

I'm not a bot



Army initial strength test

The U.S. Army has announced the establishment of a new physical fitness test, known as the Army Fitness Test (AFT), which will replace the existing Army Combat Fitness Test. The AFT is designed to improve Soldier fitness and warfighting readiness, with a focus on enhancing lethality. The test consists of five events: deadlift, push-up arm extension, sprint-drag-carry, plank, and two-mile run. Phased implementation will begin in 2025, with new scoring standards taking effect for certain military occupational specialties (MOSs) in 2026. The AFT is sex-neutral and age-normed, requiring Soldiers to achieve a minimum score of 60 points per event and an overall minimum score of 350. The change aims to build a physically ready force capable of meeting operational demands in austere environments. Active duty status under the APFT was governed by FM 7-22, which outlined administration procedures for the APFT, as well as guidelines for conducting physical training sessions at individual, squad, and unit levels. Soldiers with diagnosed medical conditions could receive temporary exemptions to participate in events that were challenging due to their injury. However, if a soldier had a permanent condition, they could opt for alternative aerobic events such as a 2.5-mile walk or 800-yard swim. The physical fitness assessments in the US Army have undergone several changes since their inception in 1958. The current APFT was introduced in 1980 and included calisthenics like push-ups and sit-ups, along with a 2-mile run. In 2020, the APFT was replaced by the ACFT, but in June 2023, the Senate Committee on Armed Services announced plans to reinstate the APFT as the test of record. Perform push-ups with caution, as mistakes won't be tolerated - you'll keep going even if they're wrong. The only allowed resting position is a little slouchy, but don't go too far or you'll fail. You can bend your knees some but not that much, or it will end early. If you do, start again from the beginning. Lift your hands and feet up - as long as they touch down on the ground. Proper performance matters, so get through two minutes of push-ups as fast as you can. The sit-up test is all about core strength - you'll need to lift your upper body high before lowering back down without touching anything except maybe your head. A second person will hold your ankles while you do this. Your arms and elbows don't have to touch, but fingers need to be locked behind the head. Keep going until they stop you, which won't happen if you keep moving. The two-mile run assesses how fit you are for long-distance running - just complete it without any help from others or yourself. When you're ready, all soldiers will start at once and run as far as they can. Your mission is to complete the 2-mile course as quickly as possible. Although walking is allowed, it's strongly discouraged. If you get assistance or leave the designated running area, you'll be disqualified. The number on your chest serves as identification; make sure it's visible at all times. After completing the run, turn in your number and proceed to the cool-down area for stretching. To earn the Physical Fitness Badge, you need to score 90 points or more in each event. Your score is based on gender, age category, push-up and sit-up repetitions, and run time. Refer to Army FM 7-22 and Department of the Army Form 705 for scoring tables. A minimum score of 60 in each event is required to pass. If you pass all three events, your total score can range from 180 to 300. Some units may have more stringent standards, such as special operations soldiers who need to score 70 points or better per event. Soldiers with a score of 270 or above, along with a minimum score of 90 in each event, will receive the Physical Fitness Badge. This badge also affects promotion eligibility, with promotion points determining your ranking. The Army Physical Fitness Test (APFT) is an assessment that evaluates a soldier's physical fitness in three areas: push-ups, sit-ups, and a two-mile run. While official scores can't exceed 300 points, additional points are awarded for each extra push-up or sit-up completed beyond the minimum requirement, as well as for reducing the time taken to complete the run by six seconds. Soldiers with medical conditions that prevent them from participating in the run may be allowed to take an alternate aerobic event instead, with scoring based on their age and gender. For soldiers who fail two consecutive APFTs, it can lead to separation from the Army. Those who struggle are often placed in a remedial program for additional physical training. An APFT failure also results in being flagged, which makes them ineligible for promotion, attendance at military schools or training, and certain awards and decorations. The minimum and maximum scores for each test are as follows: **Push-ups:** * Maximum 100% score (male/female): 71/42; 77/50; 75/45; 73/40; 66/37; 59/34; 56/31; 53/28; 50/25; 50/25 * Minimum 60% score (male/female): 42/19; 40/17; 39/17; 36/15; 34/13; 30/12; 25/10; 20/9; 18/8; 16/7 **Sit-ups:** * Maximum 100% score (male/female): 78/78; 80/76; 82/76; 76/72; 66/66 * Minimum 60% score (male/female): 53/53; 50/45; 45/42; 38/32; 30/28; 27/26 **2-mile run:** * Maximum 100% time (male/female): 13:00-9.21/15:36-7.12; 14:18-14.5; 14:18-14.5; 14:36-8.81; 14:36-8.81 * Minimum 60% speed (male/female): 15:54-7.51/18:54-6.31; 16:36-7.21/19:36-6.11; 17:00-7.11/20:30-5.99; 17:42-6.61/22:42-5.38 Note that in rare cases, soldiers have died during or after taking the APFT due to underlying health conditions rather than the test itself. Given article text here The Ranger School first phase includes a unique physical fitness test, separate from the standard Army Physical Fitness Test. The test involves push-ups, sit-ups, chin-ups, and a five-mile run, with push-ups and sit-ups to be completed within 2 minutes. Soldiers attending the Ranger Assessment and Selection Program (RASP) also undergo this test, which has slightly different standards. The United States Army Physical Fitness Test (ACFT) is a vital component of the Army's fitness culture, aiming to maintain the physical and mental well-being of Soldiers while ensuring readiness. The test comprises six events: lifting maximum weight, throwing a medicine ball, completing hand-release push-ups, sprinting with kettlebells, maintaining a plank position, and running two miles. A minimum passing score of 60 points is required for each event, totaling 360 points. The Army offers support and training to improve scores, allowing Soldiers to retake the test if needed. However, failure to pass the ACFT may result in involuntary separation from the Army, except for commissioned officers who will continue to take the test as cadets.

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