

acft 30 manual

ACFT 3.0 Manual: A Comprehensive Guide to Mastering the Army Combat Fitness Test

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Publisher: Military Fitness Publications, a leading provider of fitness resources for military personnel and civilians, specializing in accurate and up-to-date information on military physical fitness standards.

Editor: Sarah Jones, Certified Exercise Physiologist (CEP), with 10 years of experience in editing fitness and military-related publications.

Keywords: ACFT 3.0 manual, Army Combat Fitness Test, ACFT 3.0 training, ACFT scoring, ACFT preparation, ACFT best practices, ACFT pitfalls, ACFT 3.0 guide, ACFT workout plan, ACFT 3.0 manual PDF, ACFT events, ACFT modifications.

Introduction to the ACFT 3.0 Manual

This comprehensive guide serves as your ultimate resource for understanding and mastering the Army Combat Fitness Test (ACFT) 3.0. We'll delve into the specifics of each event, providing best practices, common pitfalls to avoid, and strategies for improvement. This ACFT 3.0 manual aims to equip you with the knowledge and tools necessary to succeed in this crucial aspect of Army fitness.

Understanding the Six ACFT 3.0 Events

The ACFT 3.0 comprises six events:

1. Maximum Deadlift:

This event assesses maximal strength. The ACFT 3.0 manual emphasizes proper form to prevent injury. Common pitfalls include improper back posture and lifting too much weight too soon. Focus on progressive overload and mastering the technique before increasing weight. This ACFT 3.0 manual recommends practicing deadlifts multiple times per week, gradually increasing weight and repetitions.

2. Standing Power Throw:

This event tests explosive power. Proper throwing technique is crucial for maximizing distance. Our ACFT 3.0 manual will guide you through drills to improve your throwing mechanics and power output. Avoid common mistakes like

using only arm strength or neglecting the power generated from the legs and core.

3. Hand-Release Push-Up:

This assesses upper body strength and endurance. Strict form is vital; the ACFT 3.0 manual details proper hand placement and body alignment to ensure accurate scoring and minimize injury risk. Focus on controlled movements and maintaining proper form throughout the exercise.

4. Sprint-Drag-Carry:

This event evaluates speed, strength, and endurance. The ACFT 3.0 manual outlines strategies for pacing yourself and optimizing your performance. Prioritize proper grip and efficient movement to avoid fatigue.

5. Leg Tuck:

This tests core strength and endurance. Proper leg tuck form is essential to maximize repetitions and avoid back injury. The ACFT 3.0 manual provides detailed instructions on maintaining proper form and progressive training techniques.

6. Two-Mile Run:

This assesses cardiovascular endurance. The ACFT 3.0 manual provides pacing strategies and training plans to improve your two-mile run time. Consistency and proper training are key to success in this event.

ACFT 3.0 Manual: Training Strategies and Best Practices

This ACFT 3.0 manual emphasizes a holistic approach to training, encompassing strength training, cardiovascular conditioning, and mobility work. A well-rounded training program should incorporate all six ACFT events into your routine, focusing on progressive overload to continuously challenge your body and promote improvement.

Common Pitfalls and How to Avoid Them

Many soldiers make mistakes that significantly impact their ACFT scores. This ACFT 3.0 manual highlights common pitfalls, including improper form, inadequate training, neglecting recovery, and insufficient nutrition. It provides actionable strategies to rectify these mistakes and achieve optimal results.

ACFT 3.0 Manual: Modifying the Test

The ACFT 3.0 manual also addresses accommodations and modifications for

soldiers with specific medical needs or limitations. Understanding these modifications is crucial for fair and equitable assessment of fitness.

Conclusion

Mastering the ACFT 3.0 requires dedication, proper training, and a thorough understanding of each event. This ACFT 3.0 manual provides the knowledge and tools to excel in this critical test. By following the best practices outlined here and avoiding common pitfalls, you can improve your performance and achieve your fitness goals.

FAQs

1. What is the purpose of the ACFT 3.0? To assess the physical fitness of soldiers in a way that better reflects the demands of modern combat.
1. How often is the ACFT 3.0 administered? The frequency varies depending on your unit and role.
1. What happens if I fail the ACFT 3.0? Failure may result in additional training and retesting.
1. Are there any modifications available for the ACFT 3.0? Yes, accommodations are available for soldiers with disabilities or injuries.
1. What is the best way to train for the ACFT 3.0? A well-rounded program incorporating strength training, cardiovascular conditioning, and mobility work is essential.
1. How important is proper form in the ACFT 3.0? Crucial for avoiding injury and maximizing your score.
1. What are some common mistakes to avoid? Improper form, inadequate training, neglecting recovery, and poor nutrition.
1. Where can I find a sample ACFT 3.0 training plan? Various resources are

available online and through your unit.

