



H2F Physical Readiness

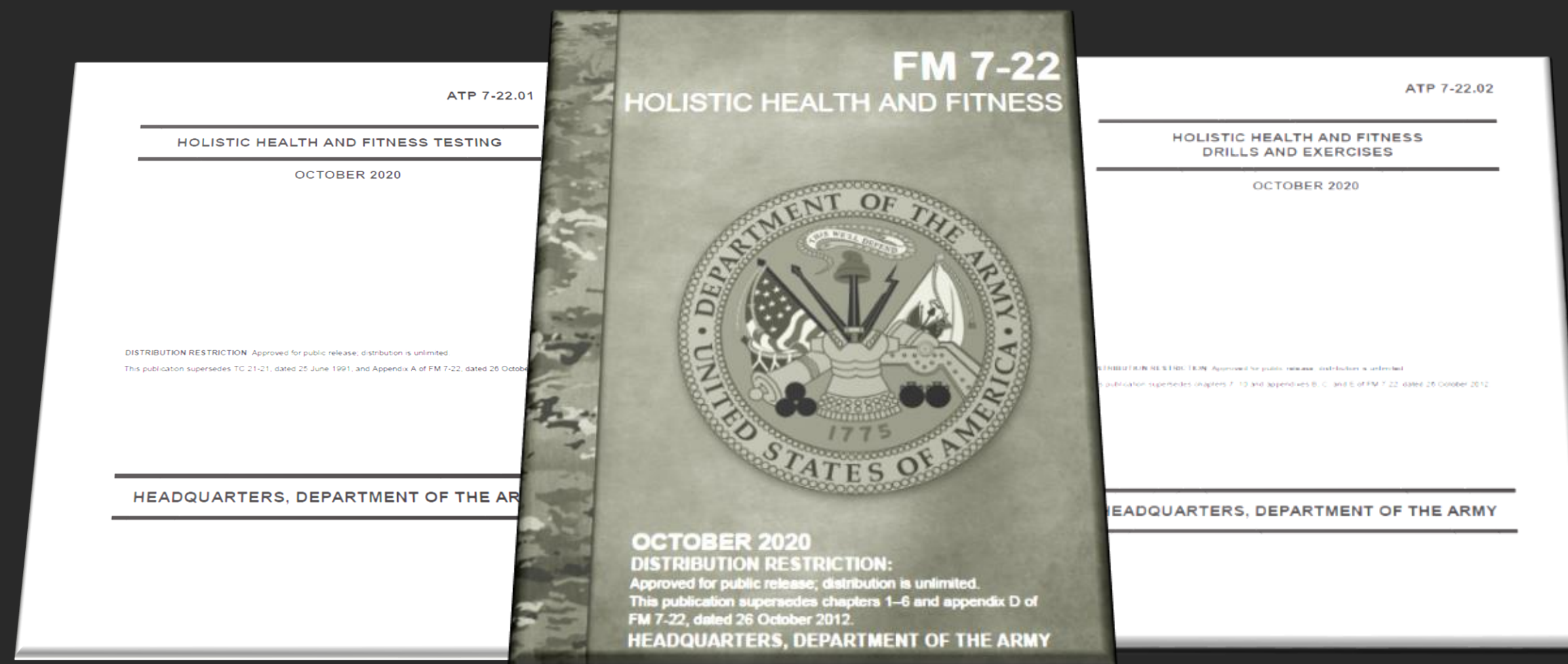
Agenda



- ▶ H2F Doctrine
- ▶ H2F Domains
- ▶ What is Physical Readiness?
- ▶ The Goal of Physical Training
- ▶ The Principles of Physical Readiness
- ▶ The Physical Components
- ▶ Deconstructing the ACFT Video
- ▶ The Army Combat Fitness Test
- ▶ Check on Learning
- ▶ Summary



Doctrine



FM 7-22, Chapter 7 Physical Readiness



H2F READINESS DOMAINS

Mental
Readiness

Sleep
Readiness

Spiritual
Readiness

Nutritional
Readiness

Physical
Readiness





Physical Readiness

➤ **Physical Readiness-** is the ability to meet the physical demands of any duty or combat position, move lethally on the battlefield, accomplish the mission and continue to fight, win, and come home healthy.





