

BACK-SAVER SIT AND REACH

- This test measures hamstring flexibility.
- Remove shoes and begin test by sitting in front of sit-and-reach box.
- Bend one leg with sole of foot flat on the floor. The other leg is straight with foot flat against the box.
- Slowly reach forward four times, holding the fourth reach until the measurement is made.
- Knee of straight leg should not bend. Hands must stay lined up evenly. Hips must remain square to the box.
- Measure both right and left sides.



Test scored Yes/No; must reach this distance on each side to achieve the HFZ.

Back-Saver Sit and Reach: Standards for Healthy Fitness Zone®

Age	Boys (inches)	Girls (inches)
5	8	9
6	8	9
7	8	9
8	8	9
9	8	9
10	8	9
11	8	10
12	8	10
13	8	10
14	8	10
15	8	12
16	8	12
17	8	12
>17	8	12

SHOULDER STRETCH

- This test measures upper-arm and shoulder flexibility.
- Stand with both arms to side, right palm facing forward, and left palm facing back.
- With right hand, reach up over right shoulder and down back as if pulling up a zipper. Reach up with left hand and touch fingertips together.
- Do fingers touch? Record score as yes or no.
- Test the left side and record the score.

