

## Measuring Flexibility

### V Sit and Reach Test

#### Protocol

- 1) Mark a baseline on the floor.
- 2) A ruler is placed perpendicularly to the baseline which cross the baseline at 15inches.
- 3) Sit with the heels on the baseline with feet 12inches apart.
- 4) With the legs straight, slowly bends forward to reach the furthest point of the ruler.
- 5) Hold for 2 seconds and record the distance.
- 6) Perform three trials with the best score recorded.



#### Male and Female Norms for the YMCA Trunk Flexion Test (inches)

	AGE (Years)					
Male rating	18-25	26-35	36-45	46-55	56-65	66+
Excellent	28-22	28-21	28-21	26-19	24-17	24-17
Good	21-20	19-19	19-18	18-16	16-15	16-14
Above average	19-18	17-17	17-16	15-14	13-13	13-12
Average	17-16	16-15	15-15	13-12	11-11	11-10
Below average	15-14	14-13	13-13	11-10	9-9	9-8
Poor	13-12	12-11	11-9	9-8	8-6	7-6
Very poor	11-2	9-2	7-1	6-1	5-1	4-0
Female rating						
Excellent	29-24	28-23	28-22	27-21	26-20	26-20
Good	22-22	22-21	21-20	20-19	19-18	19-18
Above average	21-20	20-20	19-18	18-17	17-16	17-17
Average	19-19	19-18	17-17	16-16	15-15	16-15
Below average	18-17	17-16	16-15	14-14	14-13	14-13
Poor	16-16	15-14	14-13	13-12	12-10	12-10
Very poor	14-7	13-5	12-4	10-3	9-2	9-1

Morrow, Mood, Disch, & Kang, 2015, pp. 222