



U.S. ARMY

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