

## MATERIALS

Before you start, make sure you have:

- Stopwatch

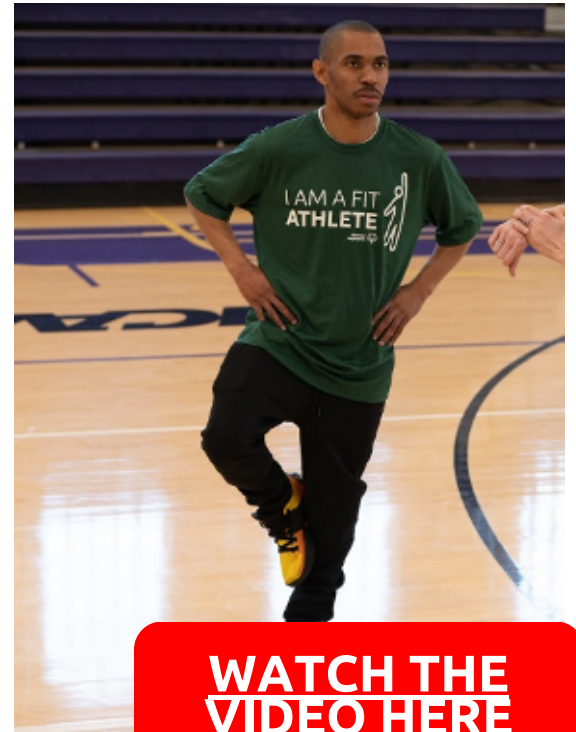
## PROCEDURE AND SCORING

### EXERCISE:

1. Participant stands within arm's reach of a stationary object.
2. Feet are shoulder width apart.
3. Participant places their hands on their hips.
4. Participant bends the knee of the non-supporting leg lifting the foot off the ground.

**SCORING:** Time starts when participant is in the correct standing position and ends when balance is lost which is when the non-supporting leg touches the ground, or when the hands come off the hips.

Once participant has exceeded 55 seconds without a loss of balance, they have achieved the maximum amount of points for this exercise.



[WATCH THE VIDEO HERE](#)

