

The 3-Minute Step Test

Name: _____

The 3-Minute Step Test measures your **aerobic (cardiovascular) fitness level** based on how quickly your heart rate returns to normal after exercise.

Equipment needed: Stopwatch or clock with a second hand; a friend to help you keep count; a 12-inch bench, box, or step; a metronome (if you don't have one, use the free online version at www.MetronomeOnline.com)

Goal: Step on and off the bench for 3 minutes straight while keeping a consistent pace and then see how quickly your heart rate will come back down.

Execution: This test is based on a 12-inch step, so use one as close to 12 inches as possible, otherwise your results will be skewed. **Set the metronome to 96 beats per minute and make sure you can hear the beat.** Stand facing the step. When ready to begin, start the clock or stopwatch and march up and down on the step to the metronome beat (up, up, down, down) for 3 consecutive minutes. (You can rest if you need to, but remain standing.) When 3 minutes are up, stop immediately, sit down on the step, and count (or have a friend count) your pulse (use your wrist or neck) for one full minute or $15 \text{ secs} \times 4 = 60 \text{ second count}$

What this measures: This test assesses your fitness level based on how quickly your heart rate recovers after exercise. The fitter you are, the quicker your heart rate will return to normal after exercise.

Scoring: Here are the age-adjusted standards based on guidelines published by YMCA.

How to improve: To improve your scores on this test, develop a regular cardio (aerobic) exercise routine and stick to it. Increase your intensity and duration gradually and you'll boost your endurance over time.

Health Benefits Zones : Aerobic Fitness

-Transfer results to workbook to replace mCAFT appraisal

Female Norms	16-25	26-35	36-45	46-55	56-65	65+
Excellent	52-81	58-80	51-84	63-91	60-92	70-92
Very Good	85-93	85-92	89-96	95-101	97-103	96-101
Good	96-102	95-101	100-104	104-110	106-111	104-111
Fair	104-110	104-110	107-112	113-118	113-118	116-121
Below Average	113-120	113-119	115-120	120-124	119-127	123-126
Poor	122-131	122-129	124-132	126-132	129-135	128-133
Needs Improvement	135-169	134-171	137-169	137-171	141-174	135-155

Male Norms	18-25	26-35	36-45	46-55	56-65	65+
Excellent	50-76	51-76	49-76	56-82	60-77	59-81
Very Good	79-84	79-85	80-88	87-93	86-94	87-92
Good	88-93	88-94	92-88	95-101	97-100	94-102
Fair	95-100	96-102	100-105	103-111	103-109	104-110
Below Average	102-107	104-110	108-113	113-119	111-117	114-118
Poor	111-119	114-121	116-124	121-126	119-128	121-126
Needs Improvement	124-157	126-161	130-163	131-159	131-154	130-151