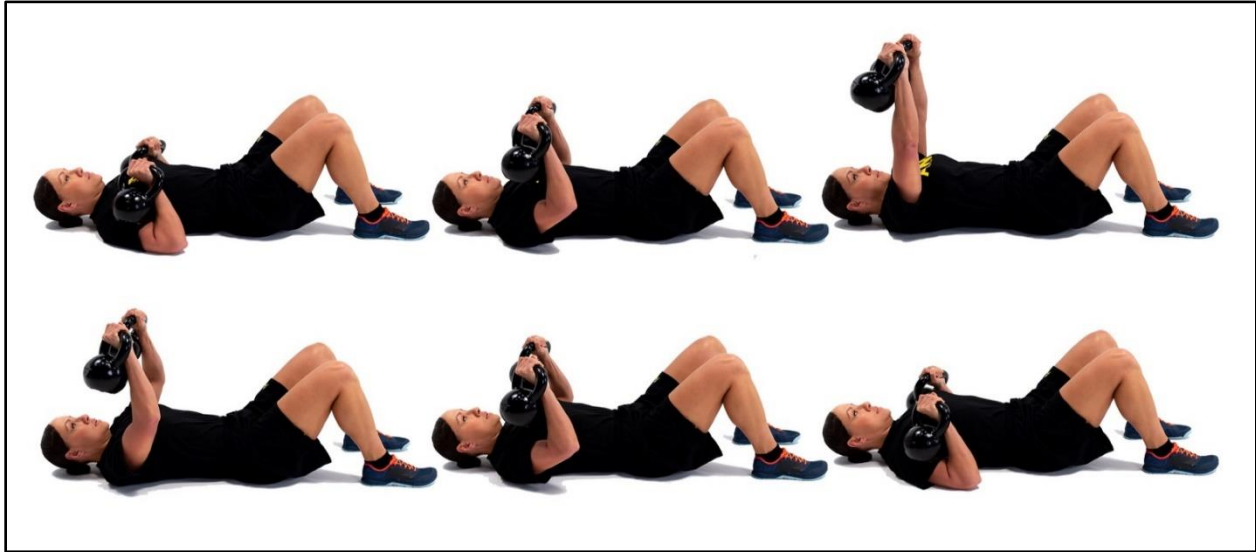
Equipment: Kettlebells and level space.

Starting Position: Supine position with the knees bent at 90 degrees and the feet 8 to 12 inches apart and flat on the ground. Hold the kettlebells in front of the shoulders using a pronated grip (palms facing up and toward the midline of the trunk). The back of the upper arms should rest on the ground and the forearms should be perpendicular to the ground. The head is on the ground.

Execution: Extend the elbows, raising the kettlebells until the upper arms are straight (not locked) and parallel to each other – the weights should remain under control at the top of the movement. Return to the starting position before repeating.

Exercise Prescription: 1 Set of 5 to 10 repetitions.

Figure 7: Supine Chest Press



Check Points:

- Keep the head on the ground throughout the exercise.
- At the top of the movement, straighten but do not lock the elbows.

Exercise 2: 8-Count T Push-up (from Conditioning Drill 2 (CD2))

Risk Mitigation: Soldiers will perform a dynamic warm-up before starting this exercise. A master fitness trainer can assist in developing proper form. Beginners should start with 5 repetitions using slow, controlled movement. Beginners should increase repetitions with proper technique to 10 repetitions across a 2-4 week base phase.

Purpose: This exercise develops strength and endurance in the arms, upper back and legs.

Equipment: Level space.

Starting Position: Position of attention.

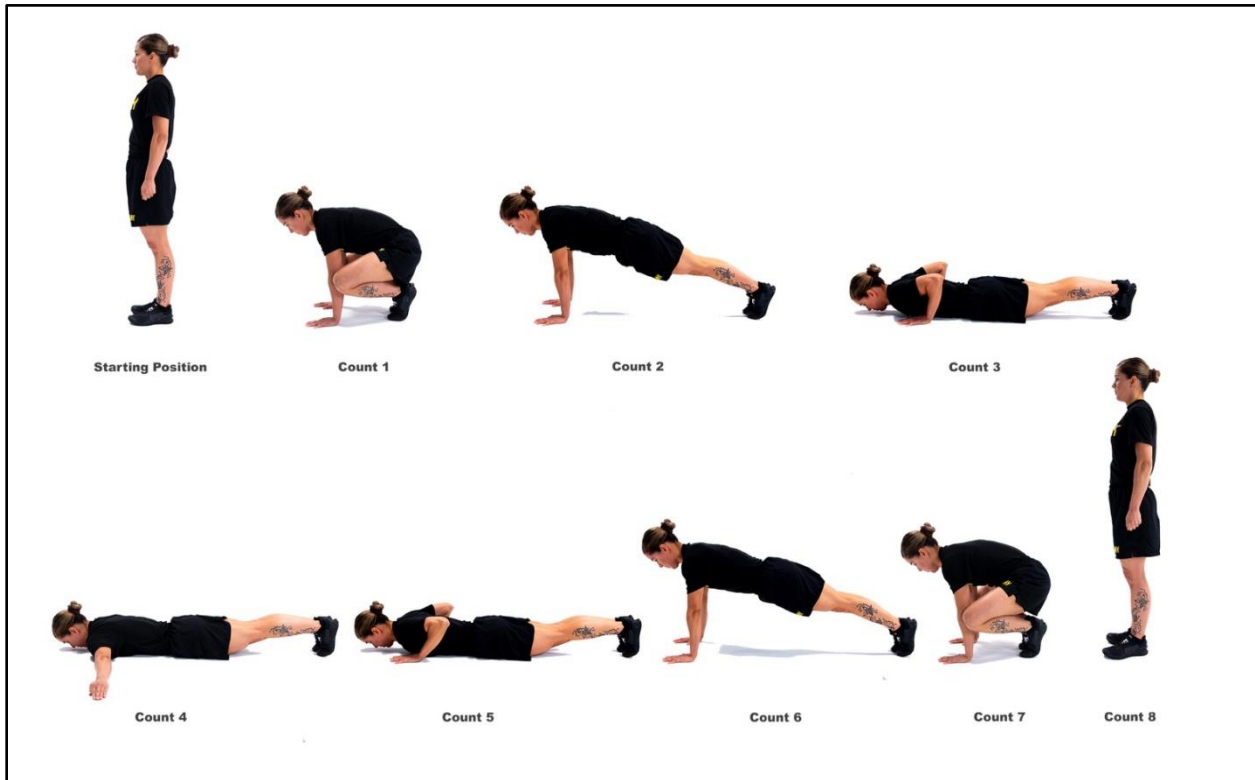
Execution: Using the following SLOW 8 counts:

1. Assume the squat position.
2. Thrust the legs backward to the front leaning rest position.
3. Bend the elbows, lowering the body all the way to the ground.
4. Release the hands from the ground and straighten the arms out straight to the side.
5. Bring the hands back under the shoulders.
6. Push-up into the front leaning rest position.
7. Reverse thrust the legs to the squat position.
8. Return to the starting position – the position of attention – before repeating.

