Instructions for 1-minute STS

The purpose of this test is to assess your exercise capacity and leg muscle strength.

The movement required is to get up from the chair with the legs straight and sit back down continuing the repetitions as fast as possible within 1 minute.

I will give you the countdown ‘3,2,1 Go’ as an indication to start and Also I will tell you are at the remaining 15 seconds.

If required, you can take a break and resume the test as soon as possible.