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.

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

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<th>Age</th>
<th>Boys (inches)</th>
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Test scored Yes/No; must reach this distance on each side to achieve the HFZ.

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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.