Goal of Physical Readiness

- The overarching goal of Soldier physical training is for Soldiers to have the ability to physically engage with and destroy the enemy.
- Physical readiness enables Soldiers to apply and sustain the right amount of strength, endurance, and speed to meet the demands of training and combat physical tasks.
- This physical goal is supported by optimal mental function. The goal and the function are inseparable, linked together. The ability to tolerate physical duress is a function of physical and mental toughness.





Principles of Physical Readiness

- Precision
- Progression
- Integration





Physical Readiness Components and Soldier Tasks

<u>Physical Component</u>	➔	<u>Soldier Occupational Task</u>
<u>Muscular Strength</u>	➔	<u>Lift, drag and carry heavy loads</u>
<u>Muscular Endurance</u>	➔	<u>Execute sustained bouts of low intensity resistance</u>
<u>Aerobic Endurance</u>	➔	<u>Execute sustained bouts of low intensity movement</u>
<u>Anaerobic Movement</u>	➔	<u>Execute short duration, high intensity movement</u>
<u>Power</u>	➔	<u>Short duration, explosive movements w/heavy loads</u>



ACFT Objectives

ACFT

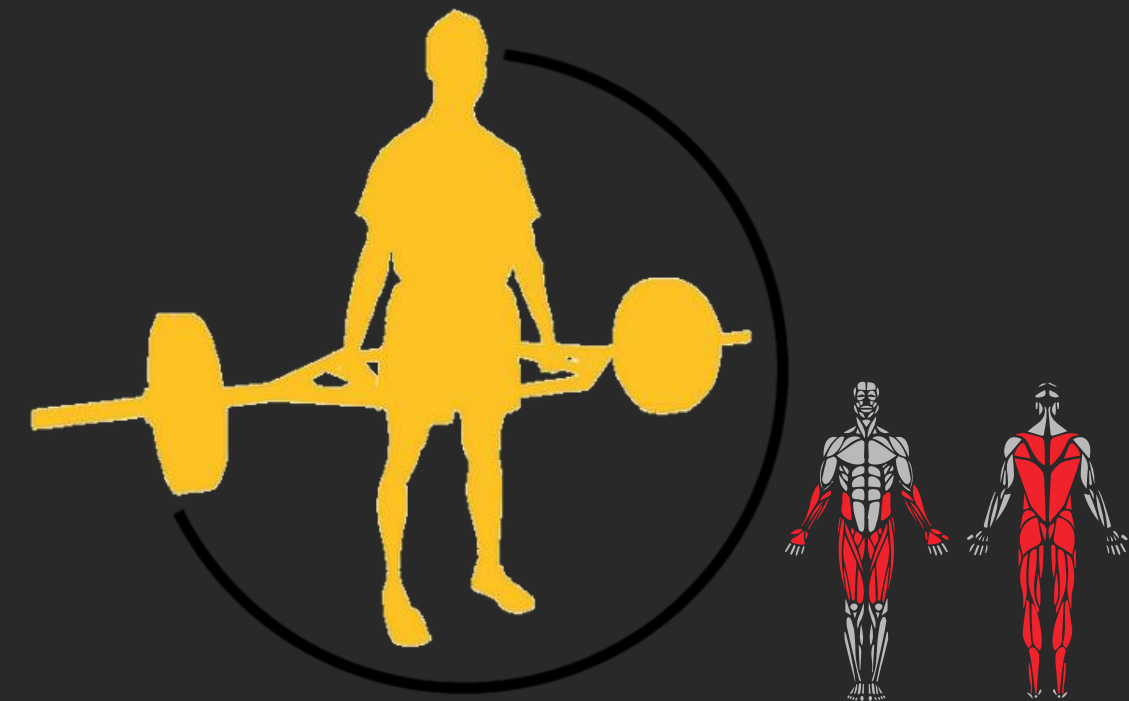
Purpose: Assess a Soldier's physical performance capability within components of combat fitness

