

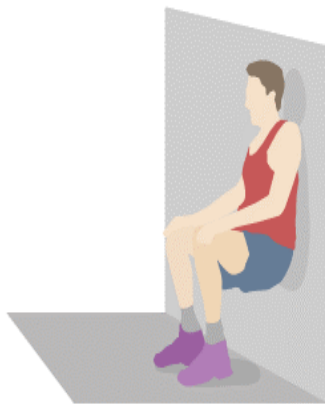
## Lower Body: Wall Sit Test

This is a simple test of lower body muscular strength and endurance.

**Purpose:** to measure the strength endurance of the lower body, particularly the quadriceps muscle group.

**Equipment required:** wall and a stop watch.

**Procedure:** Stand comfortably with feet approximately shoulder width apart, with your back against a vertical wall. Slowly slide your back down the wall to assume a position with both your knees and hips at a **90° angle**.



**Scoring:** The total time in seconds that the position was held is recorded.

Rating	Seconds
excellent	60 & over
good	30-59
needs work	15-29