



Flexibility

Sit and Reach

Equipment

A "sportech" sit-and-reach box or equivalent

Calibration / maintenance

Check the integrity of the sit-and-reach box or equivalent prior to each test day.

Note: Zero is set at the toes, any point reached prior to the toes is measured as a negative score, and any point reached past the toes is measured as positive score.

Methodology

- i) Rest sit-and-reach box against a wall.
- ii) Seat subject, barefooted, with soles of both feet flat against the front of the box.
Explain that the subject must:
 - Keep legs straight and back of knees flat on the floor.
 - Place one hand above the other so the fingertips of both hands remain level.
 - Reach slowly forward as far as possible without jerking and hold this position for a minimum of 3 seconds until told to relax.
- iii) As the subject performs each trial the recorder should place their hands above the subject's knees to ensure that the legs remain straight (do not hold the knees down), and count three seconds after which the measurement can be noted.
- iv) This process is repeated 3-times. Trials should be a gradual progression designed to elicit the best performance with the third trial.

Specific warm-up

Allow the athlete one practice – not at full stretch. In order to maintain the accuracy and reliability of the results of this test it is essential that it be performed "cold" without any preliminary warm-up.

Data collection

Measure and record the distance reached on the best trial to the nearest 0.5cm.

Units	Accuracy	Range
Centimeters	± 0.5cm	-15 to +40 cm

Special notes

Some sit-and-reach boxes start with zero at -15cm and so the measurements need to be adjusted accordingly to meet the calibration criteria noted above.