As Soldiers become more advanced, they can increase the workload for the 8-count T push-up by adding a weighted workout vest or body armor.

Exercise Prescription: 1 set of 5 to 10 repetitions.

Figure 8: 8-Count T Push-up



Check Points:

- To keep the trunk from sagging, tighten the abdominal muscles while in the front leaning rest position. Maintain a straight body position from the head to the ankles throughout the exercise.
- On counts 1 through 7, the hands are directly below the shoulders with fingers spread and the middle fingers directed straight forward.
- On counts 1 through 7, keep the heels together.
- On counts 4 and 6, straighten but do not lock the elbows.
- Allowing the trunk to sag, especially on count 2, strains the back. If the pushup cannot be performed on counts 2-6 correctly, quickly assume the 6-point stance before count 3 and return to the front leaning rest position just before performing count 7.

Exercise 3: Incline Bench

Risk Mitigation: Soldiers should begin training with an empty Straight bar, PVC pipe, or wood staff to perfect their incline bench technique. A master fitness trainer can assist in developing proper form (Figure 4). Beginners should work for 2-4 weeks at loads of 40-50% of their body weight (ex: body weight = 170lbs; lift weight = 70-85lbs) or 25-50% of their 1RM (1 Rep Max – 1RM, see definitions). Beginners should maintain a relative constant weight and increase repetitions with proper technique during a 2-4 week base phase.

Purpose: This exercise develops strength in the arm, shoulder, and chest muscles.

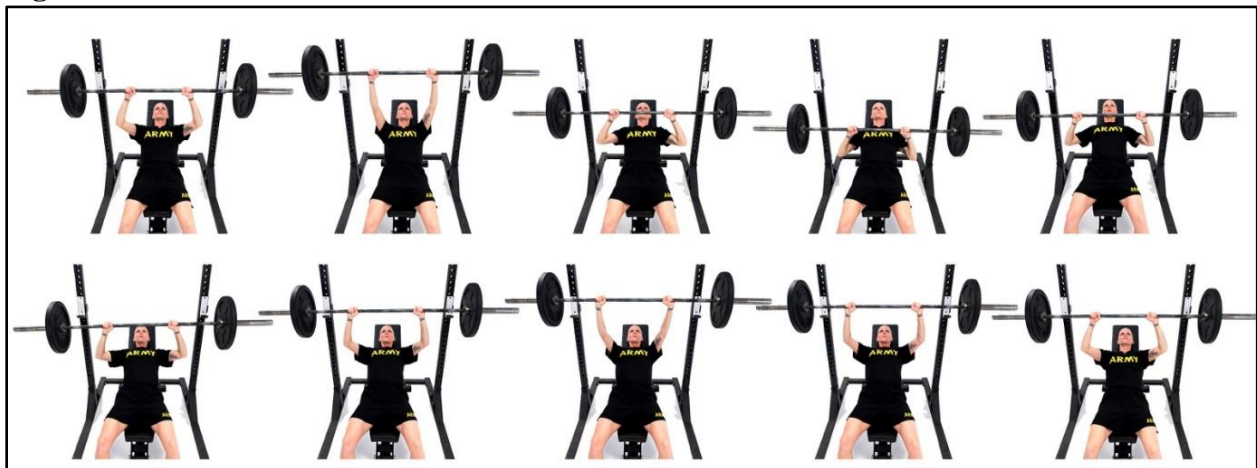
Equipment: Straight bar (45lbs), weight plates, incline bench, collars, spotter.

Starting Position: Seated position with the feet firmly on the ground. The seat is adjusted so a 90-degree angle is formed between the upper and lower arms with the shoulders directly below the handgrips. The hips, low back, shoulders and head are firmly against the bench back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the barbell collar is in place.

Execution: Grasp the bar with a closed grip, hands about shoulder width apart. Lower the straight bar in a controlled fashion until upper arm is at least parallel to the ground or the bar is gently touching the chest. Immediately, return the bar to the starting position by fully extending the arms while keeping the head against the bench. A spotter should be used to lift the bar off the supporting rack and return the straight bar to the rack.

Exercise Prescription: 3 Sets of 8-10 repetitions 60-70% of 1 Rep Max

Figure 9: Incline Bench



Check Points:

- Feet remain on the ground, with hips, back, shoulders, and head firmly on the bench.
- Do not bounce the barbell on the chest.
- Keep the head and neck aligned with the spine and look straight ahead.

Exercise 4: Quadraplex (from Four for the Core Drill (4C))

Risk Mitigation: Soldiers should execute a dynamic warm-up before starting this exercise. A master fitness trainer can assist in developing proper form. Beginners should start with 3 repetitions of 20-30 seconds per repetition. Beginners should increase repetitions with proper technique while maintaining a limited range of movement and 30 to 60 second interval throughout a 2-4 week base phase.

Purpose: This exercise develops strength and endurance of the trunk.

