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## Army physical readiness test

The APFT standards define how soldiers must perform across various fitness test events. These standards cover the minimum and maximum scores for different age groups and genders. Soldiers must achieve at least 60 points in each event to pass, with a total of 100 points available per event. The APFT consists of three main events: push-ups, sit-ups, and a 2-mile run. The requirements for these events differ depending on age and gender, making it important for each soldier to know their specific targets. The APFT score is determined by how well you perform in each event. The Army uses a score chart to assign points based on your performance, with a maximum of 100 points available per event. To pass, soldiers must score at least 60 points in each event, for a minimum total score of 180 points. For those aiming for higher marks, the goal should be to push beyond the minimum score. Achieving 100 points in any event demonstrates peak physical fitness and may lead to advancement opportunities within the military. In recent years, the Army Combat Fitness Test (ACFT) has been introduced as an alternative to the APFT. While the APFT focuses on basic endurance and strength, the ACFT is designed to evaluate overall combat readiness, testing soldiers on six events that include deadlifts, sprint-drag-carry, and the leg tuck. Both tests emphasize physical fitness, but the ACFT requires more specialized training and equipment. Soldiers preparing for the ACFT must focus on building a wide range of physical skills, from muscular strength to endurance. Male APFT and female APFT requirements differ based on age and gender. Men generally have higher minimum and maximum score requirements for push-ups and the two-mile run, while women have more lenient scoring criteria for these events. However, both male and female soldiers must complete the same events to pass the test. The key to succeeding in the APFT is understanding the specific requirements for your demographic and training accordingly. Whether you're a young recruit or a more experienced soldier, proper preparation is essential to achieving your desired results. The APFT consists of three key events: Push-ups: Soldiers must perform as many push-ups as possible within two minutes. Each repetition requires the arms to fully extend, and the body must remain rigid, moving as a single unit. Sit-ups: Like push-ups, sit-ups are timed for two minutes. The soldier must lift their upper body until their shoulder blades touch the ground and their elbows touch their knees. 2-mile run: The final event tests endurance, with soldiers running two miles in the shortest time possible. Improving your APFT score requires consistent training, with a focus on building both muscular strength and endurance. Here are some tips to help you excel: Train Regularly: Incorporating regular strength and cardio workouts will improve your ability to perform push-ups, sit-ups, and run faster during the 2-mile run. Work on Form: Maintaining proper form during push-ups and sit-ups is crucial for getting full credit. Practice by focusing on controlled movements and making sure your body stays in a straight line. Focus on Endurance: Cardiovascular fitness plays a big role in the two-mile run. Incorporating longer runs and interval training into your routine will help you shave time off your run. The minimum score required to pass the APFT is 60 points per event. Soldiers must meet this standard in all three events to pass the test. Failing to meet the minimum passing score in any event means that the soldier will fail the entire test. The Army Physical Fitness Test (APFT) consists of 3 events: 2 minutes of Push-ups, 2 minutes of Sit-ups, and 2-mile run. They are to be performed in that specific order. Don't let these numbers scare you! Basic Training will improve your readiness and get you in great shape. Read more about the APFT on our "APFT - Army PT Test" page. Physical fitness is a critical aspect of overall military readiness. Soldiers must maintain a high level of physical fitness to perform their duties effectively, whether they are deployed in combat or working in a support role. The APFT is a tool to ensure that soldiers are physically prepared for the demands of military life. Regular physical training is a part of Army culture, and soldiers are required to maintain their fitness throughout their service. Those who fail to meet the standards may face corrective action or be required to retake the test. Preparation for the Army Physical Fitness Test should start well before the test date. Soldiers should focus on: Strength Training: Push-ups and sit-ups require upper body and core strength, so incorporating strength training exercises like bench presses, planks, and squats is important. Cardio Workouts: Running, cycling, and swimming will help build the endurance needed for the 2-mile run. Practice Testing: Conducting practice tests will help you get familiar with the APFT format and understand how to pace yourself during each event. Failing the APFT can have serious consequences, as passing the test is a requirement for many Army positions. Soldiers who fail may be required to retake the test after a period of remedial physical training. In some cases, failure to pass the APFT may impact a soldier's ability to advance in rank or lead to disciplinary action. Maintaining a high level of physical fitness is essential for success in the Army. Once you've completed Basic Training and you are assigned to your unit, the PT standard increases to at least 60 points per event, depending on your unit. Do not let this worry you though! Believe me, by the time you get there, 60 points per event will be nothing! I suggest you try and complete the PT test and score yourself using the APFT Standards below before going into basic training. Even if you cannot complete it, you will be more prepared once the actual test day comes! Good luck! New Army PT Tests: Army Physical Readiness Test, Army Combat Readiness Test What is it? Since 1980, the U.S. Army has assessed a Soldier's physical ability through the Army Physical Fitness Test (APFT). Commonly known as the "PT Test," Soldiers are required to complete three events: two minutes of pushups, two minutes of sit-ups, and a two-mile run. Together, these events lack the ability to adequately measure components of muscular strength, endurance, or mobility needed for success on today's battlefield. The U.S. Army Training and Doctrine Command (TRADOC) is currently piloting two tests better aligned with Army Physical Readiness Training outlined in new Army Physical Readiness Test (APRT) is planned to replace the current test with five events: a 60-yard shuttle run, one-minute of push-ups, one-minute of the rower, a standing long-jump, and a 1.5-mile run. These events will more accurately test a Soldier's anaerobic and aerobic endurance while reducing the risk of injuries. TRADOC is also recommending Soldiers take the Army Combat Readiness Test (ACRT), which incorporates warrior tasks and provides a more accurate assessment of the physical readiness training program and the Soldier's individual capability. The ACRT will be executed in ACUs, ACH, and weapon, and includes a 400-meter run, hurdles, a high crawl, casualty drag, sprints, and other movement drills. What has the Army done? As a part of the Soldier Athlete initiative, emphasizing physical readiness, performance nutrition, and injury prevention, the Army overhauled its dated physical training philosophy to one that prepares Soldiers for conditions faced on today's battlefields. In 2010, Training Circular 3-22.20 (Army Physical Readiness Training) replaced Field Manual 21-20 (Physical Fitness Training) providing exercises, drills and activities appropriate for various levels of physical fitness. The APRT and ACRT are designed to correlate with readiness training and provide a more accurate picture of a Soldier's ability to perform Warrior Tasks and Battle Drills. What efforts does the Army have planned? The Army will begin pilot testing at approximately eight locations with multiple units in order to set standards. The pilot currently plans to align age categories for the test scores with the American College of Sports Medicine and Cooper Institute, broadening age categories to under 30, 30-39, 40-49, 50-59, and 60 and above, for both genders. Following the establishment of standards and a thorough review, the tests can then be implemented Army-wide. Why is this important to the Army? Soldiers will be better prepared if they train how they would fight. The APRT and ACRT will align with tasks Soldiers perform on the battlefield providing the commander a tool to measure preparedness and guiding future training. Implementing the new tests is the final step in the Soldier Athlete initiative to better prepare Soldiers for strenuous training and the challenges of full-spectrum operations. Resources: STAND-TO! Aug. 17, 2010; Soldier Athlete Initiative Log-in required: