

### 30-Second Chair Stand



#### Purpose

To assess lower body strength, needed for numerous tasks such as climbing stairs, walking and getting out of a chair, tub or car. Also reduces the chance of falling.

#### Description

Number of full stands that can be completed in 30 seconds with arms folded across chest.

#### Risk zone

Less than 8 unassisted stands for men and women.

### Arm Curl



#### Purpose

To assess upper body strength, needed for performing household and other activities involving lifting and carrying things such as groceries, suitcases and grandchildren.

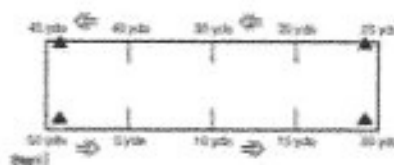
#### Description

Number of bicep curls that can be completed in 30 seconds holding a hand weight of 5 lbs (2.27 kg) for women; 8 lbs (3.63 kg) for men.

#### Risk zone

Less than 11 curls using correct form for men and women.

### 6-Minute Walk



#### Purpose

To assess aerobic endurance, which is important for walking distances, stair climbing, shopping, sightseeing while on vacation, etc.

#### Description

Number of yards/meters that can be walked in 6 minutes around a 50-yard (45.7 meter) course. (5 yds = 4.57 meters)

#### Risk zone

Less than 350 yards for men and women.

### 2-Minute Step Test



#### Purpose

Alternate aerobic endurance test, for use when space limitations or weather prohibits taking the 6-minute walk test.

#### Description

Number of full steps completed in 2 minutes, raising each knee to a point midway between the patella (kneecap) and iliac crest (top hip bone). Score is number of times right knee reaches the required height.

#### Risk zone

Less than 65 steps for men and women.

### Chair Sit-and-Reach



#### Purpose

To assess lower body flexibility, which is important for good posture, for normal gait patterns and for various mobility tasks, such as getting in and out of a bathtub or car.

#### Description

From a sitting position at front of chair, with leg extended and hands reaching toward toes, the number of inches (cm) (+ or -) between extended fingers and tip of toe.

#### Risk zone

Men: Minus (-) 4 inches or more  
Women: Minus (-) 2 inches or more

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### Back Scratch



#### Purpose

To assess upper body (shoulder) flexibility, which is important in tasks such as combing one's hair, putting on overhead garments and reaching for a seat belt

#### Description

With one hand reaching over the shoulder and one up the middle of the

back, the number of inches (cm) between extended middle fingers (+ or -).

#### Risk zone

Men: Minus (-) 4 inches or more

Women: Minus (-) 2 inches or more

### 8-Foot Up-and-Go



#### Purpose

To assess agility/dynamic balance, which is important in tasks that require quick

maneuvering, such as getting off a bus in time or getting up to attend to something in the kitchen, to go to the bathroom or to answer the phone.

#### Description

Number of seconds required to get up from a seated position, walk 8 feet (2.44 m), turn, and return to seated position.

#### Risk zone

More than 9 seconds.

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The *Senior Fitness Test Manual* and accompanying training video and software can be purchased through Human Kinetics: 1-800-747-4457 (U.S.), 1-800-465-7301 (Canada), or [www.humankinetics.com](http://www.humankinetics.com)