

Hamstring Test

See [Hamstring Stretches](#) in **Appendix B**

Normative Data: Male Sit and Reach Test (centimeters)

Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	> 51	> 51	> 48	> 48	> 43	> 43
Good	47-51	47-51	43-48	40-48	36-43	33-43
Above average	43-47	40-47	38-43	36-40	30-36	28-33
Average	38-43	36-40	33-38	30-36	25-30	23-28
Below average	33-38	30-36	28-33	25-30	20-25	20-23
Poor	25-33	25-30	23-28	18-25	13-20	13-20
Very Poor	< 25	< 25	< 23	< 18	< 13	< 13

Data from YMCA of the USA

Normative Data: Female Sit and Reach Test (centimeters)

Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	> 61	> 64	> 56	> 53	> 51	> 51
Good	53-61	51-64	48-56	46-53	46-51	46-51
Above Average	51-53	48-51	43-48	43-46	41-46	41-46
Average	46-51	46-48	41-43	38-43	38-41	36-41
Below average	43-46	41-46	36-41	36-38	33-38	30-36
Poor	36-43	36-41	28-36	28-36	25-33	23-30
Very Poor	< 36	< 36	< 28	< 28	< 25	< 23

Data from YMCA of the USA