Sit and reach test

**What does flexibility measure?**

Flexibility

**What do you need?**

A box and a measuring tape or a sit and reach table

**How do you do the test?**

- Sit comfortably on the floor with your legs straight out in front of you.
- Place the measuring tape, with 0cm level with your feet, parallel with your legs. If you are using a sit and reach table, the measurements are already marked.
- Put the soles of your feet, shoulder width apart, against the box/table.
- Make sure your knees are locked/straight, as this is what determines hamstring flexibility. If your knees bend during the test, the results will be inaccurate.
- With your hands stretched towards your feet, lean forward and reach as far as possible with your fingertips. If possible, reach beyond the end of your toes and over the top of the box. You must make sure, however, that there are no jerky movements while doing this and that you are able to hold the reach for at least two seconds.
- You get three chances to stretch forward and then the fourth is measured.
- The distance that your fingers touch on the measuring tape/sit and reach table will be your score. If you don’t make it to your toes then you will get a negative score, showing the distance you were from 0cm.

The sit and reach test can be measured in centimetres or inches.

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Comment on the reliability and validity of this test:

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