

COMBAT FITNESS TEST

MOVEMENT TO CONTACT

"THE FIRST EVENT OF THE COMBAT FITNESS TEST IS MOVEMENT TO CONTACT. IT IS AN 880 YD RUN. THE PURPOSE OF THIS EVENT IS TO CHALLENGE AND ASSESS YOUR ANAEROBIC RUNNING ABILITY. THE GOAL OF THIS EVENT IS TO COVER 880 YDS AS FAST AS POSSIBLE. THE PREPARATORY COMMAND WILL BE "READY" AND THE EXECUTE COMMAND WILL BE "GO". REMEMBER YOUR TIME AS YOU FINISH. AS YOU FINISH, CLEAR THE FINISH AREA ARE THERE ANY QUESTIONS?"

TRANSITION

- No less than five (5) minutes will be allowed between events. Time spent between events will be long enough to allow movement of personnel from 880 yd finish line to Ammo Lift area.

AMMO LIFT (AL)

- To the extent possible, the fastest half of Marines completing the 880 yd run event will do the AL first.
- Marines are paired together like Crunches on the PFT.
- The Marine counting for his/her partner will stand perpendicular to, rather than in front of, the Marine executing the AL. This is to ensure safety should the Marine being tested drop the can as well as to ensure the counter can observe elbow lockout.
- Marines may use gloves.
- As in Crunches on the PFT, Marines will count each others' repetitions. Sufficient monitors will ensure repetitions are counted correctly.

"THE SECOND EVENT OF THE COMBAT FITNESS TEST IS THE AMMO LIFT. IT IS A REPETITIVE LIFT OF A 30 LB AMMO CAN. THIS TEST WILL CHALLENGE AND ASSESS THE ANAEROBIC ENDURANCE OF YOUR UPPER BODY. THE GOAL OF THIS EVENT IS TO LIFT THE AMMO CAN FROM SHOULDER HEIGHT TO OVERHEAD AS MANY TIMES AS POSSIBLE IN 2 MINUTES. THE STARTING POSITION OF THE AMMO CAN IS AT OR BELOW CHIN LEVEL. THE FINISH POSITION IS OVERHEAD WITH ARMS MOMENTARILY STRAIGHT. THE CAN DOESN'T HAVE TO BE DIRECTLY OVERHEAD BUT THE ARMS HAVE TO STRAIGHT AT THE TOP. WHEN LOWERING THE CAN, IT MUST DESCEND TO A LEVEL AT OR BELOW THE CHIN. ONCE THE CAN RETURNS TO THIS LEVEL THAT'S ONE REPETITION. KEEP THE AMMO CAN UNDER CONTROL AND USE YOUR LEGS. YOU WILL BE CHECKING EACH OTHER'S FORM AND COUNTING EACH OTHER'S REPETITIONS. MONITORS WILL ENSURE PROPER FORM. THE PREPARATORY COMMAND IS "READY" AND THE EXECUTE COMMAND IS "GO". YOU WILL BE NOTIFIED WHEN THERE ARE 30 SECONDS AND 15 SECONDS REMAINING. IF YOU HAVEN'T TAKEN OFF YOUR BLOUSE OR SWEATSHIRT, DO SO AT THIS TIME. A SHORT SLEEVE GREEN SKIVVIE SHIRT MUST BE WORN DURING THIS EVENT SO LOCKOUT OF THE ELBOWS CAN BE OBSERVED. AN RPE SCALE WILL BE MADE AVAILABLE TO YOU. ARE THERE ANY QUESTIONS?"

TRANSITION

- No less than five (5) minutes will be allowed between events. There is no definitive time between the Ammo Lift and Maneuver Under Fire. Time spent between events will be long enough to allow movement of personnel from Ammo Lift area to Maneuver Under Fire start line.

MANEUVER UNDER FIRE (MANUF)

- To the extent possible, Marines who did the Ammo Lift first will do the MANUF first.
- Marines are paired by approximately equal weight.

"THE LAST EVENT OF THE COMBAT FITNESS TEST IS MANEUVER UNDER FIRE. THIS TEST WILL CHALLENGE YOUR AGILITY, COORDINATION, ACCURACY, BALANCE AND STRENGTH IN VARIOUS COMBAT RELATED TASKS. IN TOTAL YOU WILL COVER A DISTANCE OF 300 YDS. THE GOAL OF THIS EVENT IS TO COVER THE DISTANCE WHILE DOING THESE TASKS AS FAST AS POSSIBLE. THE PREPARATORY COMMAND IS "READY" AND THE EXECUTE COMMAND IS "GO". REMEMBER YOUR TIME AT THE FINISH. ARE THERE ANY QUESTIONS?"

MANUF WALKTHROUGH

- The starting position is the prone position and the first 25 yds of Leg 1 of the MANUF is a straight sprint.
- Marines must execute a clockwise turn ("J Hook") around cone at 25 yd line which is one yard inboard from the right lateral limit of the lane.
- High crawl
 - Movement is with elbows, knees and feet while the torso stays in contact with the ground.
 - During the test, Marines will high crawl 10 yards.
- Modified High Crawl
 - Movement is with 6 points of contact (hands, knees, and feet)
- Diagonal run technique through cone/marker network while another
 - Stay low while changing direction.
 - Marines may touch cone or marker, but body and foot used to change direction must be "outside" cone or marker.
 - Route is left cut at first marker located at 50 yd line, right cut at second, left cut at third, right cut at fourth and left cut at fifth marker to the 75 yd line.
- Move to 75 yd line.
- Cradle Drop Lift
 - Drag of Simulated Casualty (SC) through last two cones/marker network. Left turn at last cone/marker while moving backwards. Once SC feet pass next cone/marker, SC stands.
 - With lift of SC, "rescuer" bends knees, uses core/legs to lift SC while chest remains erect and lumbar curve is maintained.
 - "Rescuer" keeps SC close.
 - While dragging, "rescuer's" abdominal area remains contracted.
 - "Rescuer" will have to turn head to ensure they're backing to the proper cone/marker (last cone/marker in network with start line as reference).

- "Rescuer" and SC must pass through cone/marker. "Rescuer" may begin to turn SC after passing through cone/marker while ensuring that SC feet passes through cone/marker.
 - Once SC feet pass through next marker, SC stands up and remains in place (does not turn around).
- Fireman's Carry technique.
 - "Rescuer" goes in front of SC and puts SC into Fireman's Carry position.
 - Ensure use of core/legs while putting SC into position and that chest remains erect and lumbar curve is maintained.
 - SC places hand in the small of the "rescuer's" lower back for stabilization and keeps weight evenly distributed across shoulders.
- Go back to the point where they started (ammo cans will serve as guide point).
- Place SC safely on ground and away from Ammo Cans.
- Pickup of Ammo Cans (bend at knees, chest remains erect, lumbar curve maintained).
- Sprint with Ammo Cans to 50 yard line and negotiate the cone/marker network on the first leg.
- Sprint to 75 yard line.
- Throw grenade from standing position followed by drop to prone position.
 - Throw involves turn of body along with throwing motion.
 - The throw must be a direct hit (no bounces) within the target area or on border for a hit.
 - After throwing grenade, Marines hit deck immediately and execute three (3) pushups. Marines shouldn't wait to see if grenade hits or misses because they're being timed.
 - 5 second time deduction for a hit and 5 second penalty for a miss.
- Marines negotiate cone/marker network in reverse on last leg of MANUF.