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Fm 7-22 acft

Welcome to October, JAGWARriors! It's Thursday, October 1st, 2020, and y'all better buckle your reflective belt; today's briefing is intense. BLUF: As of this morning, the Army Combat Fitness Test became our branch's official fitness test record thanks to implementation guidelines for the new Field Manual 7-22: Holistic Health and Fitness (H2F). Over on this development, let's head over to the Army Times: No more pushups, sit-ups, and 2-mile run soldiers love to hate. standards ACFT may be easier to pass, but much harder to improve. To achieve a perfect score of 600 for a test where standards are the same regardless of age or gender, a soldier [must] complete three repetitions of a 340-pound deadlift, throw a 10-pound grass ball back over his head at 12.5 meters, complete 60-handed release pushups, run a sprint drag-carry in less than 93 seconds, complete 20 legk tuss, and run sub-13:30 two miles. *****a lot of justification for the introduction of ACFT can be obtained from another article that appeared in the Army Times, just yesterday, reporting that there are 13 brigades worth of irreplaceable troops. Quote army times: As of April, more than 58,000 soldiers — the equivalent of 13 brigade combat teams — were irreplaceable, with 16,500 soldiers on a temporary profile and 15,000 soldiers on a permanent profile, according to a concept paper in the Holistic Health and Fitness System. . . . That's a dramatic figure. And that's why the Army has rewritten the former FM 7-22 Physical Readiness Training as the brand spankin's new FM 7-22 Holistic Health and Fitness (H2F). ACFT is just one component of this new H2F approach. Learn more about scoping the hot-off-the-presses H2F Operating Concept short. As Sergeant Major of the Army announced in an email sent to Soldiers across the Army, H2F gives and equips Soldiers to take responsibility for their health, fitness and well-being to tbsp individual performance while preventing injury and illness. So to speed up your train-up, JAGWAR has collected all the resources you will need to kickstart the new fiscal year! Check 'em out... and happy training! The MDL event is a movement that is required to safely and effectively lift heavy loads from the ground, jump, bind and tolerate landing. It requires well-conditioned back and leg muscles and helps soldiers to avoid upper and lower back injuries caused by moving over long distances with heavy loads. Deadlift maximum weight possible three times. The MDL event is a movement that is required to safely and effectively lift heavy loads from the ground, jump, bind and tolerate landing. It requires well-conditioned back and leg muscles and helps soldiers to avoid upper and lower back injuries caused by moving over long distances with heavy Location Soldier will step inside the hexagon/trapping lane, the feet usually shoulder width from each other, and find the midpoint of the hexagonal/trapping bar handles. Phase 1 Preparatory phaseOn team GET SET, Soldier will bend at the knees and hips, reach and grasp the center of the handle (Hexagon / trap rods are not allowed; as an exception, if a dual treated hexagon/trap bar is used, Soldier will grasp the lower handle). The hands should be fully extended, they must be flown on a flat, head under the spine or slightly stretched, head and eyes forward or slightly upwards, and heels in contact with the ground. All repetitions will start from this position. Phase 2 Upstream Movement PhaseOn command GO, Soldier will stand up and lift the lane, extending hips and knees. The hips should never rise before or above the shoulders. The back should remain straight – not bent or enlarged. The soldier will continue to extend his hips and knees until reaching an upright position. There is a slight break at the top of this movement. Phase 3 Downward Movement PhaseBy flexing hips and knees slowly, soldier lowers the lane to the ground under control, keeping the flat back position. Do not drop or release the bar. Hexagon/trap bar weight plates must touch the ground before the next repetition. The weight plates should not bounce to the ground. Perform three continuous repetitions of the same weight. If the Soldier is unable to complete three continuous repetitions under control, he or she is allowed one re-test with less weight. If the Soldier successfully completes three continuous repetitions of the first attempt, he or she can elect an additional attempt at greater weight. MdL has a maximum number of attempts of two. FITNESS COMPONENTS Muscle strength, balance and flexibility STANDARD EQUIPMENT60-pound hex bar and plate IOC Period60 and 100 points score: 140 pounds and 340 pounds Sumo Deadlift Alternate stretches squat jump forward Lunge Lifting and moving heavy loads from the ground (personnel and equipment) Mining accident on litter SPT is an event tasks quickly required for explosive motion maneuver equipment and personnel. Throw the 10-pound medical ball back and overhead. The SPT measure is a task that requires the rapid transfer of explosives to manoeuvring equipment and personnel. Starting Position Soldiers will face away from the starting line, grasp the drug ball (10 pounds) with both hands at hip level and stand with both heels (but not or more) the starting line. Grasp the ball firmly and as far around the edges of the bead as possible. Towels or rags will be provided to remove excess moisture/debris from the herbal ball. Record ThrowsAs is run by a grader, a soldier in the lane one executed to throw one. Soldiers are allowed several preparatory movements at the trunk, knees and hips, while reducing the ball between the legs. When run by a grader, a soldier in the band two executes a throw one. Soldiers will have two record attempts at the Permanent Power Throw. Soldiers bands one and two alternately execute a record throw one and two. As a leading grader, soldier 1 lane executes the first recording attempt. Soldiers are allowed several preparatory movements flexing at the trunk, knees, and hips while cutting the ball between the legs. When run by a grader, soldier band two executes the first recording attempt. The recording attempt will not count if the Soldier steps in or behind the starting line or fails to the ground. If soldier defects on the first record throw, they will get a raw score of 0.0 meters. If Soldier defects on the second record throw, they will get a raw score of 0.0 meters. This soldier will be allowed one more attempt to score on the SPT. If Soldier defects on all three record throws, they will get a raw score of 0.0 meters per spt. If a soldier has a valid score for either record the first and second throw, they will not be allowed a third attempt. When a soldier has tried two record throws, they move to the SPT lane to get the grass balls to the next soldier, and then return to the back of the line. While the warriors need to execute two record throws and both record throws recorded, only longer of the two throws will be counted as a record score. Start line grader circle the best result. FITNESS COMPONENTSExplosive power, balance, and flexibility STANDARD EQUIPMENT10-pound medical ball IOC Period60 and 100 point scores: 4.5 and 12.5 meters Power Jump Overhead Push Press Jump Tuck Throwing equipment on or above obstacle Lifting Soldiers up; Helping a friend climb up the wall Jumping across and more obstacles employing advanced forces in human-to-man contact HRP is an upper body endurance test that represents repetitive and sustained pushing used combat tasks. 