

Step Test

This test is designed to measure your cardiovascular endurance. Using a 12 inch high bench (or a similar sized stair in your house), step on and off for 3 minutes. Step up with one foot and then the other. Step down with one foot followed by the other foot. Try to maintain a steady four beat cycle. It's easy to maintain if you say "up, up, down, down". Go at a steady and consistent pace. At the end of 3 minutes, remain standing while you immediately check your heart rate by taking your pulse for one minute.

Results

Compare your result to the chart below. This home step test is based loosely on the [Canadian Home Fitness Test](#) and the results below are also based from data collected performing this test.

3 Minute Step Test (Men)

<i>Age</i>	<i>18-25</i>	<i>26-35</i>	<i>36-45</i>	<i>46-55</i>	<i>56-65</i>	<i>65+</i>
Excellent	<79	<81	<83	<87	<86	<88
Good	79-89	81-89	83-96	87-97	86-97	88-96
Above Average	90-99	90-99	97-103	98-105	98-103	97-103
Average	100-105	100-107	104-112	106-116	104-112	104-113
Below Average	106-116	108-117	113-119	117-122	113-120	114-120
Poor	117-128	118-128	120-130	123-132	121-129	121-130
Very Poor	>128	>128	>130	>132	>129	>130

3 Minute Step Test (Women)

<i>Age</i>	<i>18-25</i>	<i>26-35</i>	<i>36-45</i>	<i>46-55</i>	<i>56-65</i>	<i>65+</i>
Excellent	<85	<88	<90	<94	<95	<90
Good	85-98	88-99	90-102	94-104	95-104	90-102
Above Average	99-108	100-111	103-110	105-115	105-112	103-115
Average	109-117	112-119	111-118	116-120	113-118	116-122
Below Average	118-126	120-126	119-128	121-129	119-128	123-128
Poor	127-140	127-138	129-140	130-135	129-139	129-134
Very Poor	>140	>138	>140	>135	>139	>134

Source: Canadian Public Health Association Project (see Canadian Home Fitness Test)