
Blood Pressure Procedure

REQUIRED EQUIPMENT: sit and reach box, clipboard, pen, Fitness Testing Recording Form

PROCEDURE:

1. Describe the testing protocol to the client
 - a. You are going to sit on the floor with your legs straight and feet flat on the box
 - b. You are going to lean forward and run your hands over the ruler to measure your flexibility
 - c. We will repeat this 3 times and take the average.
2. Get the client to sit on the floor with legs straight out
3. Ensure the client has removed their shoes
4. The client is to place the soles of their feet against the box.
5. With the palms facing downwards, and the hands on top of each other or side by side, the client reaches forward along the measuring line as far as possible.
6. Ensure that the client's hands remain at the same level, not one reaching further forward than the other.
7. The client holds the position for 1-2 seconds
8. Record the results
9. Repeat three times and take the best score
10. Ensure that the client only uses slow, smooth movements.

FORMULAS AND CALCULATION:

Nil

NORMATIVE / COMPARATIVE DATA:

	Males (cm)	Females (cm)
Super	> +27	> +30
Excellent	+17 to +27	+21 to +30
Good	+6 to +16	+11 to +20
Average	0 to +5	+1 to +10
Fair	-8 to -1	-7 to 0
Poor	-20 to -9	-15 to -8
Very poor	< -20	< -15

Source: Wells, K.F. & Dillon, E.K. (1952). *The sit and reach. A test of back and leg flexibility*. **Research Quarterly**, 23. 115-118.