

acft weight cheat sheet

ACFT weight cheat sheet is an essential tool for military personnel preparing for the Army Combat Fitness Test (ACFT). As the Army continues to evolve its fitness standards, understanding the weight requirements and performance standards set by the ACFT can help soldiers maximize their performance. This article will delve into the specifics of the ACFT, the importance of the weight cheat sheet, and provide a comprehensive breakdown of the test components and their associated weights.

Understanding the ACFT

The Army Combat Fitness Test (ACFT) was designed to assess soldiers' physical fitness and readiness for combat. It replaced the Army Physical Fitness Test (APFT) to provide a more comprehensive evaluation of a soldier's physical capabilities. The ACFT consists of six events, each measuring different aspects of fitness, including strength, endurance, and agility.

Components of the ACFT

The ACFT is made up of the following six events:

- **Deadlift**
- **Standing Power Throw**
- **Hand-Release Push-Up**
- **Sprint-Drag-Carry**
- **Leg Tuck**
- **2-Mile Run**

Each event has specific weight requirements and performance standards that vary based on the soldier's age and gender. Understanding these requirements is crucial for effective training and performance on the test day.

The Importance of the ACFT Weight Cheat Sheet

An ACFT weight cheat sheet serves as a quick reference guide that outlines the weight requirements and scoring for each event. This cheat sheet is invaluable for soldiers as they prepare for the ACFT, helping them to:

1. **Plan Training Regimens:** Knowing the weights involved helps soldiers to tailor their training to improve performance in each event.

2. **Track Progress:** A cheat sheet allows soldiers to log their performance and progress over time, ensuring they are meeting the required standards.
3. **Reduce Test Anxiety:** Familiarity with the weights and scoring can help alleviate stress on test day, allowing soldiers to focus on their performance.

Detailed Breakdown of ACFT Events and Weights

Below is a detailed outline of each ACFT event, including the associated weights and scoring criteria.

1. Deadlift

The deadlift measures a soldier's lower body strength. Soldiers must lift a hex bar from the ground to a standing position.

- **Weight Requirement:** 140 to 340 pounds, depending on the soldier's age and gender.
- **Scoring:** Soldiers score points based on the amount of weight lifted. A higher score is awarded for heavier lifts.

2. Standing Power Throw

This event tests upper body strength and explosive power. Soldiers throw a 10-pound medicine ball backward over their heads.

- **Weight Requirement:** 10 pounds for all soldiers.
- **Scoring:** Distance of the throw is measured. The further the throw, the higher the score.

3. Hand-Release Push-Up

The hand-release push-up evaluates upper body strength and endurance. Soldiers perform push-ups from a prone position, releasing their hands at the bottom of each rep.

- **Weight Requirement:** No additional weight; body weight is the only resistance.

- **Scoring:** Soldiers score points based on the number of push-ups completed in two minutes.

4. Sprint-Drag-Carry

This event assesses agility, strength, and endurance. Soldiers sprint 50 meters, drag a sled, carry kettlebells, and then sprint back.

- **Weight Requirement:** Sled weight is typically 90 pounds, and kettlebells weigh 40 pounds each.
- **Scoring:** Time to complete the event determines the score.

5. Leg Tuck

The leg tuck tests core strength. Soldiers hang from a pull-up bar and tuck their knees to their chest.

- **Weight Requirement:** No additional weight; body weight is used.
- **Scoring:** Points are awarded based on the number of successful leg tucks completed.

6. 2-Mile Run

This event measures cardiovascular endurance. Soldiers must complete a two-mile run as quickly as possible.

- **Weight Requirement:** No additional weight; just body weight.
- **Scoring:** Time taken to complete the run directly affects the score.

Tips for Using the ACFT Weight Cheat Sheet Effectively

To make the most out of the ACFT weight cheat sheet, consider the following tips:

1. **Incorporate Weights into Training:** Use the cheat sheet to select

appropriate weights for training sessions, ensuring a focus on the deadlift and sprint-drag-carry components.

2. **Practice Each Event:** Familiarize yourself with the movements and weights involved in each event to enhance overall performance.
3. **Set Goals:** Use the scoring criteria from the cheat sheet to set specific, measurable goals for each event as part of your training plan.
4. **Regularly Review Progress:** Keep track of your scores and weights lifted to identify areas that need improvement.

Conclusion

The **ACFT weight cheat sheet** is an indispensable resource for soldiers preparing for the Army Combat Fitness Test. Understanding the weights and scoring criteria associated with each event can significantly enhance training effectiveness and overall performance on test day. By incorporating this knowledge into a structured training plan, soldiers can build the strength, endurance, and agility necessary to excel in the ACFT and maintain peak physical readiness for military duties. Prepare effectively, stay motivated, and aim for excellence in your fitness journey!

Frequently Asked Questions

What is an ACFT weight cheat sheet?

An ACFT weight cheat sheet is a reference tool that provides soldiers with quick access to the weight standards and scoring metrics for the Army Combat Fitness Test (ACFT), helping them understand how different weights impact their overall score.

Why is the ACFT weight cheat sheet important for soldiers?

The ACFT weight cheat sheet is important for soldiers as it helps them prepare effectively for the test by providing clear guidelines on the required weights for the deadlift, power throw, and other events, allowing for better training and performance.

Where can I find an ACFT weight cheat sheet?

You can find an ACFT weight cheat sheet online through various military fitness websites, official Army resources, or by consulting your unit's training officer.

How does weight affect ACFT scoring?

Weight affects ACFT scoring as each event has specific standards that correspond to different weight categories. Performing at or above the

required weight can yield higher scores, while weights below the standard can result in lower scores.

What events are included in the ACFT that require weight measurements?

The events in the ACFT that require weight measurements include the deadlift, standing power throw, and the sprint-drag-carry, among others.

Is there a specific weight requirement for different soldier categories in the ACFT?

Yes, the ACFT has specific weight requirements that vary based on soldier categories such as age and gender, ensuring fair scoring across diverse groups.

Can I create my own ACFT weight cheat sheet?

Yes, you can create your own ACFT weight cheat sheet by compiling the weight standards and scoring charts from official Army resources to tailor it to your specific training needs.

How often should soldiers review their ACFT weight cheat sheet?

Soldiers should review their ACFT weight cheat sheet regularly, especially before training sessions and the actual test, to ensure they understand the standards and can track their progress.

What are some common mistakes soldiers make regarding ACFT weight standards?

Common mistakes include misunderstanding the weight requirements for their category, neglecting to train with the proper weights, and failing to account for the scoring system when preparing for the test.

Are there any apps available for ACFT weight tracking?

Yes, there are several fitness apps available that allow users to track their ACFT weights, scores, and improvements, some even offering built-in ACFT calculators and cheat sheets.

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