



SIT AND REACH TEST



This test measures the flexibility of the lower back and hamstring muscles. This following describes the procedures as used in the President's Challenge Fitness Awards.

- *DESCRIPTION / PROCEDURE:* This test involves sitting on the floor with legs out straight ahead. Feet (shoes off) are placed with the soles flat against the box, shoulder-width apart. Both knees are held flat against the floor by the tester. With hands on top of each other and palms facing down, the subject reaches forward along the measuring line as far as possible. After three practice reaches, the fourth reach is held for at least two seconds while the distance is recorded. Make sure there is no jerky movements, and that the fingertips remain level and the legs flat.
- *SCORING:* The score is recorded to the nearest centimeter as the distance before (negative) or beyond (positive) the toes. The procedures for the Presidents Challenge require that the box is made with 23 centimeters at the level of the feet, so 10 cm past the toes is recorded as 33 cm. The table below gives you a guide for expected scores (in cm) for adults using zero at the level of the feet (add 23 if using the other method).

RATING	MEN	WOMEN
SUPER	> +27	> +30
EXCELLENT	+17 to +27	+21 to +30
GOOD	+6 to +16	+11 to +20
AVERAGE	0 to +5	+1 to +10
FAIR	-8 to -1	-7 to 0
POOR	-19 to -9	-14 to -8
VERY POOR	< -20	< -15

- *EQUIPMENT REQUIRED:* sit and reach box (or alternatively a ruler can be used, and held between the feet)
- *VALIDITY:* This tests only measures the flexibility of the lower back and hamstrings, and is a valid measure of this.
- *RELIABILITY:* The reliability will depends on the amount of warm-up allowed, and whether the same procedures are followed each time. Most norms are based on no previous warm-up, though the best results will be achieved after a warm up or if the test is proceeded by a test such as the endurance test.
- *ADVANTAGES:* This is the most commonly used test of flexibility, so there is lots of data for comparison. Also, it is a easy and quick test to perform.
- *DISADVANTAGES:* Variations in arm, leg and trunk length can make comparisons between individuals misleading. The best measures are made with a measurement box specifically made for this test, which is not readily available.
- *OTHER COMMENTS:* Lower back flexibility is important because tightness in this area is implicated in lumbar lordosis, forward pelvic tilt and lower back pain.

