




















# THE NATIONAL BACK FITNESS TEST

TEST	STARTING POSITION	HOW TO DO IT	GRADE I - EXCELLENT	GRADE II - AVERAGE	GRADE III - FAIR	GRADE IV - POOR	DATE & GRADE						
<b>1. THE SIT UP</b> • Back Flexibility		<ul style="list-style-type: none"> <li>• Lie on the floor.</li> <li>• Bend knees to 45°.</li> <li>• Keep feet flat, not held.</li> <li>• Try test using the hand positions shown for each grade.</li> <li>• Try a sit up without feet coming off floor.</li> </ul>	 Able to sit up with knees bent and hands beside head.	 Able to sit up with knees bent and arms folded across chest.	 Able to sit up with knees bent and arms held out straight.	 Unable to sit up with knees bent.	WEEK 1 _____ WEEK 2 _____ WEEK 3 _____ WEEK 4 _____						
			 Able to keep back flat against the floor while raising the legs 6" for a 10 count.	 STOP! Able to raise the legs for several counts but back curves partway through the test.	 STOP! Able to lift legs but back curves immediately when the legs are raised.	 Unable to lift both legs for 10 count and/or lifting legs causes pain.	WEEK 3 _____ WEEK 4 _____						
			<b>3. THE HIP FLEXORS</b> • Hip Flexor Flexibility		<ul style="list-style-type: none"> <li>• Lie on your back on the floor with your knees bent.</li> <li>• Bend the right knee to your chest and hold it there firmly.</li> <li>• Straighten the left leg out to the floor, but do not let the right leg move away from the chest.</li> <li>• Repeat on the other side.</li> <li>• Test score is determined by distance of straightened leg off the floor.</li> <li>• Your knee must be held tightly to your chest during the test. You must lower the other leg gently.</li> </ul>	 Able to hold one leg firmly against the chest with the other leg flat against the floor.	 2" - 4" With one knee fixed firmly against the chest the other leg stays off the floor 2" - 4".	 4" - 8" With one knee fixed firmly against the chest the other leg stays off the floor 4" - 8".	 8" + With one knee fixed firmly against the chest the other leg stays off the floor 8" +.	Right & Left = _____ 1 Right & Left = _____ 2 Right & Left = _____ 3 Right & Left = _____ 4 Right & Left = _____			
						<b>4. THE LATERAL TRUNK LIFT</b> • Lateral Strength		<ul style="list-style-type: none"> <li>• Lie on your side with legs and body in a straight line.</li> <li>• Cross arms across your chest.</li> <li>• Partner grasps your feet at the ankles and holds them firmly to the floor.</li> <li>• At the same time slowly raise your shoulders and trunk 12" off the floor without twisting your body forward or backward.</li> <li>• Hold this position for several counts.</li> <li>• Repeat the test on the opposite side.</li> </ul>	 12" Able to raise the shoulders 12" off the floor without difficulty.	 6" - 12" Able to raise the shoulders 6 - 12" off the floor but with difficulty.	 2" - 6" Able to raise shoulders 2" - 6" off the floor and with difficulty.	 Less than 2" Unable to raise shoulders off of the floor.	Right & Left = _____ 1 Right & Left = _____ 2 Right & Left = _____ 3 Right & Left = _____ 4 Right & Left = _____