Objectives

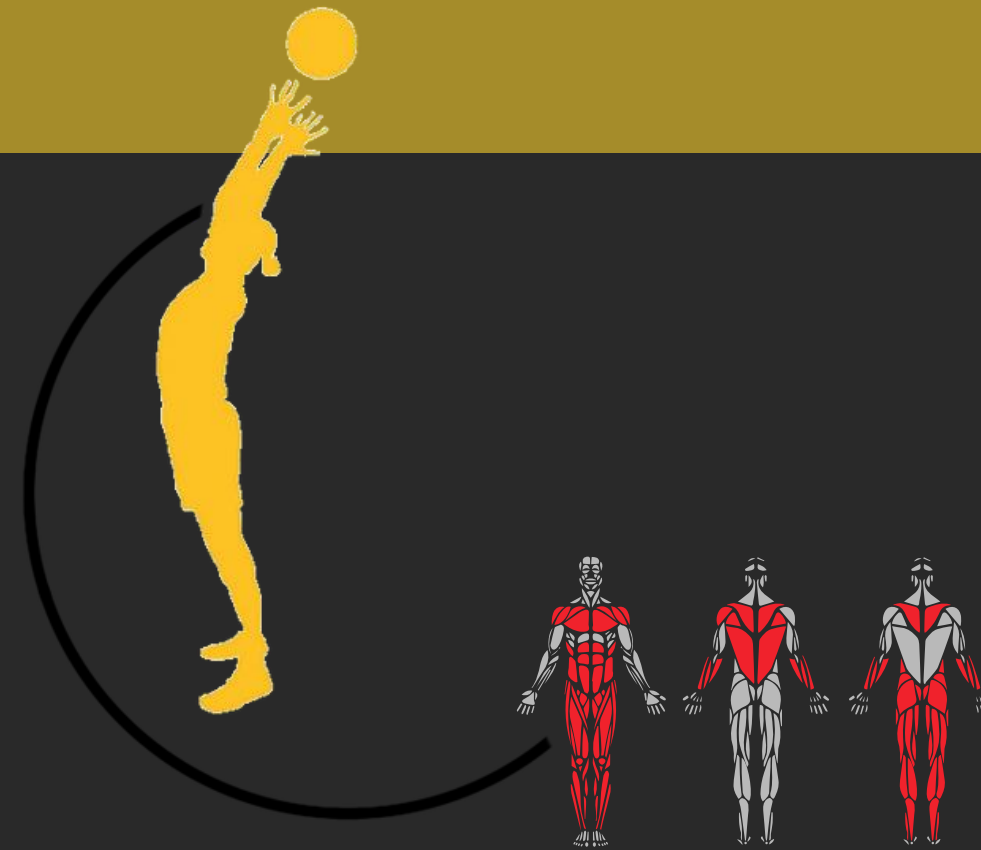
- Improve individual Soldier readiness
- Transform the culture of Army fitness
- Reduce preventable injuries and attrition
- Enhance mental and physical toughness and stamina
- Contribute to increases unit readiness

Soldier physical fitness will be evaluated in a manner that optimizes Army talent management across the force.