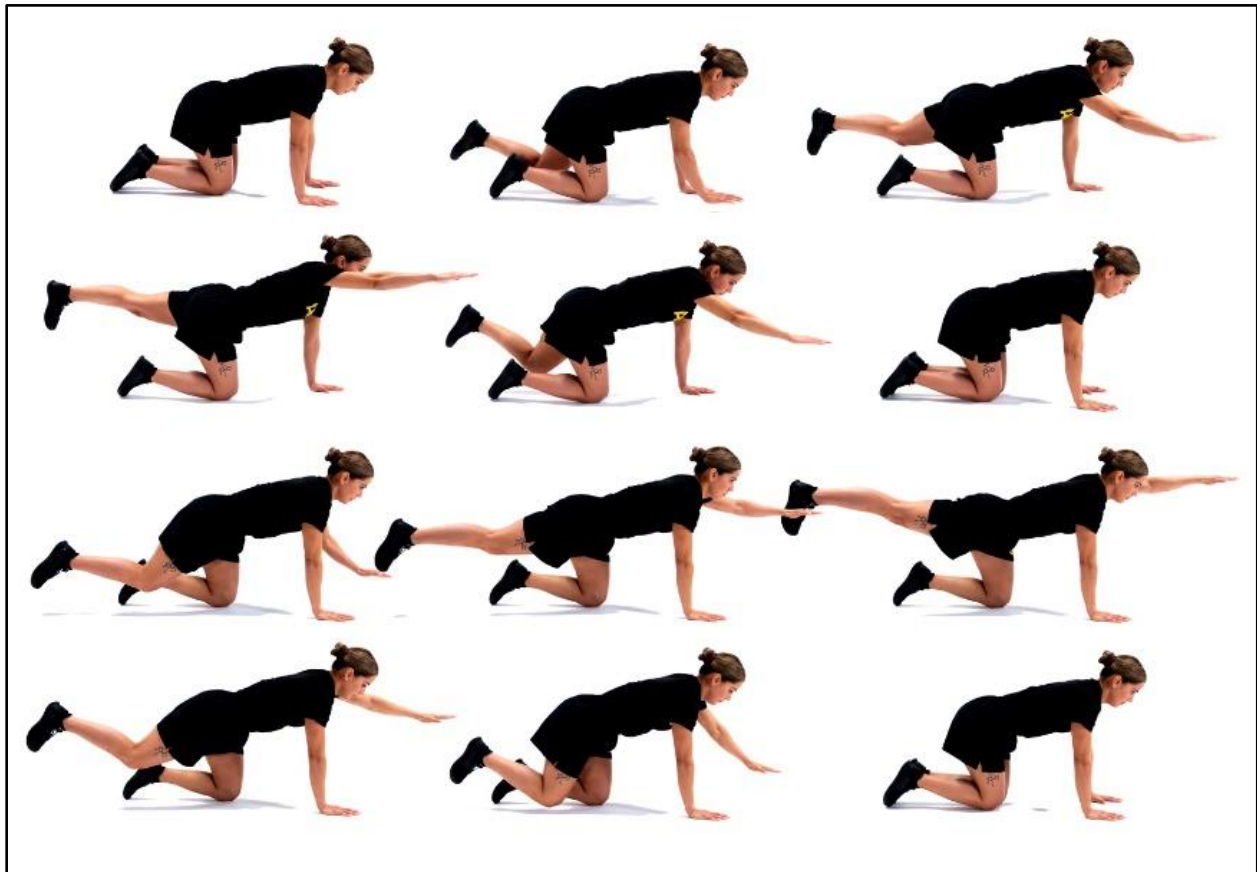
Equipment: Level space.

Starting Position: Kneel on the ground and place your hands on the ground directly below your shoulders. Support your body with your hands and knees. Keep your back flat.

Execution: Contract the abdominal muscles, without rotating the trunk or sagging or arching the spine, straighten the left leg to the rear and the right arm to the front. The goal is to hold each Quadraplex position (left and right) for 60 seconds each. Alternate the arm and leg movements on subsequent repetitions, repeating for one minute. The key to this exercise is controlled lowering and raising of the opposite arm and leg while keeping the rest of the body aligned and still

Exercise Prescription: 3 reps of 30-60 second holds per side.

Figure 10: Quadruplex



Check Points:

- Ensure head and neck are aligned.
- Ensure abdominal contraction is performed prior to lifting the extremities.
- Maintain flat back and avoid trunk/hip rotation.

EVENT TRAINING



Sprint-Drag-Carry

TOP THREE EXERCISES

Exercise 1: Straight-Leg Deadlift

Risk Mitigation: Soldiers should begin training with an empty straight or hex bar, PVC pipe, or wooden handle to perfect their deadlift technique. A master fitness trainer can assist in developing proper form. Beginners should work for 2-4 weeks at loads of 40-50% of their body weight (ex: body weight = 170lbs; lift weight = 70-85lbs) or 25-50% of their 1RM. Beginners should maintain a relative constant weight and increase repetitions with proper technique during a 2-4 week base phase.

Purpose: This exercise develops strength, endurance and mobility of the trunk, lower extremities, and grip strength.

Equipment: Straight bar (45lbs), weight plates, collars, or alternate equipment. Select the appropriate weight and ensure the barbell collars are in place.

Starting Position: After picking up the weight from the ground, move into the forward leaning rest position while holding the weight in front of the legs using a pronated grip (palms facing the thighs). Select the appropriate weight and ensure the barbell collars are in place.

Execution: While maintaining a secure grip, pinch the shoulder blades together while keeping both knees in a slightly flexed position. Flex at the hips to lower the bar toward the floor while keeping a straight spine with head in line with the spine.

Exercise Prescription: 3 sets of 8-10 reps using 60-70% of 1RM.

Figure 11: Straight-Leg Deadlift



Check Points:

- Ensure feet are spread approximately shoulder width apart.
- Ensure knees are in line with the toes and heels remain on the floor.
- Ensure head and neck are in a neutral position with eyes facing forward.
- Avoid flexing at the waist, rounding the spine or allowing the knees to move inward (knock-knee).

Exercise 2: Bent Over Row (from STC)

Risk Mitigation: Soldiers should begin training with an empty straight or hex bar, PVC pipe, or wooden handle to perfect their technique. A master fitness trainer can assist in developing proper form. Beginners should work for 2-4 weeks at loads of 10-25% of their body weight (ex: body weight = 170lbs; lift weight = 17-40lbs) or 25-50% of their 1RM. Beginners should maintain a relative constant weight and increase repetitions with proper technique during a 2-4 week base phase.

Purpose: This exercise develops strength, endurance and mobility of the trunk, lower extremities, and grip strength.

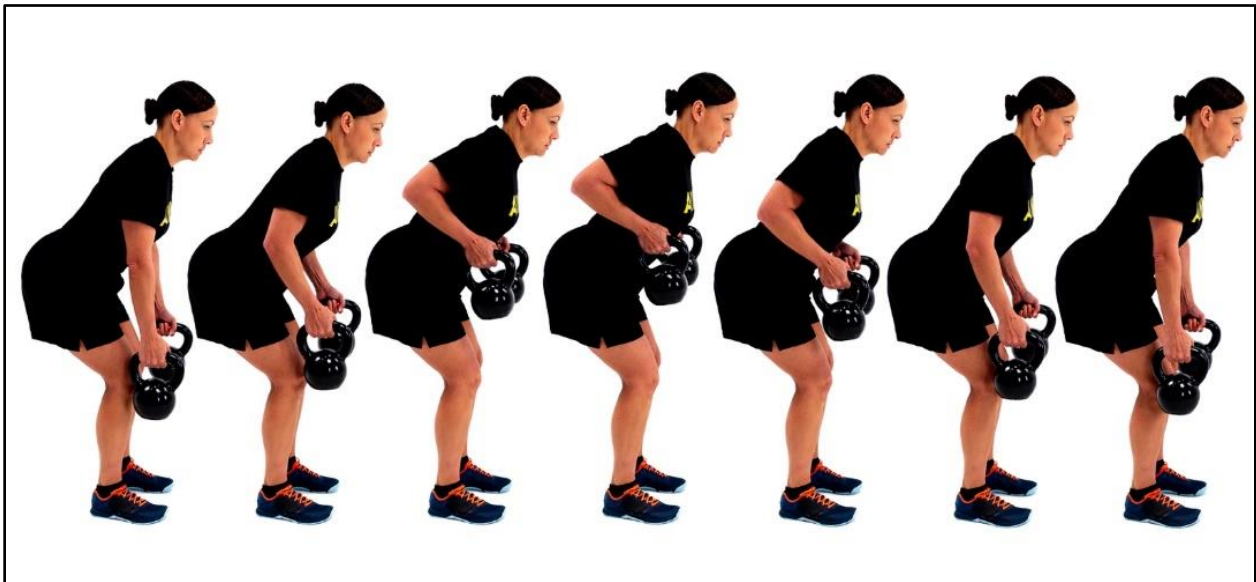
Equipment: Kettlebells, straight bar (45lbs), weight plates, collars, or alternate equipment. Select the appropriate weight and ensure the barbell collars are in place.

