

Modified Sit and Reach [15]

The Modified Sit and Reach Test (Figure 10) are conducted as follows:

1. Take off shoes and sit with one leg fully extended. Place the sole of the foot flat against the back portion of the flexometer.
2. Flex (bend) the other leg, with the sole of the foot flat on the floor about 5 to 8 cm from inside of opposite leg.
3. Making sure hands are together (one atop the other, palms facing down), reach forward with arms evenly stretched, without jerking, and push along the measuring scale with the fingertips of both hands together.
4. Pushing as far forward as possible, hold this position for at least two seconds, and then return to the upright position.
5. Repeat the task three times and record the best score. Take the measurement to the nearest centimeter.
6. Repeat for the other leg.



Figure 9. Curl-Up



Figure 10. Modified Sit and Reach