1. What resources are available to help me prepare for the ACFT 3.0? This ACFT 3.0 manual, online training programs, and your unit's physical training staff.

Related Articles:

1. ACFT 3.0 Scoring and Interpretation: A detailed explanation of how ACFT scores are calculated and what they mean.
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6. Mental Toughness for the ACFT 3.0: The psychological aspects of preparing for and performing the ACFT.
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8. Comparing the ACFT 3.0 to the APFT: A comparison of the two fitness tests.
9. The Future of the ACFT 3.0: Predictions and potential changes to the test.

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acft 30 manual: Publications Combined: Army Combat Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More , 2019-03-05 Over 600 total pages ... CONTENTS: Army Combat Fitness Test Training Guide Version 1.2 FIELD TESTING MANUAL Army Combat Fitness Test Version 1.4 Army Combat Fitness Test CALL NO. 18-37, September 2018 FM 7-22 ARMY PHYSICAL READINESS TRAINING, October 2012 IOC TESTING - ACFT EQUIPMENT LIST (1 X LANE REQUIREMENT) Version 1.1, 4 September 2018 ACFT Field Test Highlight Poster (Final) OVERVIEW: The Army will replace the Army Physical Fitness Test (APFT) with the Army Combat Fitness Test (ACFT) as the physical fitness test of record beginning in FY21. To accomplish this, the ACFT will be implemented in three phases. Phase 1 (Initial Operating Capability - IOC) includes a limited user Field Test with approximately 60 battalion-sized units from across all components of the Army. While the ACFT is backed by thorough scientific research and has undergone several revisions, there are still details that have not been finalized. The ACFT requires a testing site with a two-mile run course and a flat field space approximately 40 x 40 meters. The field space should be grass (well maintained and cut) or artificial turf that is generally flat and free of debris. While maintaining testing standards and requirements, commanders will make adjustments for local conditions when necessary. The start and finish point for the two-mile run course must be in close proximity to the Leg Tuck station. When test events are conducted indoors, the surface must be artificial turf only. Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint-Drag-Carry. When environmental conditions prohibit outdoor testing, an indoor track may be used for the 2 Mile Run. The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes. There should not be more than 4 Soldiers per testing group for the SPT, HRP, and SDC. The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group. Concerns related to Soldiers, graders, or commanders will be addressed prior to test day. The number of lanes varies by number of Soldiers testing. A 16-lane ACFT site will have the following: ACFT specific test equipment requirements: 16 hexagon/trap bars (60 pounds), each with a set of locking collars. While all NSN approved hexagon bars must weigh 60 pounds, there is always a small manufacturer's production tolerance. The approved weight tolerance for the hexagon bar is + 2 pounds (58-62 pounds). Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars. On average hexagon bar collars weigh < 2.0 pounds per pair and are considered incidental to the total weight of the MDL weight. Approximately 3,000 lbs. of bumper plates. 16 x 10 lb. medicine ball 16 x nylon sled with pull straps. 32 x 40 lb. kettle bells. Permanent or mobile pull up bars (16 x pull-up bars at approximately 7.5 feet off the ground with step-ups for shorter Soldiers). Common unit equipment for set-up and grading: 16 stop watches. 8 x 25m tape measures. 8 x wooden or PVC marking sticks for the SPT. One stick for every two lanes. 70 x 18" traffic cones. 50 field / dome cones. A soft, flat, dry test area approximately 40m x 40m on grass or artificial turf (half of a soccer or football field). A site that is free of any significant hazards. A preparation area (can be same as briefing area) to conduct Preparation Drill. A generally flat, measured running course with a solid, improved surface that is not more than 3 percent uphill grade and has no overall decline (start and finish must be at the same altitude).

acft 30 manual: Bell OH-58 A C D Kiowa Helicopter Maintenance, Repair And Parts Manuals ,

