

# BACK-SAVER SIT & REACH



## OBJECTIVE:

To measure unilateral hamstring and lower back flexibility on the right and left sides of the body

## EQUIPMENT:

measuring box

measuring scale  
(or yardstick)

tape

## 1 PRIOR TO TESTING:

- ☒ Set up the measuring box approximately 12" high, with measuring scale placed on top of the box - a box and yardstick would also suffice
- ☒ Tape/adhere yardstick on top of the box, with the 9" mark parallel to the side of the box the student's foot will be contacting

## 2 TEST INSTRUCTION & EXECUTION:

1. Student removes shoes and places one leg fully extended with foot flat against face of the box
2. Opposite leg is bent with sole of the foot flat on the ground, and instep 2-3" to the side of the straight knee
3. Arms extended forward over measuring scale, hand over each other and palms down
4. Keeping back flat and head up, student reaches 4 times on top of the measuring scale and holds 4th reach for 1 second
5. Repeat on opposite side of the body

## 3 SCORING

- ☒ Back-Saver Sit & Reach is recorded in inches on each side to the nearest ½ inch (XX.X)
- ☒ Disqualification:
  - Sole of the foot that is down lifts off the ground
  - Knee of the extended leg flexes
  - Hips turn from the box

