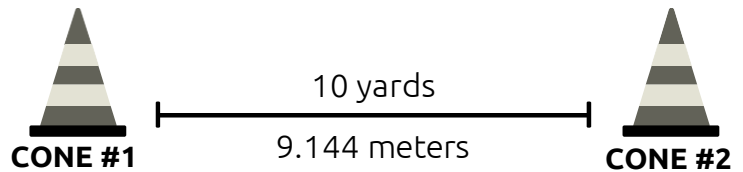


### MATERIALS

Before you start, make sure you have:

- Two cones
- Measuring tape
- Stop watch



### PROCEDURE AND SCORING

**WATCH THE  
VIDEO HERE**



**PREPARATION:** Create a start line and finish line measured at 10 yards (9.144 meters) with cones.

#### EXERCISE:

1. Participant will be timed as they run/walk/roll from the start to finish.

**SCORING:** The time it takes participant to go from start to finish line is recorded as their total time.



## MATERIALS

Before you start, make sure you have:

- Three cones
- Measuring tape
- Stop watch

**WATCH THE  
VIDEO HERE**



## PROCEDURE AND SCORING

**PREPARATION:** Place three cones 5 yards (4.572 meters) apart in a straight line.

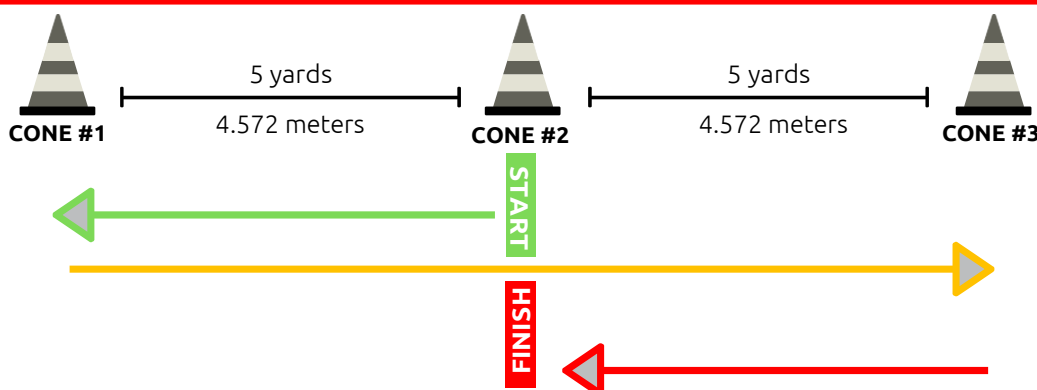
### EXERCISE:

1. Have participant start at cone #2 in a good starting stance so they can sprint to cone #1.
2. Participant should sprint to cone #1 and touch the cone with their fingertips.
3. Participant should then turn and sprint to the cone #3 and touch cone #3 with their fingertips.
4. Participant should return to cone #2.

**SCORING:** Participant is timed for the entire exercise. The final score/time is based on the time it takes for participant to complete the 5-10-5 exercise.

## MODIFICATIONS

Participants with lower body mobility issues can perform this test in a wheelchair. Participants start at cone #2 and face cone #1. Wheel quickly to cone #1. Turn tightly around the cone and wheel quickly to cone #3. Turn tightly around the cone and wheel quickly back to cone #2.





1



2



3



4



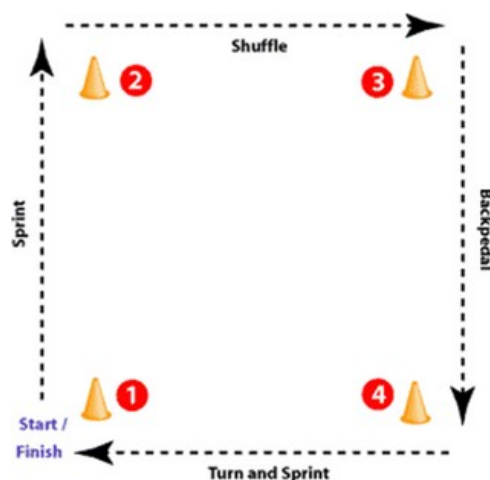
5



### MATERIALS

Before you start, make sure you have:

- Four cones
- Measuring tape
- Stopwatch



[WATCH THE VIDEO HERE](#)

### PROCEDURE AND SCORING

**PREPARATION:** Set up four cones in a square ten yards (9.144 meters) apart.

#### EXERCISE:

1. Participant starts by getting in a ready stance next to cone #1.
2. On the command of Ready...Set...Go, participant sprints to cone #2.
3. Once they reach cone #2, they side shuffle to cone #3.
4. Once they reach cone #3, they backpedal to cone #4.
5. Once at cone #4, participant sprints to the state/finish line at cone #1.

**SCORING:** On the command participant completes the square as quickly as possible. Scoring is based on total time for completion back to the start/finish line at cone #1.

### MODIFICATIONS

Participants with lower body mobility issues can perform this test in a wheelchair. Participants will start at cone #1 and move quickly around the cones, turning tightly near the cones.

Participants performing this test in a wheelchair will move in a forward direction for the entire test.