

# 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 5 inches from floor

**SILVER:** Knees less than 5 inches from floor

**GOLD:** Knees touching floor (extremely close)



### 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>