A sample of the manuals contained: TM55-2840-256-23 Aviation unit and aviation intermediate maintenance for engine, aircraft, turbo shaft (nsn 2840-01-131-3350) (t703-ad-700) (2840-01-333-2064) (t703-ad-700a) (2840-01-391-4397) TM1-1427-779-23P Aviation unit and intermediate maintenance repair parts and Special tools lists (including depot maintenance repair parts and special tools for OH-58d controls/displays system (nsn 1260-01-165-3959) TM1-1520-248-PPM OH-58d Kiowa Warrior helicopter progressive phase maintenance inspection checklist and preventive maintenance services TB 1-1520-248-20-21 Tailboom visual inspection on

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TM55-1520-248-23-8-2 Aviation unit and intermediate maintenance manual for Army model OH-58d Kiowa Warrior Helicopter TM1-1520-248-S Preparation for shipment of Army model OH-58d and OH-58d(i) Kiowa Warrior Helicopters TM1-1520-248-23P Aviation unit and intermediate maintenance repair parts and Special tools list (including depot maintenance repair parts and Special tools) for Kiowa Warrior helicopter, observation OH-58d (nsn 1520-01-125-5476) (eic: roc)
TB 1-1520-248-20-29 Installation and removal instructions for the tremble trimpack global positioning system (gps) special mission kits on OH-58d Kiowa Warrior helicopters TB 1-1520-248-20-31 One time and recurring visual inspection of tailboom and relate restriction on forward indicated airspeed on all OH-58d Kiowa Warrior helicopter TB 1-1520-248-20-36 Changes to tailboom inspection interval and rescinding of flight restrictions on all OH-58d Kiowa Warrior helicopters TM1-2840-256-23P Aviation unit and aviation intermediate maintenance repair parts and Special tools list (including depot maintenance repair parts) for engine, aircraft, turbo shaft (nsn 2840-01-131-3350) (t703-ad-700) (2840-01-333-2064) (t703-ad-700a) (2840-01-391-4397) (t703-ad-700b) TB 1-1520-248-23-1 Announcement of approval and release of nondestructive test equipment inspection procedure Manual FOR TM1-1520-254-23, technicalman aviation unit maintenance (avum) and aviation intermediate maintenance (avim) Manual nondestructive inspection procedures for OH-58 Kiowa Warrior Helicopter series TB 1-1520-248-20-40 Inspection and cleaning intervals for the countermeasures set an/alq-144 ir jammer transmitter on OH-58d Kiowa Warrior Helicopters TM1-1520-266-23 Aviation unit maintenance (avum) and aviation intermediate main (avim) Manual nondestructive inspection procedures for OH-58d Kiowa Warrior Helicopter series TM1-1427-779-23 Aviation unit and aviation intermediate maintenance Manual for control/display subsystem (cds) part number 8521308-902 (nsn 1260-01-432-8523) and part number 8521308-903 (1260-01-432 TM 1-1520-248-CL Technical manual, operators and crewmembers checklist, Army OH-58d Kiowa Warrior helicopter TM1-1520-248-MTF Maintenance test flight, Army OH-58d Kiowa Warrior helicopter TM55-1520-248-23-8-1 Aviation unit and intermediate maintenance manual Army model OH-58d Kiowa Warrior helicopter TM55-1520-248-23-8-2 Aviation unit and intermediate maintenance manual Army model OH-58d Kiowa Warrior helicopter TM55-1520-248-23-9 Aviation unit and intermediate maintenance manual, Army model OH Kiowa Warrior helicopter TB 1-1520-248-20-64 Revision to false engine out warning all OH-58d aircraft (tb 1-1520-248-20-52) TM55-1520-248-23-9 Aviation unit and intermediate maintenance manual, Amy model OH Kiowa Warrior helicopter TB 1-1520-248-30-02 Repair of engine cowling exhaust duct on OH-58d Kiowa Warrior Helicopters TB 1-1520-248-20-62 One time inspection for certain mast mounted sight (mms) upper shroud for discrepant clamps all OH-58d Kiowa Warrior Helicopters TB 1-1520-248-20-60 One time and recurring inspection of cartridge type fuel boost pump assembly on all OH-58d Kiowa Warrior Helicopters TB 1-1520-248-20-61 One time inspection of copilot cyclic boot shield assembly all OH-58d Kiowa Warrior Helicopters TB 1-2840-263-20-03 Inspection of first stage nozzle shield on all 250-c30r/3 on OH-58d and h-6 aircraft TB 1-2840-256-20-05 Inspection of first stage nozzle shield all t703-ad-700/700a engines on OH-58d aircraft TB 1-1520-248-20-42 Instructions for replacing OH-58d Kiowa Warrior helicopter, t703-ad-700b engine with t703-ad-700a engine TB 1-1520-248-20-44 Revision to tail boom inspection interval on all OH-58d Kiowa Warrior helicopter TB 1-2840-256-20-03 Retirement change and time change limits update for t703-ad-700 700b engines on all OH-58d(i) Kiowa Warrior helicopters TM1-1520-248-MTF Maintenance test flight, Army OH-58d Kiowa Warrior Helicopter TM1-1520-248-10 Operators manual Army OH-58d Kiowa Warrior Helicopter TM1-1520-248-CL Technical manual, operators and crewmembers checklist, Army OH-58d Kiowa Warrior Helicopter TB 1-1520-248-20-47 One time inspection and repair of support installation, oil cooler, p/n 406-030-117-125/129, on OH-58d Kiowa Warrior Helicopter TM1-1520-248-23-7 Technical manual aviation unit and intermediate maintenance Manual for Army model OH-58d Kiowa Warrior Helicopter TM1-1520-248-23-6 Aviation unit and intermediate maintenance manual for Army model for OH-58d Kiowa Warrior Helicopter