Starting Position: After picking up the weight from the ground, move into the forward leaning rest position while holding the weight in front of the legs using a pronated grip (palms facing the thighs). Select the appropriate weight and ensure the barbell collars are in place.

Execution: While maintaining a secure grip, pinch the shoulder blades together while keeping both knees in a slightly flexed position. Pull the weight up toward the chest and shoulders while keeping the trunk still and the spine straight. Return to the starting position before repeating.

Exercise Prescription: 3 sets of 8-10 reps using 60-70% of 1RM.

Figure 12: Bent Over Row



Check Points:

- Feet remain flat on the ground or foot supports.
- The trunk is erect and the back is flat.
- Keep the head and neck in a neutral position, looking straight ahead or slightly downward.

Exercise 3: 300 Meter Shuttle Run (300SR)

Risk Mitigation: Soldiers will perform a dynamic warm-up before starting this exercise. A master fitness trainer can assist in developing proper form. Beginners should start with 5 repetitions in a limited range of movement. Beginners should increase repetitions with proper technique to 10 repetitions across a 2-4 week base phase.

Purpose: The 300SR develops the ability to repeatedly sprint after changing direction. It is an indicator of the Soldier's anaerobic endurance, speed, and agility.

Equipment: Level space with 25 meter lane.

Starting Position: Staggered stance.

Execution: The 300SR can be conducted by individual Soldiers or as a collective exercise from the extended rectangular formation (covered). On the command, "READY," one Soldier in each column will move behind the starting line and assume the staggered stance. On the command, "GO," Soldiers sprint to a line 25 meters from the starting line. They must turn, squat and touch the line or beyond it with their left hand, then return to touch the starting/finish line with their right hand. This is considered one repetition. Soldiers will perform six repetitions alternating touching the lines with opposite hands. On the last (sixth) repetition, Soldiers sprint past the starting/finish line without touching it.

Figure 13: 300M Shuttle Run



Check Points:

- Soldiers should slow their movement before planting feet and changing direction.
- Soldiers should both bend the trunk and squat when reaching to touch the ground as they change direction (this is particularly important when picking up the kettlebells prior to the Carry leg of the Sprint-Drag-Carry.)
- Soldiers touch the ground with their left hand on the first turn, and with their right hand on the second turn and continue to alternate touches on each turn.
- Soldiers must sprint with their heads up and watch for other Soldiers who may be moving in the opposite direction.

EVENT TRAINING



Leg Tuck

TOP THREE EXERCISES

Exercise 1: Bent-Leg Raise (from 4C)

Risk Mitigation: Soldiers should execute a dynamic warm-up before starting this exercise. A master fitness trainer can assist in developing proper form. Beginners should start with 20 second repetitions and exercise in a limited range of movement. Beginners should increase repetitions with proper technique from 20 to 60 second intervals throughout a 2-4 week base phase.

Purpose: This exercise develops strength, endurance and mobility of the trunk.

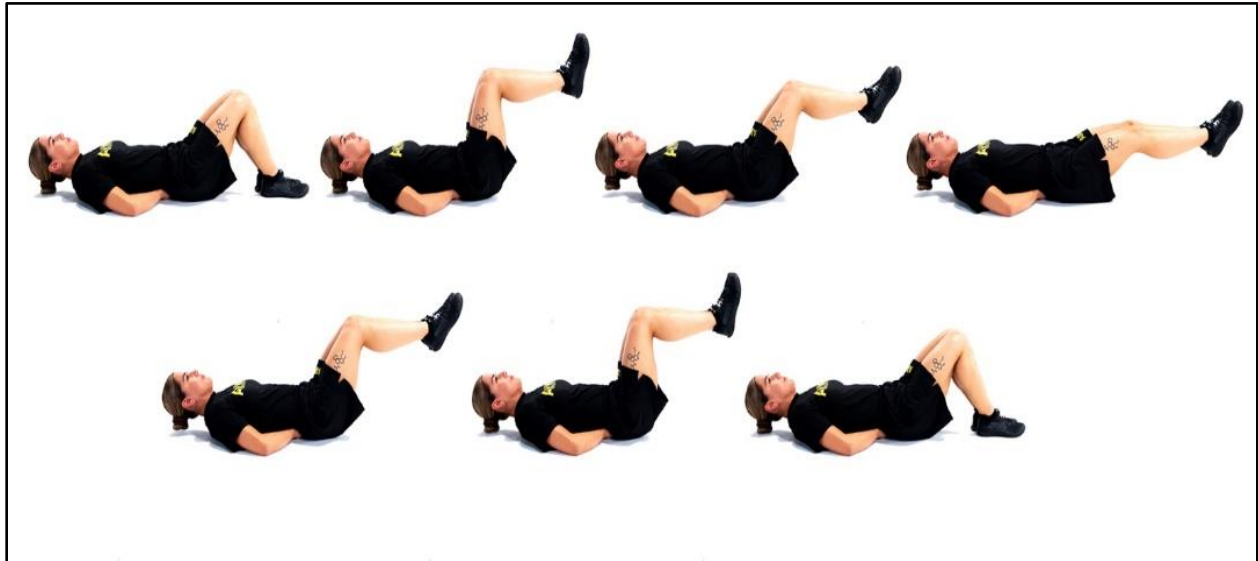
Equipment: Level space.

Starting Position: Lying in the starting position for the sit-up, place the fingers of both hands underneath the small of the back.

Execution: Raise the feet off of the ground until both the hips and knees flex to 90 degrees. Holding the head two or three inches off the ground, contract the abdominals while thinking about the amount of pressure on the fingers created by the contraction of the abdominals. Maintain the same degree of pressure while slowly straightening the legs. Hold.

Exercise Prescription: 3 reps of 30-60 second holds.

Figure 14: Bent-Leg Raise



Check Points:

- Head is 2-3 inches off the ground.
- Ensure abdominal contraction is performed prior to lifting the extremities.
- Maintain consistent pressure on the fingers throughout the exercise.

Exercise 2: Leg Tuck and Twist (from CD1)

Risk Mitigation: Soldiers should execute a dynamic warm-up before starting this exercise. A master fitness trainer can assist in developing proper form. Beginners should start with 5 repetitions and exercise in a controlled range of movement. Beginners should increase repetitions with proper technique from 5 to 10 repetitions throughout a 2-4 week base phase.

