The hamstring to quadriceps (H:Q) strength ratio is critical in knee stability and anterior cruciate ligament (ACL) injury prevention. However, we also observed that initial quadriceps and hamstring relative strength values are recommended in addition to the H:Q ratios. Assessing the H:Q ratios does not fully describe the functional capacity of athletes, therefore the assessment of quadriceps strength is necessary. PRACTICAL APPLICATION: A 12-week systematic lower-body resistance training program may be effective in increasing the conventional and functional H:Q ratios. This phenomenon indicates that assessing the conventional and functional H:Q ratios only partially describes the functional capacity of athletes; therefore, the assessment of quadriceps strength and hamstring relative strength values are recommended in addition to the H:Q ratios.