



Sit and Reach Test

To test hamstring and trunk flexibility

Equipment: Yard stick and tape



Preparation:

Place the yardstick on the floor with the zero mark closest to you. Tape the yardstick in place at the 38cm mark.

- Warm up properly. Warm-up activities include fast walking, jogging in place, or cycling on a stationary bicycle. Adding extra arm movements to these activities, like pumping your arms, will warm up your upper body.
- Sit on the floor with the yardstick between your legs, your feet 25-30cm apart, and your heels even with the tape at the 38cm mark
- Place one hand over the other. The tips of your two middle fingers should be on top of one another.
- Slowly stretch forward without bouncing or jerking and slide your fingertips along the yardstick as far as possible. The greater your reach, the higher your score will be.
- Do the test three times and record the highest number in cm.
- If the athlete is unable to reach the yardstick, write an X for the measurement.