

The Sit and Reach Test



The test **measures**: _____

Equipment needed to perform the test: _____

Pre-test procedures:

1. _____
2. _____

How do you **conduct** the test?

Advantages of the sit and reach test:

1. _____
2. _____
3. _____

Disadvantages of the sit and reach test:

1. _____
 2. _____
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Discuss the **practicality** of the sit and reach test.
