

MATERIALS

Before you start, make sure you have:

- Three cones
- Measuring tape
- Stop watch

WATCH THE VIDEO HERE



PROCEDURE AND SCORING

PREPARATION: Place three cones 5 yards (4.572 meters) apart in a straight line.

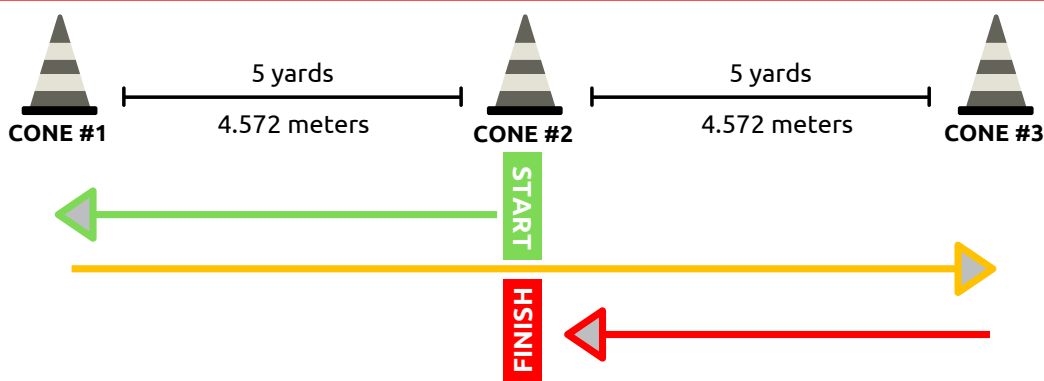
EXERCISE:

1. Have participant start at cone #2 in a good starting stance so they can sprint to cone #1.
2. Participant should sprint to cone #1 and touch the cone with their fingertips.
3. Participant should then turn and sprint to the cone #3 and touch cone #3 with their fingertips.
4. Participant should return to cone #2.

SCORING: Participant is timed for the entire exercise. The final score/time is based on the time it takes for participant to complete the 5-10-5 exercise.

MODIFICATIONS

Participants with lower body mobility issues can perform this test in a wheelchair. Participants start at cone #2 and face cone #1. Wheel quickly to cone #1. Turn tightly around the cone and wheel quickly to cone #3. Turn tightly around the cone and wheel quickly back to cone #2.



1



2



3



4



5

