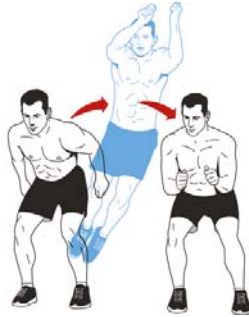


ENDURANCE TEST – LATERAL JUMP



Purpose

This test is designed to test the client's agility and muscular endurance.

Procedure

1. Have the client stand in the center of two markings which are placed 30cm to each of his/her side.
2. Place a marker on the center for clarification. Have the client jump to the right side (in line or on top of the marker), return to the center, repeat towards the left, and then land in the center again. That is considered one round.
3. The client will try to do as many rounds as possible within a timed minute.
4. Make sure the client is landing in a slight squat each time. If proper form is lost, cease the test.

Equipment

- A stopwatch
- A tape measurer
- Line markings (of your choice)

Results

One round is given 1 point, where as half a round is half a point.

Calculate their repetitions within the minute and gauge their ability with the chart below.

	Poor	Fair	Average	Good	Excellent
Female	<33	34-37	38-41	42-45	46+
Male	<37	38-41	42-45	46-49	50+