

## MATERIALS

Before you start, make sure you have:

- 12-inch step
- Stopwatch

[WATCH THE VIDEO HERE](#)



## PROCEDURE AND SCORING

### EXERCISE:

1. Participant steps on and off a 12-inch box alternating right foot up, left foot up, right foot down, left foot down.
2. They continue stepping up and down alternating feet as quickly and safely as they can for 60 seconds.

**SCORING:** Count the number of total steps achieved in 60 seconds. Total score is the total number of steps.

- Right foot up, left foot up, right foot down, left foot down = 1 step.

