

RED SUN FITNESS PROGRAM

FLEXIBILITY

1. TOUCH TOES

From a standing position, keep your knees straight as you touch your toes and hold for 5 seconds

BRONZE: Fingertips touch toes

SILVER: Fist touch toes

GOLD: Palms touch toes



2. BUTTERFLY

Use a ruler. You must hold for 5 seconds.

BRONZE: Knees 2.5 to 4.5 inches from floor

SILVER: Knees 1 to 2.5 inches from floor

GOLD: Knees 0 to 1-inch from the floor



3. BACK REACH

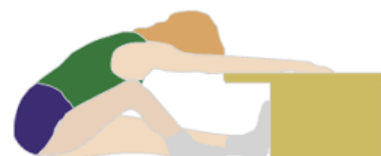
Try to have your fingers touch behind your back, as you hold a ruler between your two hands.

Scorekeeper measures the distance between your fingers of each hand.



4. SIT & REACH

- Sit on floor with feet with feet 8–12 inches apart.
- Keep one knee straight as you bend the other knee.
- Above the student's feet is the 7-inch mark.
- Fingers are inter-locked (or 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.



- **SCORING:** <http://www.exrx.net/Calculators/SitReach.html>