

Sit And Reach Test

Client Profile

Name: _____ Age: _____ Gender: _____
Height: _____ Weight: _____ Activity level: _____
Medical conditions: _____ Goals: _____

Test Proper

Equipment needed: Sit and Reach box or measuring tape, gym mat or carpeted floor

Instructions:

1. Sit on the floor with legs straight and feet placed against the box or measuring tape.
2. Keep your hands flat and one on top of the other, with your palms facing down.
3. Reach forward as far as possible with arms stretched out in front while keeping knees straight.
4. Hold the position for a few seconds and record the distance reached by the fingertips (positive or negative score).
5. Perform the test two more times and record the best score.
6. Warm up prior to performing the test to help prevent injury.
7. Stop the test immediately if you experience any discomfort or pain.

Trial

Trial 1:

Trial 2:

Best Score:

Interpretation

Scoring: Record the best of three trials to the nearest 0.5 cm or 0.25 inches. The score is the distance reached by the fingertips past (positive score) or short of (negative score) the toes.

Interpretation: The score obtained can be compared to norms for the individual's age and gender. The following table provides some guidelines for interpreting the results:

- **Excellent:** > 40 cm (16 inches)
- **Good:** 30-40 cm (12-16 inches)
- **Average:** 20-30 cm (8-12 inches)
- **Fair:** 10-20 cm (4-8 inches)
- **Poor:** < 10 cm (4 inches)

Notes/Comments: