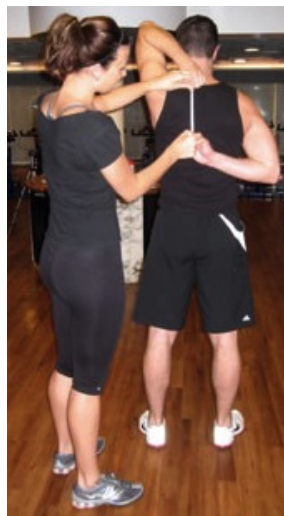


RED SUN FITNESS PROGRAM

BACK REACH



Try to have your fingers touch behind your back as you hold a ruler between your two hands.

Scorekeeper measures the distance between your fingers of each hand.

BACK-REACH SCORING

AGE	BRONZE (inches)	SILVER (inches)	GOLD (inches)
5-7	2	1	touching
8-9	2	1	touching
10-11	2	1	touching
12-13	2	1	touching
14-15	2	1	touching
16-17	3	1.5	touching
18-25	3	1.5	touching
26-35	3	2	touching
36-45	5	3	1
46-55	7	4	2
56-65	8	5	4
65+	11	7	5