Purpose: This exercise develops trunk strength and mobility while enhancing balance.

Equipment: Soft, level space.

Starting Position: Seated with trunk straight but leaning backward 45 degrees, arms straight and hands on ground 45 degrees to the rear with palms down. Legs are straight, extended to the front, and 8 to 12 inches off the ground.

Execution: Raise legs while rotating on to the left buttock and draw the knees toward the left shoulder. Return to the starting position. Repeat on the right side.

Exercise Prescription: 2 sets of 5 to 10 repetitions.

Figure 15: Leg Tuck and Twist



Check Points:

- Keep the legs and knees together.
- The head and trunk remain still while the legs move.
- The legs are tucked (bent) and aligned diagonally to the trunk as they move up.
- To protect the back, avoid jerking the legs and trunk to achieve the up position.

Exercise 3: Alternating Grip Pull-Up (from Climbing Drill 1 (CL1))

Risk Mitigation: Soldiers should begin training with a spotter, step bench, or other assistive stretch cord to perfect their pulling range of motion. A master fitness trainer can assist in developing proper form. Beginners should work for 2-4 weeks with assistance, supplementing with other pulling or climbing drill exercises such as the Straight Arm Pull or Lat Pull Down machine starting at 50% of their body weight (ex: body weight = 170lbs; pull weight = 70-85lbs), or 25-50% of their 1RM. Beginners should maintain a relative constant weight and increase repetitions with proper technique during a 2-4 week base phase.

Purpose: This exercise develops the muscles used to pull the body upward while using an alternating grip.

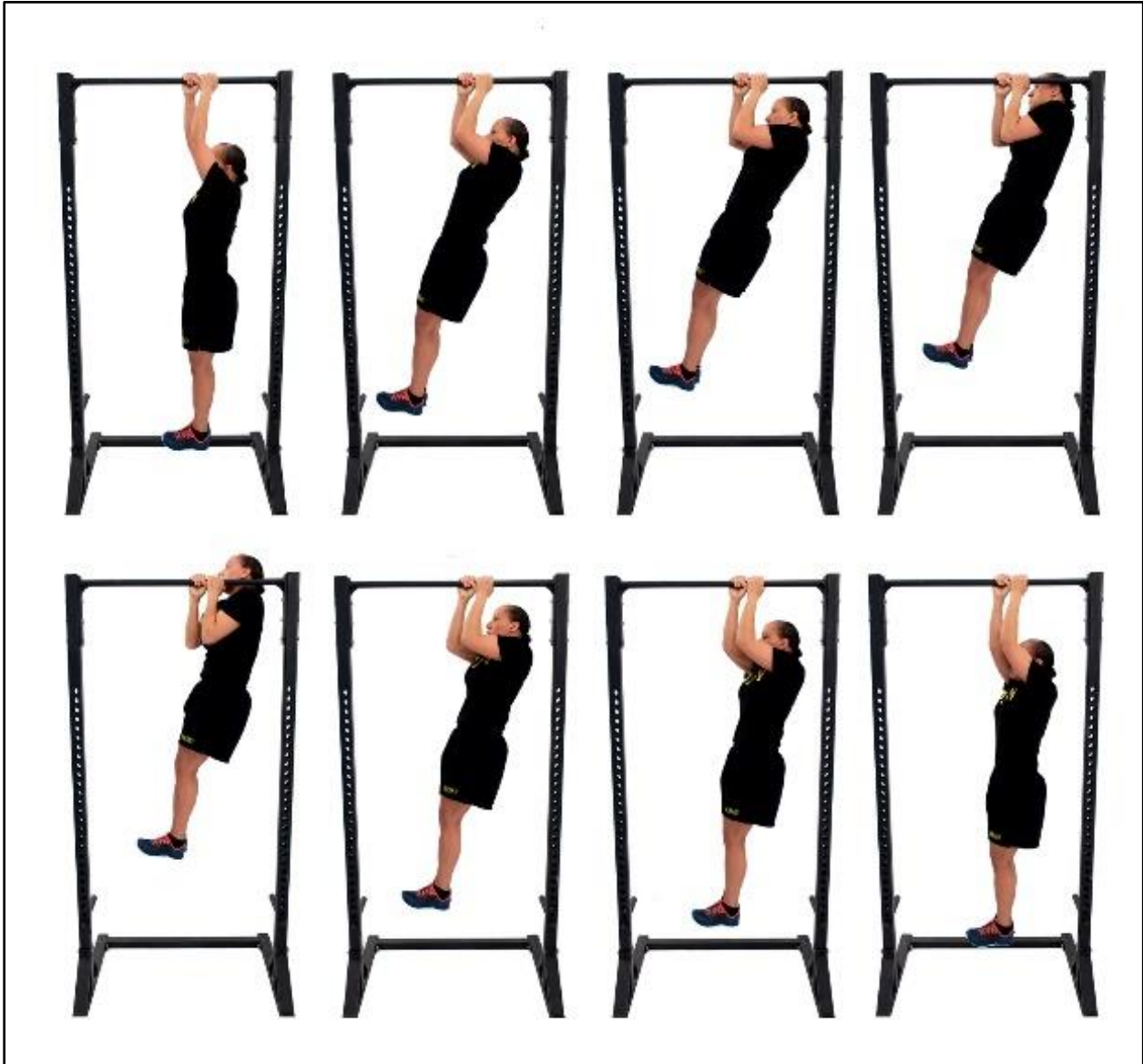
Starting Position: Straight arm hang using the alternating grip, left or right.

Equipment: Climbing bar, pull-up bar, suspension trainer or Lat' Pull Down machine.

Execution: Keeping the body straight, pull upward, allowing the head to move to the left or right side of the bar while touching the left or right shoulder to the bar. Return to the starting position. Soldiers should pair up with a battle buddy to work “negatives” (eccentric contractions) after they reach volitional fatigue. The battle buddy can assist the Soldier to achieve the fully flexed position to allow the Soldier to execute a slow cadence eccentric extension movement to full arm extension.

Exercise Prescription: 1 set of 5 to 10 repetitions.

Figure 16: Alternating Grip Pull-up.



Check Points:

- When using the left alternating grip, Soldiers touch the left shoulder to the bar. If the right alternating grip is used, Soldiers touch the right shoulder to the bar.
- The arms are fully extended in the starting position.
- Keep the feet together and uncrossed throughout the exercise.

EVENT TRAINING



2 Mile Run

TOP THREE EXERCISES

Exercise 1: Sprint Intervals (PRT Activities 30:60s and 60:120s)

Risk Mitigation: Soldiers should execute a dynamic warm-up before starting this exercise. A master fitness trainer can assist in developing proper running form. Beginners should start with four 30-second repetitions at 50-60% effort followed by a 60 second rest (30:60s). Beginners should increase repetitions (6-8) maintaining proper running technique for 30-seconds at 50-60% effort throughout a 2-4 week base phase.

