



# Sit and Reach Flexibility Testing

May 4th - 8th  
FIT@PRC 6am-7pm

*This is a walk up event. No appointment necessary.*

Female (Age)	Very Poor	Poor	Average	Above Avg	Good	Excellent
Under 25	> 14	15-16	17-19	20-21	22	< 23
26-35	> 13	14-17	18-19	20	21-22	< 23
36-45	> 12	13-16	17	18-19	20-21	< 22
46-55	> 10	11-14	15-16	17-18	19-20	< 21
56-65	> 9	10-14	15	16-17	18-19	< 20
66 and over	> 9	10-14	15-16	17	18-19	< 20

  

Male (Age)	Very Poor	Poor	Average	Above Avg	Good	Excellent
Under 25	> 11	12-13	14-17	18-19	20-21	< 22
26-35	> 9	10-12	13-16	17	18-19	< 20
36-45	> 7	8-11	12-15	16-17	18-19	< 20
46-55	> 6	7-9	10-13	14-15	16-18	< 19
56-65	> 5	6-8	9-11	13	14-16	< 17
66 and over	> 4	5-7	8-11	12-13	14--16	< 17



*Stretching regularly allows for greater movement of your joints and muscles, which helps reduce injury, improves range of motion and balance, and benefits posture.*

