

DUKE CITY ACFT CHALLENGE

Free open invite to the first ever Army Combat Fitness Test Challenge on July 29, 2023. Starts at 730 at UNM Johnson Field. Prizes for the top overall athletes.



@GUARDTHEZIA_NM



What are the events tested during the ACFT?

- 3 Rep Maximum Deadlift (MDL)
- Standing Power Throw (SPT)
- Sprint-Drag-Carry (SDC)
- Hand-Release Push-Up (HRPU)
- Plank (PLK)
- 2-Mile Run (2MR)