CYCLE2FIT
FIT IS FAST

FLEXIBILITY ASSESSMENT

ACCURATE ASSESSMENTS. PERFECT FIT.

NAME: DATE: NOTES:

Complete each test as described below. Perform on both sides where applicable and record your results.

1 TOE TOUCH TEST
(HAMSTRINGS & LOWER BACK)

THE TEST:

Stand with your feet together and knees straight. Slowly bend forward at your hips and reach down toward the floor.



WHAT TO LOOK FOR:

Measure the distance from your fingertips to the floor.

MEASURE (cm): cm

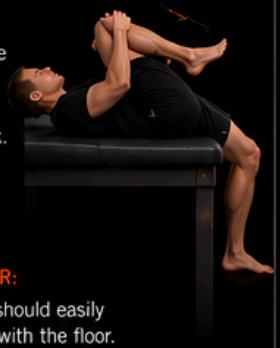
RATING (circle one):

Hands flat on floor	Fingertips to floor	Within 10 cm	More than 10 cm

2 THOMAS TEST
(HIP FLEXOR & QUAD FLEXIBILITY)

THE TEST:

Sit on the very edge of a table or bed, grab both knees, and slowly roll back. Let one leg hang down toward the floor.



WHAT TO LOOK FOR:

The hanging thigh should easily drop to be parallel with the floor. If your thigh points upward or your knee splays outward, your hip flexors are tight, which forces your lower back to do the stabilizing. work your abs should be doing.

RESULT (circle one):

Normal (Thigh parallel)	Mild Tightness	Significant Tightness

3 THORACIC ROTATION TEST
(UPPER BACK MOBILITY)

THE TEST:

Sit on a chair with your hips and feet facing forward. Cross your arms over your chest and rotate your upper body as far as you can to the left, then to the right.



WHAT TO LOOK FOR:

Compare left and right rotation.

RESULT (circle one):

Equal Rotation	Left Restricted	Right Restricted

4 SHOULDER MOBILITY TEST
(OVERHEAD REACH)

THE TEST:

Stand with your back against a wall. Raise both arms overhead with palms facing forward. Try to keep your head, upper back and lower back in contact with the wall.



WHAT TO LOOK FOR:

Can you maintain contact with the wall as you reach up?

RESULT (circle one):

Yes (Full Contact)	Slight Restriction	Significant Restriction

5 DEEP SQUAT TEST
(LOWER BODY MOBILITY)

THE TEST:

Stand with your feet about shoulder width apart. Squat down as low as you can while keeping your heels on the floor and your chest upright.



WHAT TO LOOK FOR:

How deep can you squat while maintaining good position?

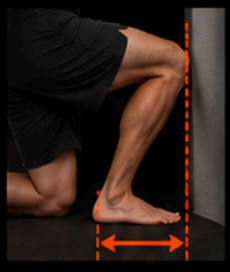
RESULT (circle one):

Excellent (Full Depth)	Good (⅓ Depth)	Limited (⅓ Depth or Less)

6 ANKLE DORSIFLEXION TEST
(ANKLE MOBILITY)

THE TEST:

Kneel facing a wall. Place your foot flat on the floor with your knee touching the wall. Position your foot slightly away from the wall. Keeping your heel down and knee against the wall, lean forward until your knee touches the wall.



Measure the distance from the wall to the start of your foot (tip of toe) while keeping your heel on the floor.

MEASURE (cm): cm

RESULT (circle one):

Excellent (> 10 cm)	Good (5 – 10 cm)	Limited (≤ 5 cm)

FLEXIBILITY SUMMARY

	TEST	LEFT	RIGHT	RATING / RESULT
1	Tee Touch Test (Hamstrings & Lower Back)	–	–	
2	Thomas Test (Hip Flexor & Quad)	–	–	
3	Thoracic Rotation Test (Upper Back Mobility)	L	R	
4	Shoulder Mobility Test (Overhead Reach)	–	–	
5	Deep Squat Test (Lower Body Mobility)	–	–	
6	Ankle Dorsiflexion Test (Ankle Mobility)	L	R	

OVERALL MOBILITY RATING (circle one):

Excellent	Good	Some Restrictions	Significant Restrictions

IMPORTANT NOTES

- Perform each test slowly and with control.
- Do not push into pain.
- Compare left and right sides where applicable.
- Use consistent conditions for reassessment.
- Repeat this assessment every 4–6 weeks to track progress.

Please upload this completed form along with your Rider Anthropometric Assessment and Bike Measurements on the Contact Us page of the Cycle2fit website.

TIPS FOR ACCURATE TESTING

- Wear comfortable clothing that allows full movement.
- Use a stable chair, table or wall for support.
- Follow the test instructions carefully.
- Take your time. Quality over speed.
- Record your results honestly for the best outcomes.