

Sit and reach

Push the bar forward with the finger tips as far as possible. After the first attempt, return to a relaxed position and try a second time to push the bar further away.

Starting position

- Barefoot, feet against the side of the box
- Feet together, legs stretched out against the ground

Score

Distance is recorded to the nearest 1 cm

Attempts

2 attempts, the best attempt counts

- ✓ Feet together, heels on the floor and against the sit & reach
- ✓ Tester fixates the legs stretched against the ground
- ✓ The bar is gently pushed forward with the fingertips, no jerky movements
- ✓ Fingertips of both hands touch the bar



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