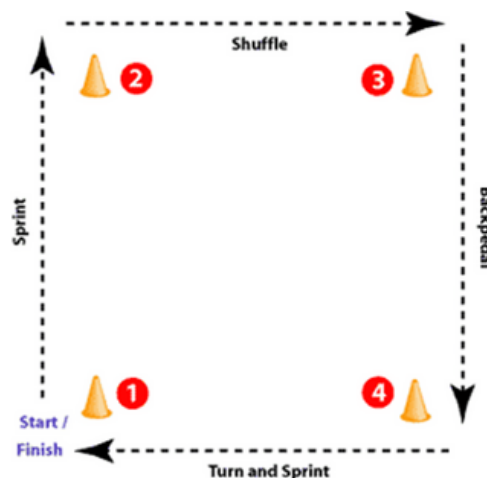


## MATERIALS

Before you start, make sure you have:

- Four cones
- Measuring tape
- Stopwatch



[WATCH THE VIDEO HERE](#)

## PROCEDURE AND SCORING

**PREPARATION:** Set up four cones in a square ten yards (9.144 meters) apart.

### EXERCISE:

1. Participant starts by getting in a ready stance next to cone #1.
2. On the command of Ready...Set...Go, participant sprints to cone #2.
3. Once they reach cone #2, they side shuffle to cone #3.
4. Once they reach cone #3, they backpedal to cone #4.
5. Once at cone #4, participant sprints to the state/finish line at cone #1.

**SCORING:** On the command participant completes the square as quickly as possible. Scoring is based on total time for completion back to the start/finish line at cone #1.

## MODIFICATIONS

Participants with lower body mobility issues can perform this test in a wheelchair. Participants will start at cone #1 and move quickly around the cones, turning tightly near the cones.

Participants performing this test in a wheelchair will move in a forward direction for the entire test.