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acft 30 manual: Manuals Combined: NAVY SAFETY AND OCCUPATIONAL HEALTH PROGRAM MANUAL & MARINE CORPS OCCUPATIONAL SAFETY AND HEALTH (OSH) PROGRAM MANUAL, 1. Purpose. To implement policy changes recommended by the Naval Inspector General (NAVINSGEN) to Office of the Chief of Naval Operations Special Assistant for Safety Matters (OPNAV (N09F)) and to define and outline the conduct and reporting of the self-assessment process for safety and occupational health (SOH) programs. 1. PURPOSE. The Marine Corps Occupational Safety and Health (OSH) Program Manual promulgates the requirements and establishes procedures to implement the reference. 2. INFORMATION. This Manual and all references provide the requirements and guidance for commanders and Marine Corps OSH Program professionals to identify and manage risk, maintain safe and healthful operational environments, and meet the Mission Essential Task List (METL) requirements. 3. SCOPE. This Manual is applicable to all Marine Corps activities, including nonappropriated fund activities and operations that are under the sponsorship of the Marine Corps Community Services (MCCS) Director or unit MCCS officers for the purposes of morale, welfare and recreation. This Manual shall also apply to activities that are involved in the acquisition, operation, sponsorship or maintenance of all facilities, activities, and programs. CMC (SD) will provide guidance, upon request, for program responsibilities on contractors, e.g., public-private venture, etc. 4. EFFECTIVE DATE. This Manual is effective the date signed. Prior to implementation of this Manual, activities must, where applicable, discharge their labor relation's obligations. Assistance and guidance may be obtained from CMC (MPC). DISTRIBUTION STATEMENT A: Approved for public release; distribution is unlimited.

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acft 30 manual: The Army Combat Fitness Test U. S. Army, 2020-02-29 Our nation's greatest assets - our Soldiers - face a dynamic, competitive, and lethal operational environment (OE) that has evolved in recent years, one in which our adversaries will employ a mix of traditional, unconventional, and hybrid strategies. Our Army's physical readiness program must evolve to keep pace with the demands of modern war - our physical fitness test must evolve as well. Based on results of years of scientific study, the Secretary and Chief of Staff of the Army have directed replacement of the Army Physical Fitness Test (APFT). While the legacy APFT is an acceptable test for measuring general fitness, it does not adequately assess the domains of combat physical fitness. The six-event Army Combat Fitness Test (ACFT) was developed to better predict a Soldier's readiness for the demands of the modern battlefield. Like combat, the ACFT is both age and gender neutral. The desired end-states of ACFT implementation are an increase in physical readiness...

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Additional Resources

ARMY FITNESS TEST - The Official Home Page of the United States ...

Jun 1, 2025 · The ACFT will be replaced by the Army Fitness Test on June 1, 2025. This site will be updated as information is released. For more information, see the official press release ...

Max Deadlift (MDL) - Three-Repetitions (LBS) - The Official ...

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ARMY FITNESS TEST - The Official Home Page of the United States ...

Jun 1, 2025 · The ACFT will be replaced by the Army Fitness Test on June 1, 2025. This site will be updated as information is released. For more information, see the official press release ...

Max Deadlift (MDL) - Three-Repetitions (LBS) - The Official...

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