



## Flexibility Sit & Reach Power Rating

<u>Females</u>	<u>Males</u>	<u>Rating</u>
> 12	> 10	10
+ 10	+ 8	9
+ 8	+ 6	8
+ 6	+ 4	7
+ 4	+ 2	6
+ 2	0	5
0	- 2	4
- 2	- 4	3
- 4	- 6	2
< - 6	< - 8	1