



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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ARMY COMBAT FITNESS TEST (ACFT) PREP WORKOUT

The Army Combat Fitness Test is a new fitness test for Army personnel that will be implemented in October 2020. Do this program to pass with flying colors.

Link to Workout: <https://www.muscleandstrength.com/workouts/army-combat-fitness-test>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 6 Days

Time Per Workout: 60 - 90 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Target Gender: Male & Female

Author: [Marcus Wallace](#)

Workout 1: Total Body

Exercise	Sets	Reps
A1. Sumo Squats	3 - 4	12
A2. Lunge Jumps	3 - 4	12 Each
A3. Forward Lunge	3 - 4	12 Each
B1. Weighted Jump Squats	3 - 4	12
B2. Push Press	3 - 4	12
B3. Tuck Jumps	3 - 4	12
C1. Dumbbell Floor Press	3 - 4	10
C2. Incline Barbell Press	3 - 4	10
C3. 8-Count Push Up	3 - 4	8
C4. Oblique Push Up	3 - 4	6 - 8
D1. Stiff Leg Deadlift	3 - 4	12
D2. Bent Over Rows	3 - 4	12
D3. Sprint	3 - 4	1 Min
E1. Straight Leg Hold	3 - 4	30 Secs
E2. Tuck-Ins	3 - 4	30 Secs
E3. Alt Grip Pull Ups	3 - 4	6 - 8 Each
2 Mile Run	-	Timed

Workout 2: Core & Conditioning

Exercise	Sets	Reps
1 Mile Jog	1	Warm Up
A1. Walk	10	30 Secs
A2. Jog	10	1 Min
B1. Plank	10	30 Secs
B2. Plank Left Foot Raises	10	30 Secs
B3. Plank Right Foot Raises	10	30 Secs
B4. Plank Left Arm Raised	10	30 Secs
B5. Plank Right Arm Raised	10	30 Secs
B6. Plank	10	30 Secs

Workout 3: Total Body

Exercise	Sets	Reps
A1. Stiff Leg Deadlift	6	10
A2. Bent Over Row	6	10
A3. Front Squats	6	10
A4. Push Press	6	10
B1. Renegade Row / Push Up / Tuck Jump	4	10
B2. Plank Jacks/In-Outs	4	10
C1. Wall Sits w/ Dumbbell Curl 21s	4	21s
C2. Diamond Push Ups	4	10

Workout 4: Endurance Training

Exercise	Sets	Reps
1 Mile Run	-	-
Wide Pikes	1	1 Min
1 Mile Run	-	-
Plank to Squats	1	1 Min
1 Mile Run	-	-
Burpees (without jump)	1	1 Min
1 Mile Run	-	-
Burpees	1	1 Min

Workout 5: Upper Body Shred

Exercise	Sets	Reps
A1. Incline Machine Press	4	8
A2. Dumbbell Curls	4	8 - 12
A3. Push Ups	4	Failure
A4. Hammer Curls	4	12 - 15
B1. Lateral Raise	4	10
B2. 1 Arm Cable Tricep Pulldown	4	10
B3. Front Raises	4	10
B4. 1 Arm Cable Overhead Extension	4	10
C1. Hammer Strength Lat Pulldown	4	10
C2. Sits Ups	4	30
C3. 1 Arm Dumbbell Row	4	8
C4. Ab Wheel	4	10
D1. Chin Ups	3	10
D2. Dips	3	10
D3. Shoulder Press	3	10
D4. Cross Body Curl	3	10 Each
D5. Tricep Dips	3	10
D6. Toes to Bar	3	10
E1. Jump Rope	10	1 Min
E2. X Jumps	10	30 Secs
E3. Jumps Squats	10	25

Workout 6: Leg Workout

Exercise	Sets	Reps
Squats	-	5 Mins
A1. Elevated Leg Extension	10 Mins	10
A2. Split Squat Jumps	-	10
A3. Calf Raises	-	30
Leg Extensions	4	25
Stiff Leg Deadlift	4	25
B1. Farmer's Walk	15 Min	50 Meters
B2. Jump Squats	-	15
B3. Farmer's Walk	-	50 Meters
B4. Lunge Jumps	-	15