

Chair Sit-and-Reach Test (Women)

Percentile rank	60-64	65-69	70-74	75-79	80-84	85-89	90-94
95	8.7	7.9	7.5	7.4	6.6	6.0	4.9
90	7.2	6.6	6.1	6.1	5.2	4.6	3.4
85	6.3	5.7	5.2	5.2	4.3	3.7	2.5
80	5.5	5.0	4.5	4.4	3.6	3.0	1.7
75	4.8	4.4	3.9	3.7	3.0	2.4	1.0
70	4.2	3.9	3.3	3.2	2.4	1.8	0.4
65	3.7	3.4	2.8	2.7	1.9	1.3	-0.1
60	3.1	2.9	2.3	2.1	1.4	0.8	-0.7
55	2.6	2.5	1.9	1.7	1.0	0.4	-1.2
50	2.1	2.0	1.4	1.2	0.5	-0.1	-1.7
45	1.6	1.5	0.9	0.7	0.0	-0.6	-2.2
40	1.1	1.1	0.5	0.2	-0.4	-1.0	-2.7
35	0.5	0.6	0.0	-0.3	-0.9	-1.5	-3.3
30	0.0	0.1	-0.5	-0.8	-1.4	-2.0	-3.8
25	-0.6	-0.4	-1.1	-1.3	-2.0	-2.6	-4.4
20	-1.3	-1.0	-1.7	-2.0	-2.6	-3.2	-5.1
15	-2.1	-1.7	-2.4	-2.8	-3.3	-3.9	-5.9
10	-3.0	-2.6	-3.3	-3.7	-4.2	-4.8	-6.8
5	-4.0	-3.9	-4.7	-5.0	-5.0	-6.3	-7.9

Adapted from Rikli & Jones 1999.

Chair Sit-and-Reach Test (Men)

Percentile rank	60-64	65-69	70-74	75-79	80-84	85-89	90-94
95	8.5	7.5	7.5	6.6	6.2	4.5	3.5
90	6.7	5.9	5.8	4.9	4.4	3.0	1.9
85	5.6	4.8	4.7	3.8	3.2	2.0	0.9
80	4.6	3.9	3.8	2.8	2.2	1.1	0.0
75	3.8	3.1	3.0	2.0	1.4	0.4	-0.7
70	3.1	2.4	2.4	1.3	0.6	-0.2	-1.4
65	2.5	1.8	1.8	0.7	0.0	-0.8	-1.9
60	1.8	1.1	1.1	0.1	-0.8	-1.3	-2.5
55	1.2	0.6	0.6	-0.5	-1.4	-1.9	-3.0
50	0.6	0.0	0.0	-1.1	-2.0	-2.4	-3.6
45	0.0	-0.6	-0.6	-1.7	-2.6	-2.9	-4.2
40	-0.6	-1.1	-1.2	-2.3	-3.2	-3.5	-4.7
35	-1.3	-1.8	-1.8	-2.9	-4.0	-4.0	-5.3
30	-1.9	-2.4	-2.4	-3.5	-4.6	-4.6	-5.8
25	-2.6	-3.1	-3.1	-4.2	-5.3	-5.3	-6.5
20	-3.4	-3.9	-3.9	-5.0	-6.2	-5.9	-7.2
15	-4.4	-4.8	-4.8	-6.0	-7.2	-6.8	-8.1
10	-5.5	-5.9	-5.9	-7.1	-8.4	-7.8	-9.1
5	-7.3	-7.5	-7.6	-8.8	-10.2	-9.3	-10.7

Adapted from Rikli & Jones 1999.