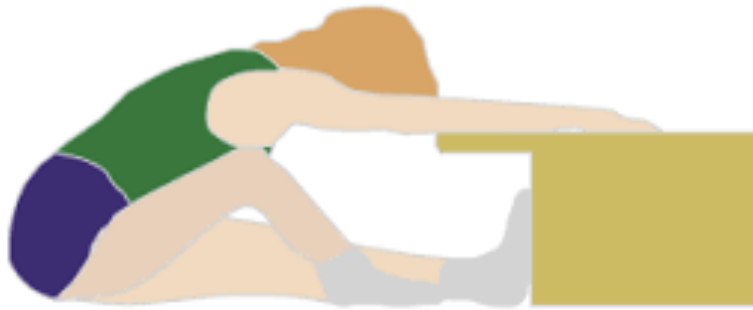


RED SUN FITNESS PROGRAM

SIT & REACH



- Sit on floor with feet with feet 8–12 inches apart. Keep one knee straight.
- Above the student’s feet is the 7-inch mark.
- Fingers are inter-locked (hand over hand)
- Reach as far as possible without bending your knees.
- Student must hold for 3 seconds.
- Record how many inches student can reach out.

7-INCHES AT FEET (box)

| AGE | BRONZE (inches) | SILVER (inches) | GOLD (inches) |
|-------|--------------------|--------------------|------------------|
| 5-7 | 2 | 3 | 4+ |
| 8-9 | 3 | 4 | 5+ |
| 10-11 | 3 | 5 | 6+ |
| 12-13 | 4 | 5.5 | 7+ |
| 14-15 | 4 | 6 | 8+ |
| 16-17 | 5 | 6.5 | 9+ |
| 18-25 | 5 | 7 | 9+ |
| 26-35 | 4 | 6 | 8+ |
| 36-45 | 4 | 5 | 7+ |
| 46-55 | 3 | 4.5 | 6+ |
| 56-65 | 2.5 | 4 | 5+ |
| 65+ | 0 | 1 | 2+ |