

Shuttle run

Running back and forth as fast as possible by crossing the lines with both feet. Running a total of 10 times 5 m.

Starting position

- Sports shoes
- Behind the starting line

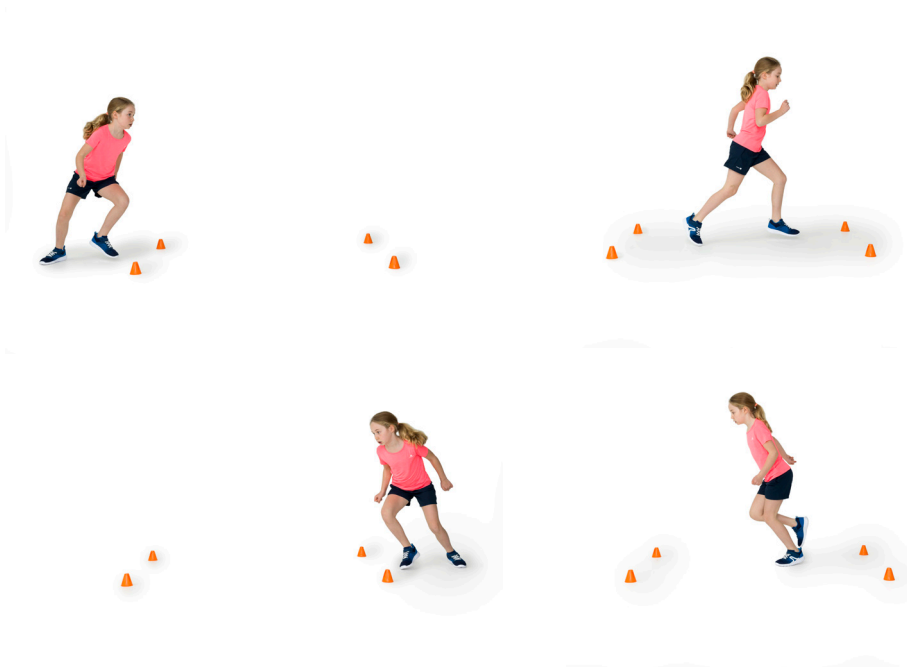
Score

Time is recorded in seconds to the nearest 0.1 second

Attempts

1 attempt

- ✓ Both feet have to cross the line each time
- ✓ Redo the test when repeated errors are made
- ✓ Finish at maximal speed crossing the final line
- ✓ 5 m between the two lines



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