

ARM SPAN AND HEIGHT



You'll need

Chalk
A volunteer
Tape measure



Instructions

Stand against a wall and calculate reach (arm span) by measuring from fingertip to fingertip with one on the floor and one as high as you can reach.

Use chalk to mark where the top finger reaches. This is arm span.

Ape index is the ratio of arm span relative to height. If your height is the same as your arm span you have an ape index of 1!

An arm span greater than height is thought to be useful for some sports such as swimming, as longer arms may give greater propulsion. A shorter arm span is useful for weight lifters as they don't have to lift the weight as high.



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Adult supervision required. You are responsible for your own safety.

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