THE PLANK
Temporary Substitute For Leg Tuck
ACFT 2.0

ALTERNATIVE EVENT: The Plank

Plank for a minimum of 2-minutes

- During ACFT Transition Period, Soldiers may temporarily utilize the Plank exercise in lieu of the Leg-Tuck to assist in transitioning to the full test.

- Soldier will first attempt a LTK. If they are unsuccessful, they will be authorized to attempt the Plank event to pass the ACFT.

- The Plank event consists of maintaining a proper plank position for a minimum of 2-minutes; maximum score for the Plank is PASS/60 points.

2-MIN PLANK  PASS / Maximum 60 POINTS