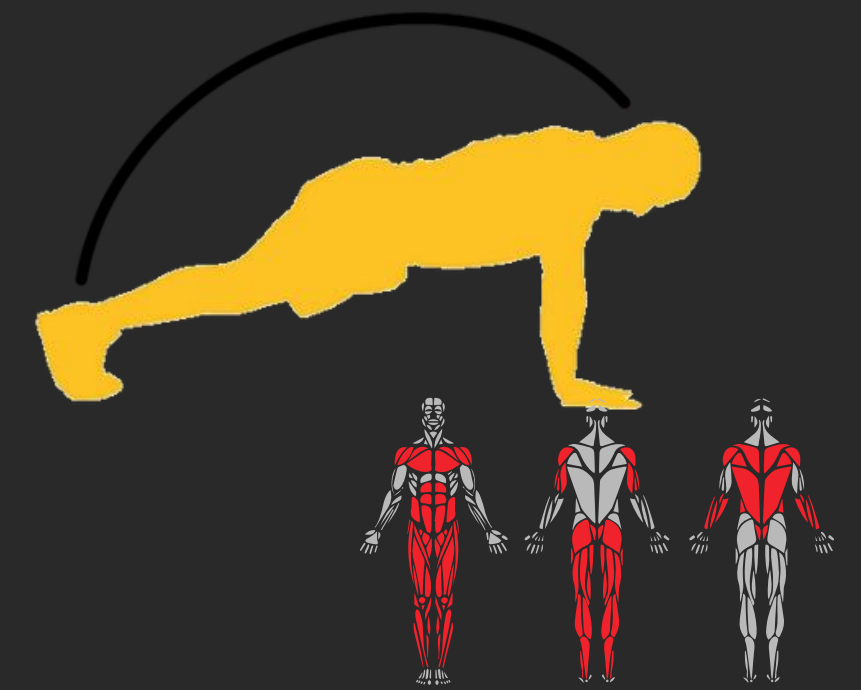
ACFT Events



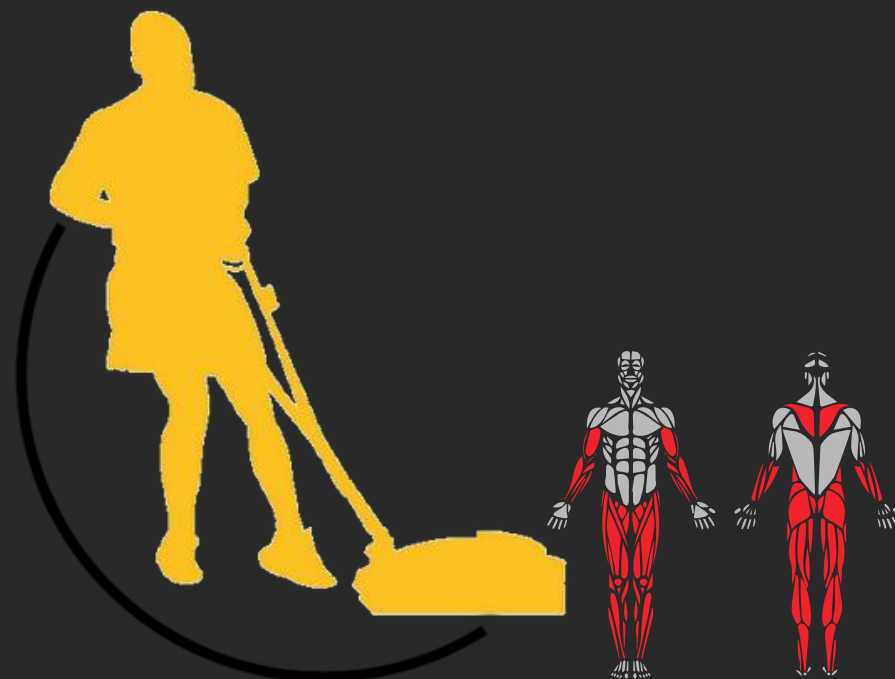
3 Rep Max Deadlift



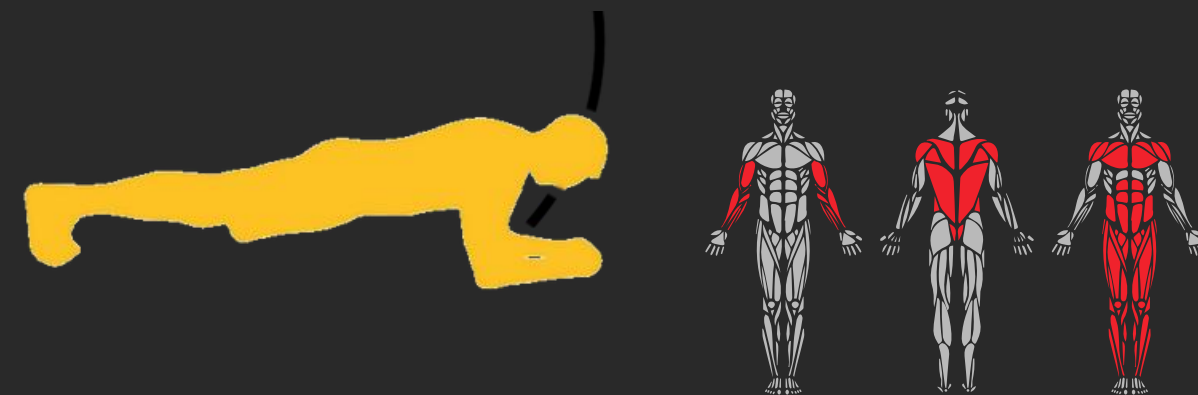
Standing Power Throw



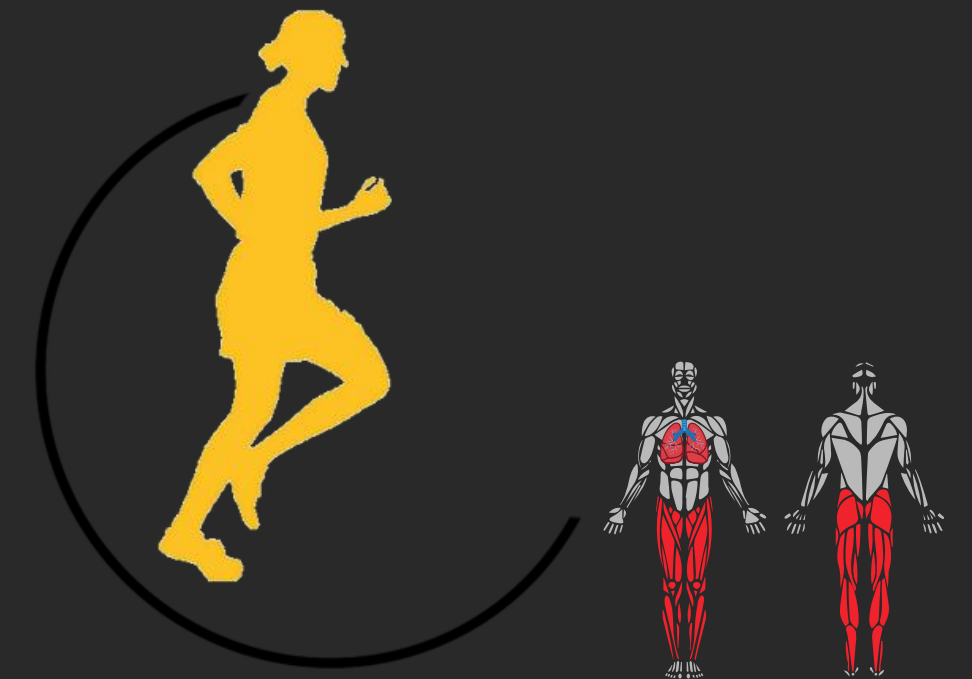
Hand Release Push-up



Sprint, Drag, Carry



Plank



Two Mile Run



ACFT Events

➤ 3X Rep Max Deadlift

Measure muscular strength and physiologic capacity to safely and effectively lift heavy loads. Linked to specific warfighter tasks; extract and evacuate a casualty, stretcher lift, carry and load equipment.



➤ Standing Power Throw

Measures physiologic capacity to cast equipment over an obstacle, lift and load equipment, climb up/over obstacles, and employ progressive levels of force. Linked to warfighter tasks requiring quick explosive movements to maneuver equipment and personnel.





ACFT Events

➤ Hand Release Push-up

Measures upper body muscular **explosive power**, physiologic capacity to pushing and pulling tasks used in combat. Linked to a Soldiers ability to push an opponent away during close combat, push up from the ground during evasion and maneuver, and build a hasty fighting position.

➤ Sprint – Drag – Carry (SDC)

Measure anaerobic endurance, muscular endurance, speed and agility.

Linked to warfighter tasks requiring quick explosive movements to maneuver over and around obstacles, react to direct/ indirect fire and move as a member of a team.





ACFT Events

➤ Plank

Measures abdominal / core strength and endurance. Linked to warfighter tasks involving climbing and surmounting obstacles like windows and vertical walls.



➤ 2-Mile Run

Measures aerobic endurance and muscular endurance. Linked to warfighter tasks requiring quick explosive movements to maneuver over and around obstacles, react to direct/indirect fire and move as a member of a team.



A photograph of two hikers with large backpacks walking on a dirt trail. The hiker on the right is leaning forward, and the hiker on the left is holding their hand, suggesting they are assisting or supporting them. The image is overlaid with a semi-transparent olive green filter. The text "Check on Learning" is centered over the image in a bold, black, sans-serif font.

Check on Learning



Q. What is Physical Readiness?



A. Physical Readiness is the ability to meet the physical demands of any duty or combat position, move lethally on the battlefield, accomplish the mission and continue to fight, win, and come home healthy.



Q. What are the three Principles of Physical Readiness?



A. Precision, Progression, and Integration



Q. What are the 6 events of the Army Combat Fitness Test?



**A. Max Deadlift, Standing Power Throw, Hand Release Push-up,
Sprint – Drag – Carry (SDC), Plank, and 2-Mile Run**



Q. What are the 5 Physical Components of the H2F system?



Questions?



SUMMARY

In this lesson we covered:

- The H2F Doctrine
- The definition of Physical Readiness
- The Goal of Physical Training
- The Principles of Physical Readiness
- The Physical Components
- The Army Combat Fitness Test Events and their relevance to physical readiness
- See the FM 7-22, for more detailed information to better understand Physical Readiness.

