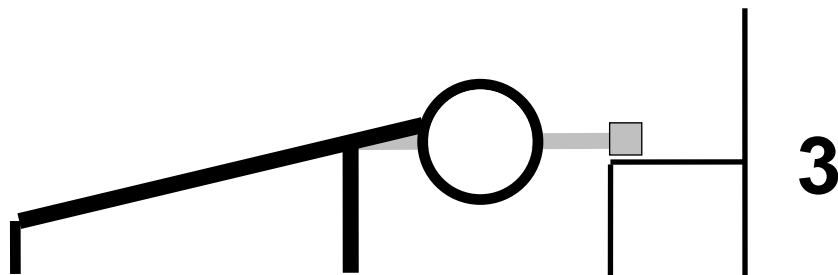
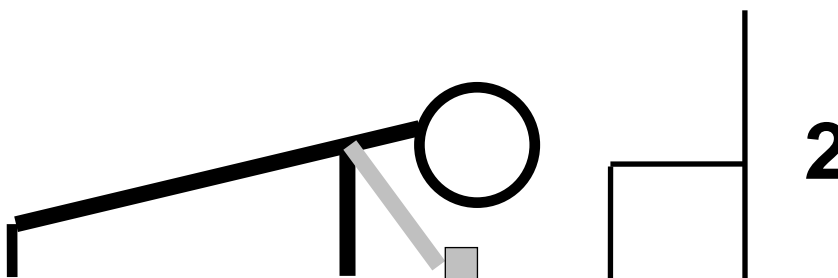
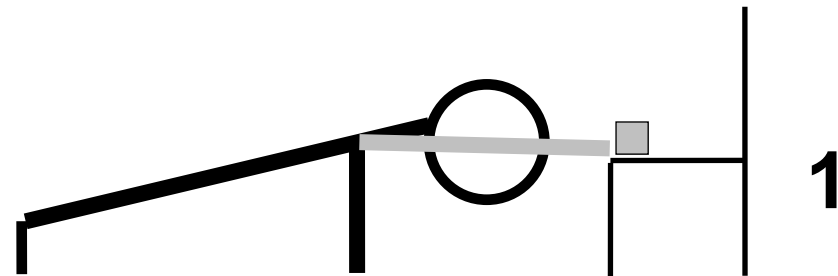


# BAILEY BRIDGE

**SCORING:-** Count Each Time Block Is Replaced On Chair



Start in the front support position (Body in a straight line supported by hands and toes only) with shoulders near to and facing a chair/stool/box on which rests a small object (e.g. bean bag, duster or 5 cm cube of wood). The seat of the chair should be 45cm from the floor. Take the object from the chair with one hand, place it on the floor, pick up the object with the other hand and replace it on the chair. Continue using alternate hands. Count the number of times; the object is successfully placed on the chair in 30 seconds.

	POINTS	1	2	3	4	5
Male	No in 30 sec	12	17	19	21	22
Female	No in 30 sec	12	16	18	20	22