

YMCA Submaximal Step Test

- The YMCA submaximal step test is considered suitable for low-risk, apparently healthy, non-athletic individuals between the ages of 20 and 59.
 - This particular test uses any 12-inch (30.5-cm) step.
 - The Reebok® step is utilized most frequently in fitness settings (four risers plus the platform).

Ace Ymca Manual

Amateur Athletic Association



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