

Fullerton Fitness Test (Rikli & Jones, 1999)

Subject ID _____ Age _____ Weight _____
 Date _____ Height _____

Score

- 1) **30-second chair stand** Count the # of times person rises in 30-seconds without pushing off with the arms.
- 2) **Arm curl** Count the # of times a hand weight (5lb for women, 8lb for men) can be curled through full range of motion in 30-seconds.
- 3) **Chair sit and reach** Measure the distance with an 18-inch ruler that a person is short of reaching the toe (minus score) or beyond the toe (plus score). While seated on the edge of a chair, one leg should be bent and foot flat on the floor while the other leg is extended straight in front of the hip with heel on floor and foot flexed at 90 degrees. Person bends forward at the hip while sliding hands down the extended leg. (Hold for 2 seconds and repeat twice, take the best of two distances)
- 4) **6-minute walk** Determine the maximum distance walked in 6-minutes along a 50-yd rectangular course, marked every 5 yds. (Round distance to nearest 5 yds)
- 5) **2-minute step test (Alternate test)** Determine the # of times person can step in place, raising the knees to a height halfway between the iliac crest and middle of the patella, in 2-minutes
- 6) **Back Scratch** Measure the distance between (or the overlap of) the middle fingers behind the back when trying to touch the middle fingers of both hands together behind the back. (Measure to the nearest 1/2 inch)
- 7) **8-foot up and go** Measure the time it takes to get out of a chair, walk 8-feet to and around a cone, and return to the chair. (Perform twice and measure time to the nearest 1/10th of a second, recording fastest time)
- 8) **Body Mass Index** Measure height in meters and body mass in kilograms.
 BMI = kg/m^2