



I'm not robot



**I am not robot!**

Age Group— Male (% body fat)% All Soldiers attending institutional training courses are Prepare yourself both physically and mentally before leaving for Basic Combat Training and your first APFT. The APFT consisted of three events: push-ups, sit-ups and a two-mile run The Army Physical Fitness Test (APFT) is a standardized test used by the United States Army to assess its soldiers' physical readiness and endurance. This chapter directs the standards for the six events of the ACFT and the standards for the three alternate However, all personnel are encouraged to achieve the more stringent Department of Defense goal, which is percent body fat for males and percent body fat for females. Use the Army's APFT calculator to see how your score matches on the The objective of Army Physical Readiness Training is to enhance combat readiness and leadership effectiveness by developing and sustaining a high level of physical readiness The Army Physical Fitness Test (APFT) was a test designed to measure the muscular strength, endurance, and cardiovascular respiratory fitness of soldiers in the United The APFT Standards scale used by the Army to determine a soldier's physical fitness. The score for each APFT event ranges from to points; a minimum score of in each event is required to pass the test conducted using the standard Army-wide criteria described in Army Field Manual(). See what you are required to score based on your age and gender! At least points per event are required in the Army. Notes: \* Male and female Soldiers who fall below the minimum weights shown in table 3-1 will be referred for immediate medical evaluation The Army Physical Fitness Test (APFT) is a standardized test used by the United States Army to assess its soldiers' physical readiness and endurance. Army APFT Standards are found on our site, or in the Army Training Circular and Department of the Army Form, Army Physical Fitness Test Scorecard. the test standards and how to perform them in order to be successful on the ACFT. The test measures strength and endurance through push-ups, sit-ups, and a mile run The AR Height/Weight Standards. Table 3-2 Maximum allowable percent body fat standards. Female (% body fat)% Army Physical Fitness Test (APFT) Requirements Army APFT Standards are found on our site, or in the Army Training Circular and Department of the Army Form, Army Physical Fitness Test Scorecard. The test measures 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 Fiscal Year (FY21) This paragraph provides policy concerning physical readiness and body fat standards applicable to institutional training. Updated every year to ensure the APFT charts are accurate and up to date!