2 MINUTESComplete as many Hand-Release Push-ups as possible in two minutes of HRP is an upper body endurance test that represents repetitive and sustained pushing used in combat tasks. Starting positionS in the TEAM GET SET, one soldier in each lane will assume a prone position facing the starting line with his hands flat on the ground and index fingers inside the outer edge of the shoulders. The chest and front hips and thighs will be on the ground. The leg will touch the ground with your feet together or until the boot width intervals. The ankles will be bent. The head doesn't have to be on the ground. The feet will remain normally together, no more than boot width apart, throughout HRP. Soldiers can adjust their legs during the test event unless they lift their feet off In the 1D command GO, Soldier will push his entire body up from the ground as one unit up position, fully extending his elbows (front bend rest). The soldier will retain the usually straight body alignment from the top to the ankles. This usually straight position will be saved during hrp. If there is no straight alignment during the recurrence, it will not be counted again. The rest of the front bending is the only permitted resting position. Bending or flexing knees, hips, trunk, or neck, but resting position is not allowed. Movement 2After the elbows are fully extended and the soldier has reached the top position, the soldier will bend his elbows to cut the body back to the ground. The chest, hips and thighs should touch at the same time. The head or face does not need to communicate with the ground. Movement 3Arm Extension HRP – immediately move both hands to the side straightening elbows to the T position. Upon reaching this position, the elbows bend to move the arms back under the shoulder. Movement 4Repeatable from the HRP protocol, Soldiers must ensure that their hands are flat on the ground with index fingers inside the outer edge of the shoulders (returning to the starting position). This completes one recurrence. The soldier will make an immediate move to place his hands back on the ground to return to the starting position. FITNESS COMPONENTS Muscle endurance STANDARD EQUIPMENTKettlebells IOC Period60 and 100 point scores: 10 and 60 repetitions Lying down asked by press 8-count T Push-up Incline Bench Quadraplex Moving obstacles pushing an opponent away during man-to-man contact pushing a disabled vehicle Getting to and from the ground during avoidance and maneuver reaching out of a predisposition position, when shooting, taking cover, or low crawling SDC is a test of endurance, endurance, and anaerobic abilities that are required to perform high intensity combat tasks that last from a few seconds to several minutes. Take 5 x 50 meter shuttles at a time – sprint, drag, side, take and sprintSc is an endurance, endurance and anaerobic power test that is required to perform high intensity combat tasks that last from a few seconds to several minutes. Starting position In The Team GET SET, one soldier in each band will take on a prone position with the above head behind the starting line. The grader is positioned to see both the starting line and the 25m line. The grader can position a Soldier/Combat Buddy on the 25m line to ensure compliance with test event standards. SprintOn command go, Soldiers stand and sprint 25m; touch the 25m line with the foot and arm; turn and sprint back to the starting line. If a Soldier is unable to touch the 25m line with his hands and feet, the grader is watching the 25m turning line to call them grasp each strap handle that will be positioned and placed on the iced behind the starting line; Drag the sled back until the all-iced crosses the 25m line; Turn the ice around and pull back until all the leded crosses the starting line. If everything sled not crossing the 25m or starting line, the grader watching the 25m turning line will call them back. LateralAfter all sled crossing the starting line, Soldier will take the side 25m, touch the 25m turning line with legs and hands, and take the side back to the starting line. The soldier will face the same direction moving back to the 25m starting line and returning to the starting line so they pose with each leg. If a Soldier is unable to touch the 25m turning line with his hands and feet, the grader watching the 25m turning line will call them back. Grady will correct the Soldiers if they cross their feet. CarrySoldiers will grasp the handle of the two 40-pound kettlebells and run to the 25m turning line; step on or above the 25m turning line with one leg; turn and run back to the starting line. When soldier drops kettlebells during movement, take a resume from the point kettlebells were dropped. If a Soldier fails to touch the 25m turn line with his foot, the grader watching the 25m turning line will call them back. SprintAfter stepping/above the starting line, Soldiers will place kettlebells on the ground; turn and sprint 25m; touch the 25m turning line with the foot and arm; turn and sprint back to the starting line. If a Soldier is unable to touch the 25m turning line with his hands and feet, the grader watching the 25m turning line will call them back. Time is stopped when a soldier crosses the starting line after the final sprint (250 meters). FITNESS COMPONENTSGene, anaerobic strength, muscle endurance and muscle strength STANDARD EQUIPMENT2x40-pound kettlebells and 90-pound sled ioc period 60 and 100 scores: 3:00 and 1:33 minutes Straight Leg Deadlift Bent Over Row 300M Shuttle Run reacts quickly to direct and indirect fire Building alkaline combat state mining accidents from the vehicle and take them to safety, carrying ammunition to a combat position or vehicle in the LTK assesses the strength of soldiers grip, shoulder and trunk muscles. These muscles help soldiers load the carriage and avoid injuries back.Complete as many leg tucks as possible; maintain the relative vertical posture by moving the hips and knees up and down without excessive swinging. LTK assesses the strength of soldiers grip, arm, shoulder and trunk muscles. These muscles help soldiers in the carriage and avoid injuries to the back. Starting positionAfter the team GET SET, one soldier from each lane will mount the bar and take a straight hand hanging on the bar, with his feet off the ground, knees bent if necessary. Graders can help soldiers up to the bar. handle is a variable handle (it is recommended to place the dominant hand closest to the head). The body is perpendicular to the bar, however, the alternating handle will cause the body to rotate outward slightly. The soldier's body must be fully extended in a straight arm position (the elbows, trunk and hips

