Table 1. Army Combat Fitness Tests and Key Injury Concerns



3 Repetition Maximum Deadlift (3RM)

Task lift heavy loads off ground Condition 5 minutes; hexbar, weights Measures muscle strength Injury concern *Knees, Lower back* Muskuloskeletal (MSK) and nerve tissues; ACUTE sprains, strains, ruptures; CUMULATIVE (aka "OVERUSE") tendons, ligaments, spine





Standing Power Throw (SPT)

Task mount/climb obstacle/vehicles, lifting Condition 3 min; 10lb medicine ball, 3 throws Measures lower body power Injury concern Back & Neck (Spine), Shoulders MSK, nerve; ACUTE strains, sprains

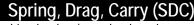




Hand Release Push-Up (HRPU)

Task pushing load up/over; load carriage Condition 2 minutes, hands lift when down Measures upper body muscle endurance Injury concern Shoulder, Elbow, Back, Neck ACUTE MSK strains, ruptures CUMULATIVE tendons, ligaments





Task pushing load up/over; load carriage Condition 4 minutes, 5 x 50m shuttles in the following order – 50m sprint, 50m sled drag, 50m lateral shuttle, 50m kettlebell carry Measures muscle endurance, power Injury concern Knees, Shoulders, Elbows, Back ACUTE MSK strains, tears (e.g., ligament tears)



CUMULATIVE e.g., tendonitis Leg Tuck (LGT)

Task climbing; rope bridges, load carriage Condition 2 minutes, 7ft high x 5ft wide pull-up bar or climbing pod



Injury concern Shoulders, Elbows, Wrist, Other ACUTE MSK, nerve; (e.g., fractures, sprains from falling, or muscle, tendon, or ligament tears) CUMULATIVE tendons, ligments, nerves



2-Mile Run (2MR)

Task: climbing; rope bridges, load carriage Condition: less than 21 minutes



Injury concern: Knees, Leg, Feet, Hip/pelvis ACUTE MSK (e.g., fractures, sprains from falling, or muscle, tendon, or ligament tears) CUMULATIVE tendons, ligments, also foot blisters



