

ASYNCHRONOUS VIDEO INSTRUCTIONS

30-SECOND CHAIR STAND TEST

1. Set chair against the wall.
2. Sit in the chair with your feet on the floor and facing the camera.
3. Cross your arms on your chest.
4. Stand up from the chair all the way, then sit all the way back down as fast as you can.
5. Repeat for 30 seconds.

TIPS

- Stop if you have any discomfort or feel unsteady.

EQUIPMENT:

- Chair: Straight back, no wheels, no arms (e.g., kitchen chair)
- Nearby Wall
- Timer

HELPER: Optional

SETTING: Space so the video includes the entire body

VIDEO INFO

- Use a tripod or prop up phone as needed.
- Make sure the entire body can be seen.
- Start recording then start test. Stop recording when done.

TOTAL TIME: <5 minutes

PURPOSE: To test leg strength and endurance.

YOUTUBE VIDEO: <https://www.youtube.com/watch?v=qkV0UvjXgcs>
(Copy the YouTube link into your Internet browser.)