**Sit-to-stand test 60 – protokoll**

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| Namn: |  |  | |  | | Datum: | |  | |  |  |
| Personnummer: |  |  | |  | | Testledare: | |  | |  |  |
| Studie-ID  Längd (cm): |  |  | |  | |  | |  | |  |  |
| Vikt (kg): |  |  | |  | |  | |  | |  |  |
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|  | Syremättnad  (%) | | Puls (slag/min) | | Andfåddhet (Borg CR-10) | | Bentrötthet (Borg CR-10) | | Ansträngning (Borg 6-20) | | |  |
| **Utgångsvärde**  (efter 3 minuter vila): |  | |  | |  | |  | |  | | |  |
| **Direkt efter test:** |  | |  | |  | |  | |  | | |  |
| **Återhämtningsvärde**  (efter 3 minuter vila): |  | |  | |  | |  | |  | | |  |
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| Antal uppresningar: |  |  | |  | |  | |  | |  |  |  |
|  |  |  | |  | |  | |  | |  |  |  |
| Lägsta syremättnad: |  |  | |  | | Högsta Puls: | |  | |  |  |  |
| Kommentarer: |  |  | |  | |  | |  | |  |  |  |
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