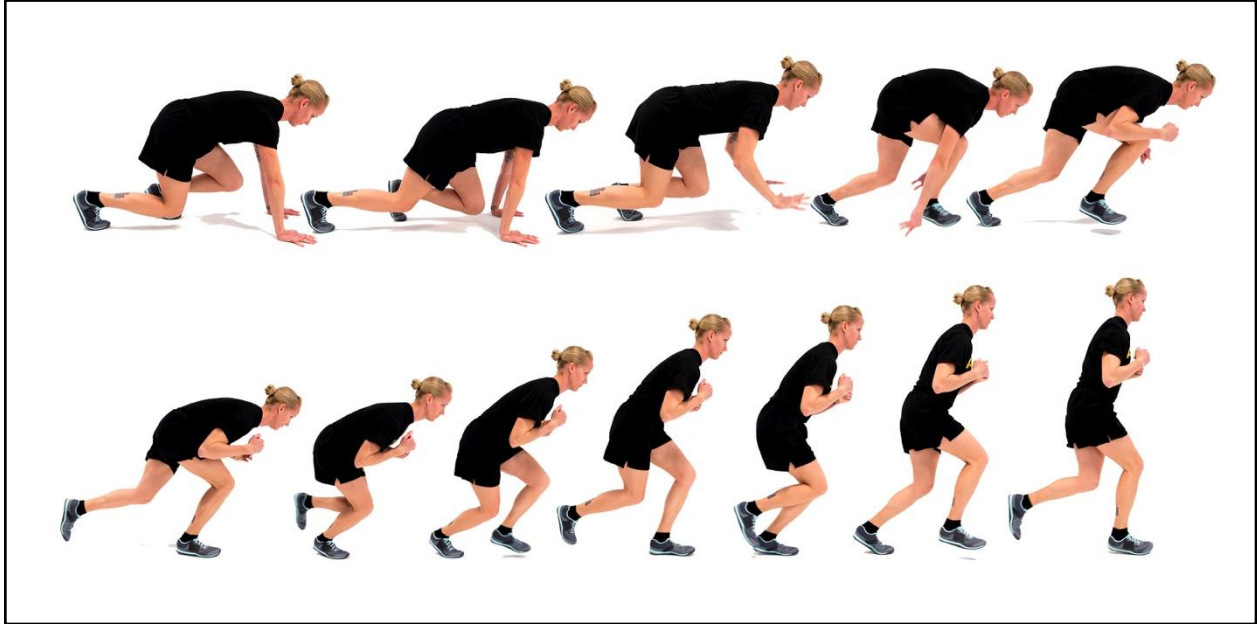
Purpose: This exercise improves the resistance to fatigue of the active muscles by repeatedly exposing them to high intensity effort. As a result of their increased anaerobic and aerobic endurance, Soldiers will be able to sustain performance of physically demanding tasks at a higher intensity for a longer duration.

Equipment: Level field, track or running surface.

Execution: Following a dynamic warm-up (Preparation Drill and Military Movement Drill), sprint at near maximal effort for 30 seconds followed by 60 seconds of rest.

Exercise Prescription: 1 x week, 4 to 10 reps followed by a cool down (Recovery Drill). After achieving 10 x 30:60s, replace with 5 x 60:120s weekly increasing to 10 x 60:120s over four weeks.

Figure 16: Sprint Intervals



Check Points:

- Must perform dynamic warm-up prior to executing 30:60s.
- Follow 1:2 work to rest ratio.
- Ensure cool down (Recovery Drill) is performed.
- Avoid running on consecutive (back to back) days.

Exercise 2: Release Run (RR)

Risk Mitigation: Soldiers should execute a dynamic warm-up before starting this exercise. A master fitness trainer can assist in developing proper running form. Beginners should start running at a moderate sustainable pace for 5-10 minutes. Beginners should gradually increase the time to 10-15 minutes throughout a 2-4 week base phase.

Purpose: This exercise shares the similar purpose to Interval Sprints but with less intensity and longer duration.

Equipment: Level field, track or running surface.

Execution: Following a dynamic warm-up (Preparation Drill and Military Movement Drill), the running pace should be “comfortably hard.” Soldiers should be able to maintain a steady pace for 5-6 minutes with a similar ability group before being released to run at their own pace or target pace. The duration of the release portion of the run should increase progressively to 15-25 minutes.

Exercise Prescription: 1x week at the highest sustainable pace for 5-6 minutes initially, progressing to 15-25 minutes.

Check Points:

- Must perform dynamic warm-up prior to exercise.
- Ensure the running pace is “comfortably hard” while sustaining 5-6 minutes of duration initially.
- The goal is to be able to progress to 15-25 minutes of duration at the same pace.
- Ensure cool down (Recovery Drill) is performed.
- Avoid running on consecutive (back to back) days.

Exercise 3: Hill Repeats (HR)

Risk Mitigation: Soldiers should execute a dynamic warm-up before starting this exercise. A master fitness trainer can assist in developing proper running form. Beginners should start running at a slow sustainable pace for 10-15 minutes. Beginners should gradually increase the time to 15-20 minutes throughout a 2-4 week base phase.

Purpose: This exercise develops aerobic fitness and muscular endurance by utilizing a slower pace and a longer duration of sustained running.

Equipment: Level field, track or running surface.

Execution: Following a dynamic warm-up (Preparation Drill, Hip Stability Drill and Military Movement Drills), the running pace should be slow enough to carry a conversation without becoming out of breath for 20-30 minutes. You should increase your time/distance slowly, no more than 10% in time or distance per week. You should not increase your pace.

Exercise Prescription: 1 x week for 6-10 repetitions

Check Points:

- Must perform dynamic warm-up prior to exercise.
- Ensure the running pace is can be sustained across each of the reps.
- Ensure cool down (Recovery Drill) is performed.
- Avoid running on consecutive (back to back) days.

ACFT SAMPLE TRAINING SCHEDULES

The purpose of the ACFT sample training guide is to provide a general training program for Soldiers who need to improve. Training days or sessions should alternate between strength and endurance. The strength training sessions must follow an alternating pattern that includes lower body session followed by upper body sessions while the Soldiers must avoid consecutive running (back to back) days to reduce the risk of injury.

