

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Chair or wheelchair



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant will be seated with their arms extended out to both sides.
2. When time begins, participant will have 30 seconds to bend to the right as far as they can, and come back up to a normal sitting position.
3. Participant will then bend to the left as far as possible and return their normal sitting position.
4. Each lateral bend to the side and return to a normal seated position will count as one.

SCORING: This process will repeat for 30 seconds, and the amount of successful total bend and ups to normal seated position will count toward the final score.

MODIFICATIONS

This exercise can be performed seated in a chair or in a wheelchair.