

Trunk Strength and Flexibility: Trunk Lift



The goal is to lift the body off the floor using the back muscles and hold the position for measurement (max score is 12 inches)

Instructions:

1. Lie on stomach
2. Toes pointed
3. Hands under thighs
4. Place marker under nose (e.g., paper clip or coin)
5. Eyes on marker –chin down
6. Lift upper body off floor –keep eyes on marker to keep the neck and spine straight
7. Scorer measures from the floor to the partner's chin
8. Hold position until a measurement is made