Table 2: Sample training schedule for ACFT improvement

	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	Strength	Endurance	Strength	Endurance	Strength	Endurance
Week 2	Endurance	Strength	Endurance	Strength	Endurance	Strength

Table 3: Abbreviations

PD	Preparation Drill
RD	Recovery Drill
CD1	Conditioning Drill 1
CD2	Conditioning Drill 2
CD3	Conditioning Drill 3
CL1	Climbing Drill 1
STC	Strength Training Circuit
HSD	Hip Stability Drill
4C	Four for the Core
SSD	Shoulder Stability Drill
MMD	Military Movement Drill
RR	Release Run
HR	Hill Repeats
2MR	2 Mile Run
FM	Foot March with FL (full load) or EAML (emergency approach march load)
FW	Free Weight training – core lift (Squat, Bench, or Deadlift) noted for each session
GD	Guerilla Drill
AGR	Ability Group Run

Table 4: Training Drills (FM 7-22)

STRENGTH AND MOBILITY ACTIVITIES

Conditioning Drill 1

Exercise 1: Power Jump

Exercise 2: V-Up

Exercise 3: Mountain Climber

Exercise 4: Leg Tuck and Twist

Exercise 5: Single-Leg Push-Up

Conditioning Drill 2

Exercise 1: Turn and Lunge

Exercise 2: Supine Bicycle

Exercise 3: Half Jacks

Exercise 4: Swimmer

Exercise 5: 8-Count Push-Up

Conditioning Drill 3

Exercise 1: “Y” Squat

Exercise 2: Single-Leg Dead Lift

Exercise 3: Side-to-Side Knee Lifts

Exercise 4: Front Kick Alternate Toe Touch

Exercise 5: Tuck Jump

Exercise 6: Straddle-Run Forward and Backward

Exercise 7: Half-Squat Laterals

Exercise 8: Frog Jumps Forward and Backward

Exercise 9: Alternate ¼-Turn Jump

Exercise 10: Alternate-Staggered Squat Jump

Climbing Drill 1

Exercise 1: Straight-Arm Pull

Exercise 2: Heel Hook

Exercise 3: Pull-Up

Exercise 4: Leg Tuck

Exercise 5: Alternating Grip Pull-Up

Climbing Drill 2

Exercise 1: Flexed-Arm Hang

Exercise 2: Heel Hook

Exercise 3: Pull-Up

Exercise 4: Leg Tuck.

Exercise 5: Alternating Grip Pull-Up

Strength Training Circuit

Station 1: Sumo Squat

Station 2: Straight-Leg Dead Lift

Station 3: Forward Lunge

Station 4: 8-Count Step-Up

Station 5: Pull-Up or Straight-Arm Pull

Station 6: Supine Chest Press

Station 7: Bent-Over Row

Station 8: Overhead Push Press

Station 9: Supine Body Twist

Station 10: Leg Tuck

ENDURANCE AND MOBILITY ACTIVITIES

Military Movement Drill 1

Exercise 1: Verticals

Exercise 2: Laterals

Exercise 3: Shuttle Sprint

Military Movement Drill 2

Exercise 1: Power Skip

Training Aid – Refer to FM 7-22 for expanded training programs and additional exercises

Exercise 2: Crossovers

Exercise 3: Crouch Run

Speed Running

30:60s

60:120s

300-Yard Shuttle Run

Hill Repeats

Ability Group Run

Unit Formation Run

Release Run

Terrain Run

Foot Marches

Conditioning Obstacle Course

Endurance Training Machines

Table 5: A one-month schedule of 60-minute PRT sessions incorporating ACFT for Soldiers immediately prior to deployment (Available). In this example, the ACFT is conducted on the fourth Monday, using the weekend as a recovery period prior to the test.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Preparation: PD (10 reps), 4C Activities: CD 1&2 (10 reps ea), CL 1 (10 reps), FW Bench or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)	2 Preparation: PD (10 reps), HSD Activities: MMD 1&2 (1 rep ea), 60:120s (10 reps) or 300M SR (2 reps) & Hill Repeats (8-10 reps) Recovery: RD (30 sec)	3 Preparation: PD (10 reps), SSD Activities: CD 1&2 (10 reps ea), CL 1 (10 reps), FW Squat or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)
6 Preparation: PD (10 reps), HSD Activities: ACUs/Boots, MMD 1&2 (1 rep ea), Trail Run (30 min) Recovery: RD (30 sec)	7 Preparation: PD (10 reps), 4C Activities: CD 3 (10 reps), CL 1 (10 reps), FW Deadlift or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)	8 Preparation: PD (10 reps), SSD Activities: ACUs/Boots, MMD 1&2 (1 rep ea), 30:60s (10-15 reps) or 300M SR (2 reps) & Hill Repeats (8-10 reps) Recovery: RD (30 sec)	9 Preparation: PD (10 reps), 4C Activities: CD 3 (10 reps), CL 1 (10 reps), FW Bench or STC (3 rotations x 60 sec) or other strength training modalities. Recovery: RD (30 sec)	10 Preparation: PD (10 reps), HSD Activities: MMD 1&2 (1 rep ea), AGR (30 min) or Unit Run (30 min) or FM w/fl or aml Recovery: RD (30 sec)
13 Preparation: PD (10 reps), 4C Activities: ACUs/Boots, GD (1 rep), CD 1&2 (10 reps ea), CL 2 (2x5 reps), FW Squat or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)	14 Preparation: PD (10 reps), HSD Activities: MMD 1&2 (1 rep ea), 60:120s (10 reps) or 300M SR (2 reps) & Hill Repeats (8-10 reps) Recovery: RD (30 sec)	15 Preparation: PD (10 reps), 4C Activities: ACUs/Boots, GD (1 rep), CD 3 (5-10 reps), CL 2 (2x5 reps), FW Deadlift or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)	16 Preparation: PD (10 reps), HSD Activities: MMD 1&2 (1 rep ea), AGR (30 min) or RR (30 min) Recovery: RD (30 sec)	17 Preparation: PD (10 reps), SSD Activities: ACUs/Boots, GD (1 rep), CD 1&2 (10 reps ea), CL 2 (2x5 reps), FW Bench or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)

Training Aid – Refer to FM 7-22 for expanded training programs and additional exercises

