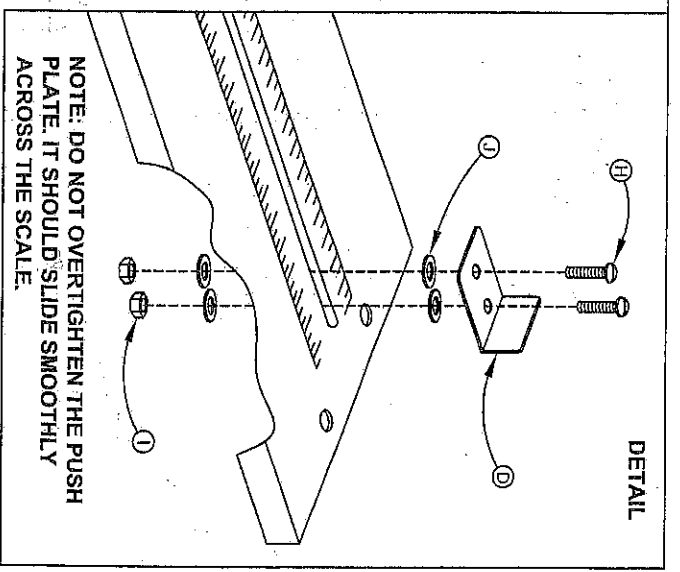
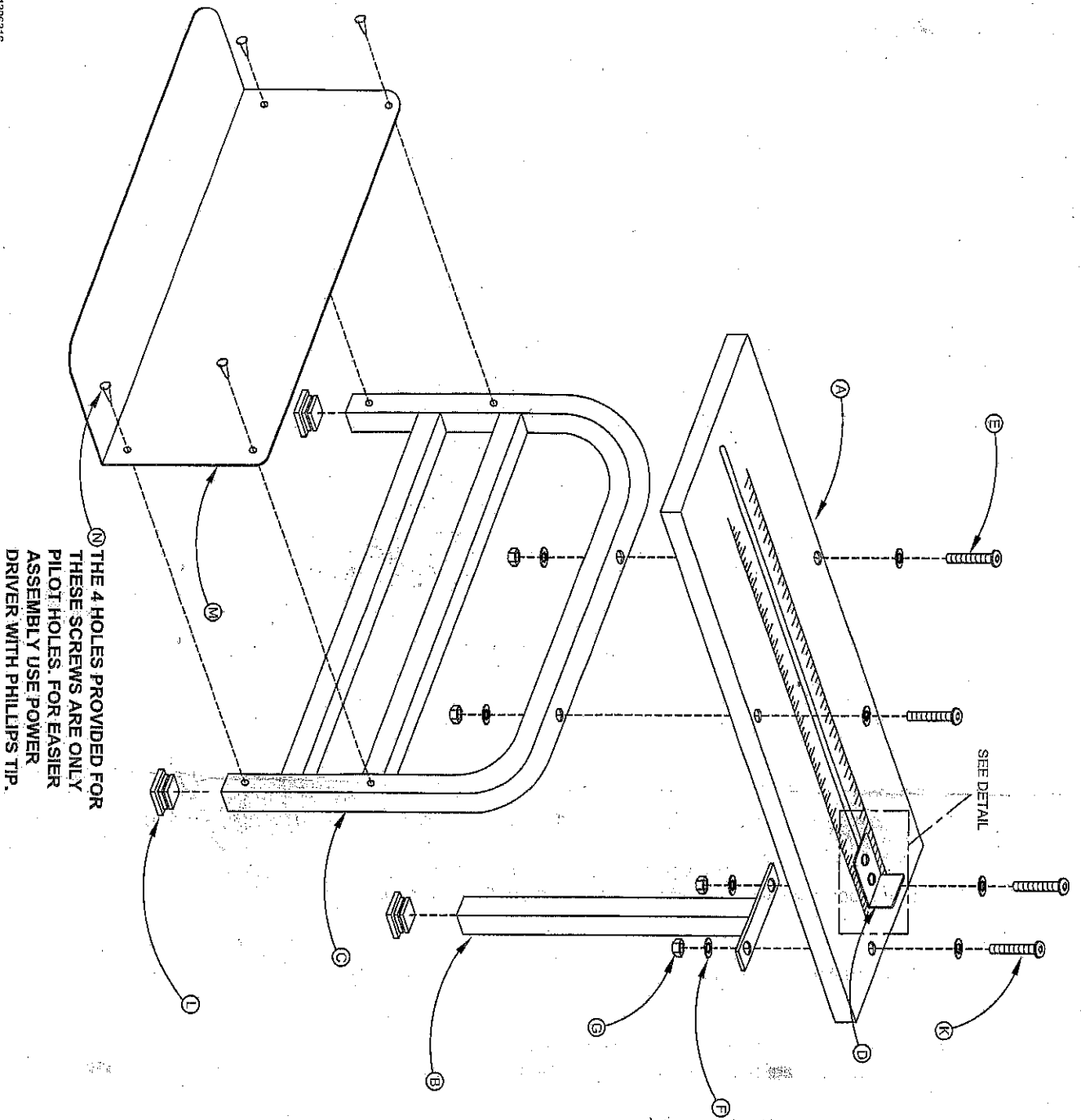


FLEXIBILITY ASSESSMENT SCALE



FLEXIBILITY ASSESSMENT SCALE

The Gamecraft Flexibility Assessment Scale is designed to properly evaluate flexibility of joints and muscle groups including hip flexors, hamstrings and lower back. This unit facilitates flexibility testing for the following tests -

Scale A - Fitnessgram - "Back Saver Sit and Reach"

Scale B - The Presidential Physical Fitness Test & AAHPERD - "Sit and Reach"

Instructions for Administering Test

- Step 1** - Familiarize yourself with the Equipment and the Scale A or B that is to be used.
Do this as your students warm up.
- Step 2** - Have student remove shoes, place feet against the frame legs with toes pointed upward. Instructor should stand facing the student so they can read the scale.
- Step 3** - Student extends both legs with knees remaining down throughout the test. *If using the Back Saver Sit and Reach extend one leg at a time with the other leg bent and foot flat on the ground.*
- Step 4** - Place hands one on top of the other with palms down, fingers evenly touching the push plate.
- Step 5** - Student leans forward pushing the plate as far as possible with a smooth motion exhaling while pushing. No bouncing or jerky movements.
- Step 6** - Student makes 3 practice reaches and instructor records the 4th reach to the nearest 1/4".

PARTS LIST

ITEM	DESCRIPTION	QTY
A	TABLE W/ SCALES	1 EA.
B	SINGLE LEG	1 EA.
C	DOUBLE LEG	1 EA.
D	PUSH PLATE	1 EA.
E	8mm BUTTON HEAD BOLT - LONG	2 EA.
F	8mm FLAT WASHER	8 EA.
G	8mm NYLON LOCKNUT	4 EA.
H	4mm SLOTTED TRUSS HEAD SCREW	2 EA.
I	4mm NYLON LOCKNUT	2 EA.
J	4mm NYLON WASHERS	4 EA.
K	8mm BUTTON HEAD BOLT - SHORT	2 EA.
L	PLASTIC PLUGS	3 EA.
M	DOUBLE LEG PLATE	1 EA.
N	SELF TAPPING SCREWS	4 EA.
O	HEX KEY WRENCH (NOT SHOWN)	1 EA.