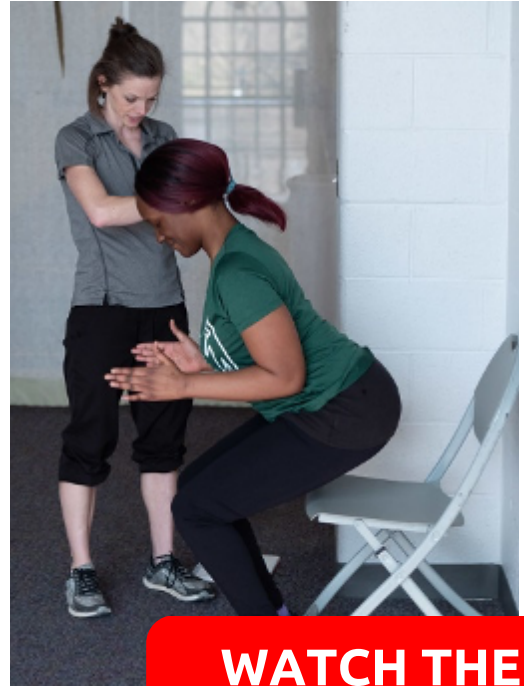


MATERIALS

Before you start, make sure you have:

- Stopwatch
- Chair (without wheels)



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant sits on chair or bench with feet hip-width distance apart.
2. Participant's arms are positioned across the chest.
3. Participant stands up fully from sitting position and sits down again without using their arms to assist.
4. This is considered 1 repetition. Participant continues to do the sit to stand component for 30 seconds.

SCORING: Each successful repetition is counted for 30 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

MODIFICATIONS

Participants with lower body mobility impairments can perform this test pushing on arm rests or pulling on a countertop (or similar) for assistance. Participants should use the same assistance methodology for each testing opportunity for consistency.