

FITNESS CHECKS

CHAIR STAND



Procedure:

1. The participant begins by sitting in the middle of the chair with feet flat on the floor and arms across the chest.
2. On the signal 'begin,' the participant rises to a full standing position.
3. The participant returns to a fully seated position.

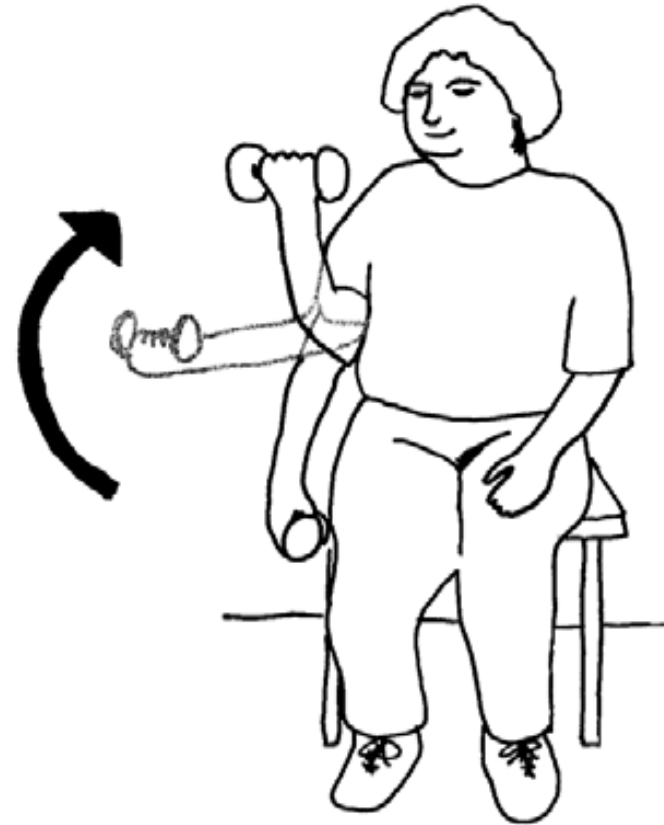
Procedure:

1. The participant begins by sitting in the chair with feet flat on the floor and holding the appropriate hand weight in their dominant hand, in the handshake position, and with the elbow fully extended.

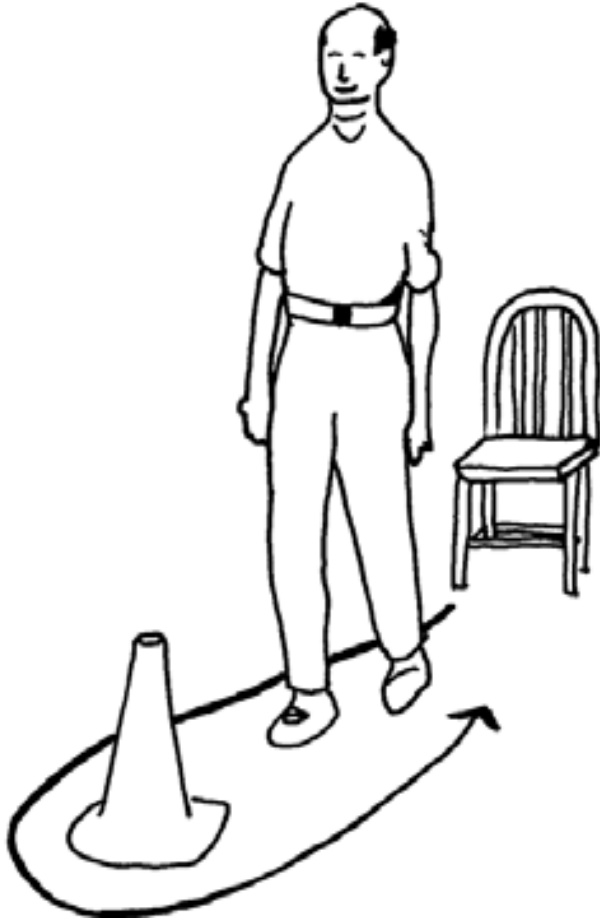
2. On the signal “begin,” the participant turns the palm up while bending the elbow through a full range of motion.

3. The participant returns the elbow to the fully extended position, turning the palm back in during the return to the starting position.

ARM CURL



8 FOOT UP & GO



Procedure:

1. The participant begins by sitting in the middle of the chair with feet flat on the floor.
2. On the signal “begin,” the participant stands up from a seated position, walks as quickly as they can around the cone and back to the chair
3. The participant returns to a fully seated position.