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[ALIGNING THE CONNECTICUT PHYSICAL FITNESS ASSESSMENT](#)

TO CTHSS TRADES & TECHNOLOGIES FLEXIBILITY (FLEX) MODIFIED SIT AND REACH Flexibility is the ability to move joints and use muscles through their full range of motion. The modified sit and reach test measures the flexibility of the lower back and hamstrings. ABDOMINAL STRENGTH & ENDURANCE (ABSE) PARTIAL CURL-UPS Muscular strength is the ability of a muscle to exert force for a brief period of time. ...





















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