30-Second Chair Stand Test: Norms Chart

Normal number of full stands in 30 seconds, ages 60 to 94

How to do the test

1. Put a sturdy chair without arms (seat about 17 inches high) against a wall. Sit in the middle of the seat, feet flat and shoulder-width apart.
2. Cross your arms at the wrists and hold them against your chest, hands on the opposite shoulders.
3. On "go," stand all the way up, then sit all the way down. Count every full stand in 30 seconds.
4. If you're more than halfway up at 30 seconds, count it. If you need your arms to stand, stop: the score is 0.

Normal range (middle half of scores) and below-average score

Age	Women: normal	Women: below average	Men: normal	Men: below average
60–64	12–17	fewer than 12	14–19	fewer than 14
65–69	11–16	fewer than 11	12–18	fewer than 12
70–74	10–15	fewer than 10	12–17	fewer than 12
75–79	10–15	fewer than 10	11–17	fewer than 11
80–84	9–14	fewer than 9	10–15	fewer than 10
85–89	8–13	fewer than 8	8–14	fewer than 8
90–94	4–11	fewer than 4	7–12	fewer than 7

How to read your score

The normal range is the middle half of scores from more than 7,000 older adults: about a quarter of people score below it and a quarter above. The CDC treats a score below the range as a sign of higher fall risk.

My results

Date _____ Stands ____
Date _____ Stands ____
Date _____ Stands ____

Sources

1. Centers for Disease Control and Prevention. STEADI Assessment: 30-Second Chair Stand. 2017.
2. Rikli RE, Jones CJ. Functional fitness normative scores for community-residing older adults, ages 60-94. J Aging Phys Act. 1999;7(2):162-181.
3. University of Missouri Geriatric Examination Toolkit. 30 Second Chair Stand Test (Rikli, Jones 1999): protocol and normal ranges.

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This is general information, not medical advice. Check with your doctor before starting a new exercise program, and stop if you feel pain, dizziness or shortness of breath.