



## 3 Minute Step Test

Have person step up and down on the step at least 24 times a minute for 3 minutes. Then let them rest (standing) for 30 seconds after stopping. After the 30 seconds, take their pulse for next 30 seconds and compare it with the chart below.

AGE		29 or less	30-39	40-49	50-
MEN	Excellent	34-35	35-38	37-39	37-40
	Good	37-40	39-41	40-42	41-43
	Average	41-42	42-43	43-44	44-45
	Low	43-47	44-47	45-49	46-49
	Very Low	48-59	48-59	50-60	50-62
WOMEN	Excellent	39-42	39-42	41-43	41-44
	Good	43-44	43-45	44-45	45-47
	Average	45-46	46-47	46-47	48-49
	Low	47-52	48-53	48-54	50-55
	Very Low	53-66	54-66	55-67	56-66

NOTE: Have participant remain standing and very slowly keep their feet in motion. This will keep blood from pooling in the legs.