

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Solid wall



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant stands with back flat against the wall and feet about 1-2 feet away from the wall.
2. Participant holds arms at sides or across chest.
3. Participant bends at the knees and lowers down until thighs are parallel to the ground.
4. Participant holds this position for the desired time.

SCORING: Time is recorded starting when the participant assumes the correct position. Total time is time to failure which is any adjustment from the original position.