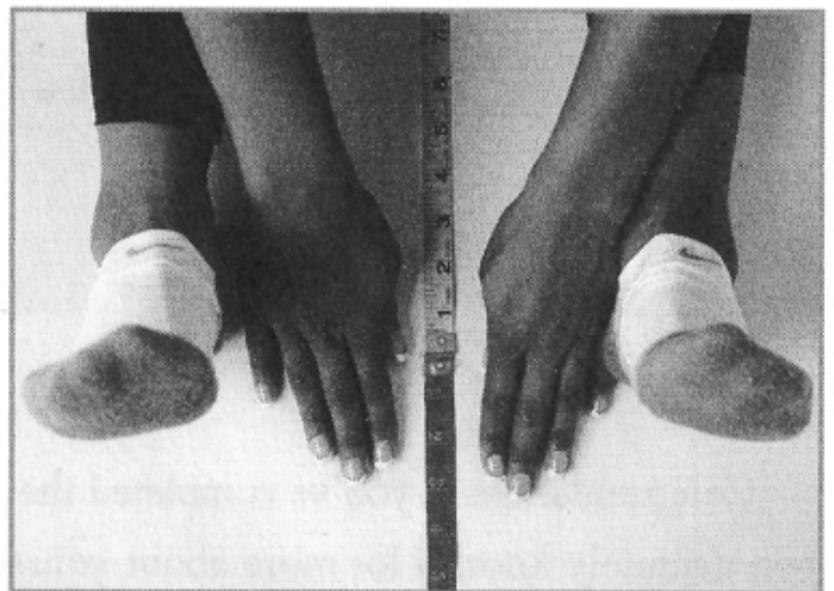
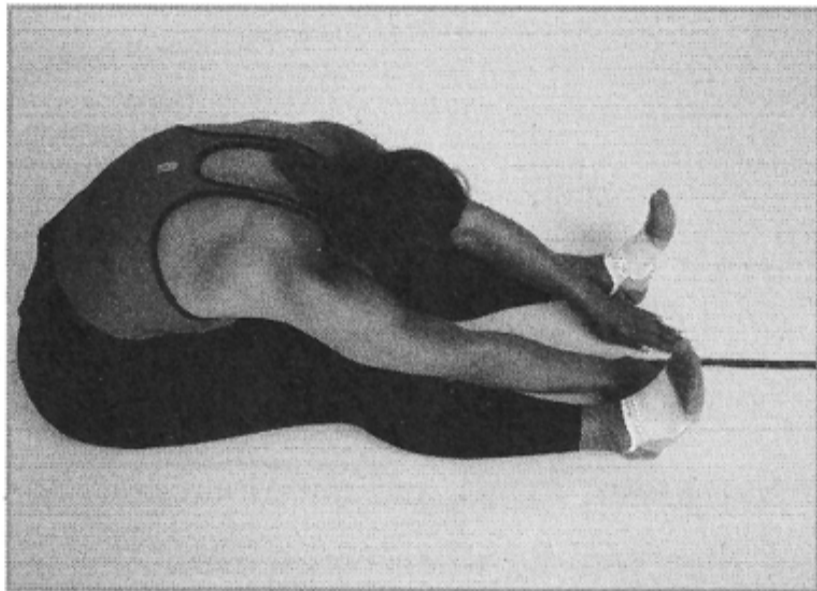


FLEXIBILITY TEST

Ask a friend to help you with this one. Take off your shoes and sit on the floor with your legs straight out in front of you, with feet flexed so your toes are pointing toward the ceiling. With your arms extended in front of you, slowly and smoothly reach forward as far as you can without bending your knees and hold for a two-count stretch. Have your friend measure in millimeters how far beyond your toes (positive measurement) or how far short of your toes (negative measurement) you can reach. Do this twice, without any jerky movements, and record your best score. Check your score against expected standards in Table 6 to determine your personal rating.



FLEXIBILITY SCORES AND RATINGS

Rating	Score	
	WOMEN (IN MM)	MEN (IN MM)
VERY POOR	More than -15	More than -20
POOR	-14 to -8	-19 to -9
FAIR	-7 to 0	-8 to -1
AVERAGE	1 to 10	0 to 5
GOOD	11 to 20	6 to 16
EXCELLENT	21 to 30	17 to 27
SUPER	Beyond 30	Beyond 27

(Source: adapted from *Y's Way to Physical Fitness*, Lawrence A. Golding, et al., 1986)

Table 6: Flexibility Scores and Ratings

Flexibility Test Score: _____ mm

Flexibility Test Rating: _____