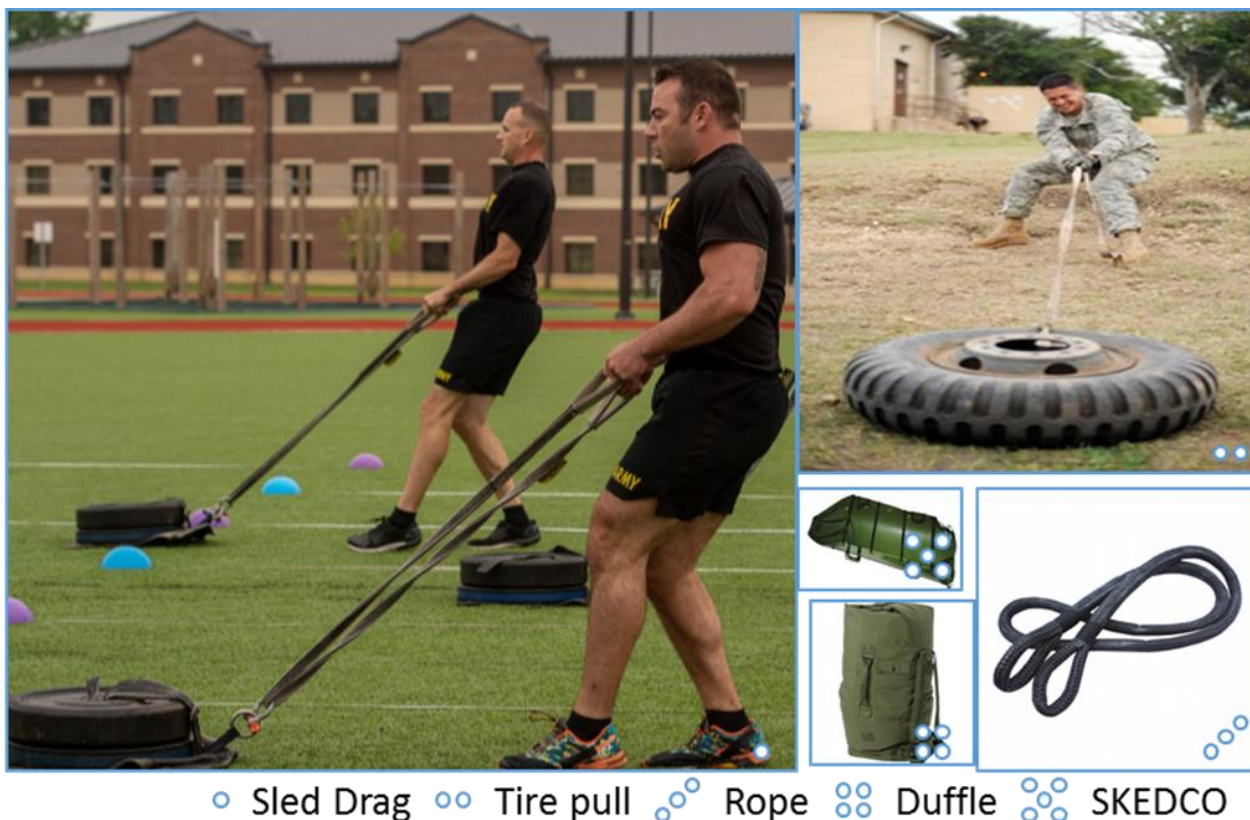
Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
Preparation: PD (10 reps), HSD Activities: MMD 1&2 (1 rep ea), AGR (30 min) or RR (30 min) Recovery: RD (30 sec)	Preparation: PD (10 reps), 4C Activities: ACUs/Boots, GD (1 rep), CD 3 (5-10 reps), CL 2 (2x5 reps), FW Squat or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)	Preparation: PD (10 reps), HSD Activities: MMD 1&2 (1 rep ea), 60:120s (10 reps) or 300M SR (2 reps) & Hill Repeats (8-10 reps) Recovery: RD (30 sec)	Preparation: PD (10 reps), SSD Activities: ACUs/Boots, GD (1 rep), CD 3 (5-10 reps), CL 2 (2x5 reps), FW Deadlift or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)	Preparation: PD (10 reps), HSD Activities: MMD 1&2 (1 rep ea), AGR (30 min) or Unit Run (30 min) or FM w/fl or aml Recovery: RD (30 sec)
27	28	29	30	31
Preparation: PD (10 reps), 3RM DL ladder, Activities: ACFT Recovery: RD (30 sec)	Preparation: PD (10 reps), 4C Activities: CD 1 (10 reps), CL 1 (10 reps), FW Bench or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)	Preparation: PD (10 reps), HSD Activities: MMD 1&2 (1 rep ea), 60:120s (10 reps) or 300M SR (2 reps) & Hill Repeats (8-10 reps) Recovery: RD (30 sec)	Preparation: PD (10 reps), SSD Activities: CD 2 (10 reps), CL 1 (10 reps), FW Deadlift or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)	Preparation: PD (10 reps), Activities: MMD 1&2 (1 rep ea), AGR (30 min) or RR (30 min) Recovery: RD (30 sec)

Table 6: A 14-day schedule of 30-minute condensed PRT sessions for ACFT improvement. Exercises in bold are the ones Soldiers should choose if they have very limited time.

	Strength	Endurance
Mon	PD (Forward Lunge) 4C (Bent Leg Raise, Quadraplex) STC (Sumo Squat, Forward Lunge) RD	
Tues		PD, HSD, MMDs, 6-10 x Hill Repeats , RD
Wed	PD (Forward Lunge) 4C (Bent Leg Raise, Quadraplex) Incline Bench STC (Overhead Push-Press, Bent Over Row) RD	
Thurs		PD, MMDs, Release Run , RD
Fri	PD (Forward Lunge) SSD CL1 (Alternating Grip Pull-up) CD1 (Power Jump, Leg Tuck and Twist) RD	
Sat		PD, HSD, MMDs, 5-10 x 30:60s , RD
Sun	DAY OFF	DAY OFF
Mon	PD (Forward Lunge) SSD CD2 (8-count Push-up) CD3 (Tuck Jump, Alt' Staggered Squat Jump) RD	
Tues		PD, MMDs, 1-3 x 300MSR , RD
Wed	PD (Forward Lunge) 4C (Bent Leg Raise, Quadraplex) CD1 (Power Jump, Leg Tuck and Twist) RD	
Thurs		PD, HSD, MMDs, Release Run , RD
Fri	PD (Forward Lunge) SSD CL1 (Alternating Grip Pull-up) STC (Overhead Push-Press, Bent Over Row) RD	
Sat		PD, MMDs, 5 x 60:120s , RD
Sun	DAY OFF	DAY OFF

Table 7: Definitions

1RM	1 Repetition Maximum: the maximum amount of weight lifted in 1 repetition. To reduce risk, Soldiers may prefer to conduct a 3 repetition maximum assessment and use the results to calculate 1RM.
Interval	One running repetition of varying lengths.
Resistance	Resistance – the amount of weight.
Repetition	Repetition – one movement throughout the full range of motion.
Hex / trap bar	A hexagon-shaped bar used to train the deadlift, generally 45-60 lbs.
Straight bar	A straight strength training bar, generally 45 lbs.
Collars	The safety stops placed on the straight or hex bar to prevent the weights from shifting or slipping off the bar.
Aerobic capacity	The ability to take in and use oxygen to do sustained amounts of endurance work.



This training guide is a tool to help Soldiers begin to train for the Army Combat Fitness Test and the physical requirements of their duties as a Soldier. The guide is only a limited baseline of some exercises that are appropriate for training. It is not meant to be prescriptive or limiting in nature. Soldiers and Commanders should seek additional assistance and guidance from FM 7-22 (October 2012) and from their Master Fitness Trainers.

Additional guidance and revisions to FM 7-22 will be forthcoming in FY19.

Specific questions can be addressed to the Army lead for Physical Fitness, the U.S. Army Center for Initial Military Training, TRADOC, at Fort Eustis, Virginia, and its subordinate element the Leader Training Brigade, U.S. Army Physical Fitness School, Fort Jackson, South Carolina.

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