

## Sit to Stand - How many can you complete in 30 secs?

This test measures leg strength and endurance. Keep a record and see how you progress.

### Equipment:

- A stable chair with a straight back and arm rests
- A timer

### How to do the test:

#### **Put the chair with its back against the wall so that it does not move**

Sit with feet apart to help keep your balance. Sit forward in the seat with your feet close to the chair.

- See how many times you can stand up, then sit down again
- Keep going for 30 seconds
- If you are halfway to standing at the end of the 30 seconds, count it as a stand
- Be sensible! Take a break or stop if you need to

**How many did you complete in 30 seconds?**