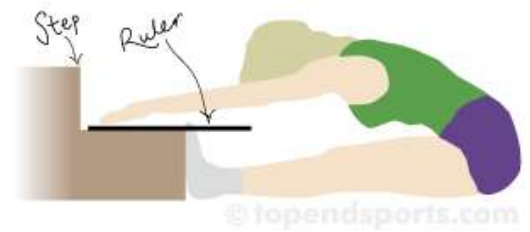


# Sit & Reach Flexibility



This simple test is designed to measure the flexibility of your hamstrings and lower back

## Procedure

Remove your shoes and sit on a flat surface, legs extended in front of the body, toes pointing up and feet slightly apart, with the soles of the feet against the base of the step (if there is no step, just any flat surface will do).

Place one hand on top of the other, then reach slowly forward (keep your legs straight)

At the point of your greatest reach, hold for 5 seconds, and measure how far you have reached.

	men		women	
	cm	inches	cm	inches
<b>super</b>	> +27	> +10.5	> +30	> +11.5
<b>excellent</b>	+17 to +27	+6.5 to +10.5	+21 to +30	+8.0 to +11.5
<b>good</b>	+6 to +16	+2.5 to +6.0	+11 to +20	+4.5 to +7.5
<b>average</b>	0 to +5	0 to +2.0	+1 to +10	+0.5 to +4.0
<b>fair</b>	-8 to -1	-3.0 to -0.5	-7 to 0	-2.5 to 0
<b>poor</b>	-20 to -9	-7.5 to -3.5	-15 to -8	-6.0 to -3.0
<b>very poor</b>	< -20	-8.0	< -15	< -6.0