Forestry step test

What does it measure?
Speed

What do you need?
• Step (40cm for males, 33cm for females)
• Heart-rate monitor
• Metronome
• Published table for calculating maximal aerobic power

How do you do the test?
• Record your body weight in the clothing you will be wearing for the test.
• Set the metronome at 90 beats per minute, to mark out a stepping rate of 22.5 steps per minute.
• Following the stepping rate set by the metronome, step up with the right leg and down with the right leg, then up with the left leg and down with the left leg. This is one step. Continue stepping for five minutes.
• After five minutes of stepping, sit down and measure your heart rate.
• Use your age, post-exercise heart rate, and body weight to calculate the maximal aerobic power using a published table.

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<tr>
<th>Name</th>
<th>Maximal aerobic power</th>
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Comment on the reliability and validity of this test: