

MATERIALS

Before you start, make sure you have:

- Stopwatch



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant should start each rep in the standing position, holding no weight and feet slightly wider than their hips or shoulder width apart. Toes should be pointed slightly outwards.
2. Participant should find a spot in front of them at eye level to focus on so their head stays in the proper position.
3. Participant squats down until their hip crease is below the top of knee.
4. Participant stands up again and finishes with knees and hips fully extended.

NOTES:

1. Participant should maintain a natural head position – chin up, eyes straight ahead.
2. Participant should make sure their knees are bent over toes.
3. Participant's feet need to be shoulder-width apart.
4. Participant's spine should be straight.

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.