are straight). Legs and legs must not be crossed; feet must be near the ground with bent knees, if necessary. In execution team GO, Soldier will flex at the elbows, knees, hips, and waist to lift his knees. Bending elbows helps with this movement. The right and left knees or thighs should touch the right and left elbows respectively. The grader is observing both knees or thighs in contact with both elbows so that the soldier get credit for the recurrence. The soldier will return to the controlled straight-handed position, elbows straight to complete each recurrence. If the elbows remain bent, the next recurrence does not count. A soldier doesn't have to be completely stationary. Small, insignificant or passive movement of the body and twisting of the trunk are permitted. Deliberately rocking the trunk and legs to help lifting knees is not allowed and will cause further repetition to not count. You can rest in the position of the straight hand (down) and adjust the position of adhesion by moving the hands. During gripping adjustment, you cannot touch the ground. You can't drop from the bar before you assume that the straight hands hang up the position under control to count the last recurrence. The event will be terminated when a soldier voluntarily stops or forced drops from the bar. Using vertical posts to relax or push out will also be the basis for termination. FITNESS COMPONENTS Muscle strength and endurance

STANDARD EQUIPMENTClimbing bar IOC Period60 and 100 point scores: One and 20 reps Bent-Leg Raise Leg Tuck and Twist Alternating Grip Pull-Up Surmounting obstacles and wall rope climbing, descending or traverse Run event measures aerobic endurance that is required to perform continuous operation and ground movement of the feet. Higher aerobic strength allows the body to recover quickly as it prepares to perform other physically complex tasks that may occur during ground movement, such as a quick response to enemy contact. Run two miles on time on a measured, usually flat outdoor course. The run event measures aerobic endurance, which is required to perform continuous operation and ground movement with the feet. Higher aerobic strength allows the body to recover quickly as it prepares to perform other physically complex tasks that may occur during ground movement, such as a quick response to enemy contact. A two-mile race can be completed on an indoor or outdoor road, or an improved surface, such as a road or sidewalk. 2MR cannot be tested on unimproved terrain. A 10-minute rest 1tk and 2MR. The rest period begins when the last soldier in the group completes the LTK. The start and end lines will be close to the same place as the test site for the other five test events. Exit and rear or distance track courses are permitted. FITNESS COMPONENTSAerobic strength

STANDARD EQUIPMENTDuvu mile race on a flat field, track or running surface IOC Period60 and 100 points: 21:00 and 13:30 minutes Dismounted movement Ruck stroke Infiltration

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