

SIT/REACH

In any sport, flexibility and range of motion are directly proportional to success in that area. Some have it naturally, and others have to work for it. Many of us probably remember this physical fitness test from elementary school. If you don't remember the test, that's okay, I'll explain it anyway. This test is quite simple.

Equipment:

- 1. a box about 1 square foot (12 inches) in size
- 2. a standard yardstick

Directions (you may need some assistance):

- warm up as usual (this will make the assessment more accurate)
- remove your shoes if applicable
- sit on the floor with the soles of your feet against the flat edge of the box
 - legs should be straight
 - heels and calves should be touching the floor
 - toes should be pointed straight towards the ceiling
- have an assistant place the yardstick on top of the box
 - the 0" mark should be towards the test-taker
 - the 15" mark should be flush with the edge of the box
- place your hands on top of each other with fingertips extended and lined up
- lean forward as far as possible sliding (or hovering) hands down the yardstick away from your body
 - do not bob or lunge
 - hands must stay together
 - neck must remain neutral (not leaning forward)
- hold the stretch for at least one second
- have an assistant record the distance to the nearest 1/4 of an inch
- repeat three times and compare the best distance with the results below

Age	20	21-29	30-39	40-49	50-59	60+
Percentile	Distance Reached					
99	23.5	23	22	21.25	20.5	20
95	23.5	23	22	21.25	20.5	20
90	22.5	22	21	20	19	19
85	22.5	21	20	19.25	18.25	18
80	21.5	20.5	19.5	18.5	17.5	17.25
75	21.4	20	19	18	17	16.5
70	20.5	19.5	18.5	17.5	16.5	15.5
65	20	19	18	17	16	15
60	19	18.5	17.5	16.25	15.5	14.5
55	18.5	18	17	16	15	14
50	18	17.5	16.5	15.25	14.5	13.5
45	17.25	17	16	15	14	13
40	16.5	16.5	15.5	14.25	13.25	12.5
35	16	16	15	14	12.5	12
30	15.5	15.5	14.5	13.25	12	11.25
25	14	15	14.5	13.25	12	11.25
20	13.25	14.5	13	12	10.5	10
15	12	13.5	12	11	10	9
10	10.5	12.25	11	10	8.5	8
5	9.5	10.5	9.25	8.25	7	6

The above table was compiled in accordance with the results of the testing of 6000 students by the Cooper Institute for Aerobics. Falling within 99% and 95% is considered superior. 90%, 85%, and 80% are excellent. 75%, 70%, 65%, and 60% are good. Fair is 55%, 50%, 45%, or 40%. A poor performance would be 35%, 30%, 25%, or 20%. If you reached 15% or under, those results are considered very poor.

If you are displeased with your rating or see room for personal improvement, keep stretching and exercising. Check back in a month or two and try again. You might surprise yourself. Good Luck!