

## Performance Scales for Flexibility

### Test Description:

1. Flexibility will be tested by a modified sit and reach test.
2. Shoes should be removed.
3. You will sit on the floor with your back against the wall, legs extended in front of you with your feet flat against the measurement box.
4. A ruler is placed on top of the box so that it extends 15 inches over the end of the box, with the zero mark towards you. Make sure your hips are pulled back against the wall.
5. With your shoulder blades against the wall, extend your arms out in front and slide your hands (hand over hand) along.

<b>Females</b>		<b>Males</b>
<b>Inches</b>	<b>Percentage</b>	<b>Inches</b>
24+	<b>100</b>	23+
23.5	<b>99</b>	22.5
23	<b>98</b>	22
22.5	<b>96</b>	22.5
22	<b>94</b>	21
21.5	<b>92</b>	20.5
21	<b>90</b>	20
20.5	<b>89</b>	19.5
20	<b>88</b>	19
19.5	<b>86</b>	18.5
19	<b>84</b>	18
18.5	<b>82</b>	17.5
18	<b>80</b>	17
17.5	<b>79</b>	16.5
17	<b>78</b>	16
16.5	<b>76</b>	15.5
16	<b>74</b>	15
15.5	<b>72</b>	14.5
15	<b>70</b>	14
14.5	<b>69</b>	13.5
14	<b>68</b>	13
13.5	<b>66</b>	12.5
13	<b>64</b>	12
12.5	<b>62</b>	11.5
12	<b>60</b>	11
11.5	<b>59</b>	10.5
11	<b>58</b>	10
10.5	<b>56</b>	9.5
10	<b>54</b>	9