Preparing for the Army Combat Fitness Test
INFORMATION RELATED TO THE LEG TUCK TEST AND THE PLANK TEST

From Nate Palin and Rob Hartman, the authors of *Preparing for the Army Combat Fitness Test*:
“The world is more dynamic than ever. Training for the ACFT is a priority of soldiers and leaders at every level. Our book is not a manual, it’s a part of a solution - it’s the X’s and O’s (whether the test includes the Leg Tuck or the Plank).”

FREQUENTLY-ASKED QUESTIONS (from https://www.army.mil/acft/#faq)

**What is ACFT 3.0?**
ACFT 3.0 is the next adaptation of the ACFT. Building on the lessons from the ACFT 2.0, the Army will incorporate modifications into ACFT 3.0 starting 1 April 2021. ACFT 3.0 consists of six events: 3-Repetition Maximum Deadlift, Standing Power Throw, Hand-Release Push-Ups, Sprint-Drag-Carry, Leg Tuck or Plank, and 2-Mile Run, with a maximum possible score of 600.

Although every Soldier will be expected to meet the same baseline physical standard (at least 60 points in each of the six events), ACFT 3.0 incorporates two significant changes: (1) the inclusion of the Plank as a 100-point alternative to the Leg Tuck; and (2) the establishment of an evaluation system with performance categories that may be used to proportionally tier ACFT performance according to gender. While the Army expects to fully implement the ACFT in 2022, policy changes will only be finalized when sufficient data exists for Army Senior Leaders to make informed decisions. Until full implementation, ACFT scores will not be linked to a Soldier’s record in any Army personnel system. During this transition period, no administrative actions will be taken for or against Soldiers on the basis of their performance on the ACFT.

**Why the Leg Tuck?**
The Leg Tuck has been a part of Army doctrine (FM 7-22) for more than 10 years and is highly correlated with common Soldier tasks. While there are a myriad of core strength exercises—heel claps, heel taps, leg tuck, ankles to the bar, etc.—the Army selected the Leg Tuck for its simplicity of form and objectivity of grading. Under load, few if any Soldiers can execute a pull-up; however with training, Soldiers under load can 'hook a heel' to get out/up/over an obstacle. Improvements in core and upper body strength (specifically the muscles on the back of the body – the posterior chain) can significantly improve combat performance while reducing load carriage injuries.

**Why the Plank?**
The Plank is now one of two authorized assessments for Core Strength. Soldiers may select the Leg Tuck or the Plank Core Strength assessment. Both assessments will be on a 100 point scale. Because the Leg Tuck requires greater upper body strength, the Plank gives Soldiers the opportunity to successfully demonstrate core strength at a lower intensity while they train to engage the Leg Tuck. Adding a fully scaled test event with a maximum score of 100 points, the Plank aligns with all other ACFT test events. While training to successfully execute the Leg Tuck, the Plank gives Soldiers a pathway to succeed on the ACFT while adapting their physical readiness training to the Army’s changing fitness culture.

More information about the LEG TUCK or PLANK can be found at: https://www.army.mil/acft/#event5