



'Normal' Grip Strength Numbers (Males)

KILOS (KGs)			
AGE	Weak	Normal	Strong
10-11	< 12.6	12.6-22.4	> 22.4
12-13	< 19.4	19.4-31.2	> 31.2
14-15	< 28.5	28.5-44.3	> 44.3
16-17	< 32.6	32.6-52.4	> 52.4
18-19	< 35.7	35.7-55.5	> 55.5
20-24	< 36.8	36.8-56.6	> 56.6
25-29	< 37.7	37.7-57.5	> 57.5
30-34	< 36.0	36.0-55.8	> 55.8
35-39	< 35.8	35.8-55.6	> 55.6
40-44	< 35.5	35.5-55.3	> 55.3
45-49	< 34.7	34.7-54.5	> 54.5
50-54	< 32.9	32.9-50.7	> 50.7
55-59	< 30.7	30.7-48.5	> 48.5
60-64	< 30.2	30.2-48.0	> 48.0
65-69	< 28.2	28.2-44.0	> 44.0
70-99	< 21.3	21.3-35.1	> 35.1

POUNDS (LBS)			
AGE	Weak	Normal	Strong
10-11	< 27.72	27.72 - 49.28	> 49.28
12-13	< 42.68	42.68 - 68.64	> 68.64
14-15	< 62.7	62.7 - 97.46	> 97.46
16-17	< 71.72	71.72 - 115.28	> 115.28
18-19	< 78.54	78.54 - 122.1	> 122.1
20-24	< 80.96	80.96 - 124.52	> 124.52
25-29	< 82.94	82.94 - 126.5	> 126.5
30-34	< 79.2	79.2 - 122.76	> 122.76
35-39	< 78.76	78.76 - 122.32	> 122.32
40-44	< 78.1	78.1 - 121.66	> 121.66
45-49	< 76.34	76.34 - 119.9	> 119.9
50-54	< 72.38	72.38 - 111.54	> 111.54
55-59	< 67.54	67.54 - 106.7	> 106.7
60-64	< 66.44	66.44 - 105.6	> 105.6
65-69	< 62.04	62.04 - 96.8	> 96.8
70-99	< 46.86	46.86 - 77.22	> 77.22



'Normal' Grip Strength Numbers (Females)

KILOS (KGs)				POUNDS (LBs)			
AGE	Weak	Normal	Strong	AGE	Weak	Normal	Strong
10-11	< 11.8	11.8-21.6	> 21.6	10-11	< 26	26 - 48	> 48
12-13	< 14.6	14.6-24.4	> 24.4	12-13	< 32	32 - 54	> 54
14-15	< 15.5	15.5-27.3	> 27.3	14-15	< 34	34 - 61	> 61
16-17	< 17.2	17.2-29.0	> 29.0	16-17	< 38	38 - 64	> 64
18-19	< 19.2	19.2-31.0	> 31.0	18-19	< 42	42 - 69	> 69
20-24	< 21.5	21.5-35.3	> 35.3	20-24	< 47	47 - 78	> 78
25-29	< 25.6	25.6-41.4	> 41.4	25-29	< 56	56 - 92	> 92
30-34	< 21.5	21.5-35.3	> 35.3	30-34	< 47	47 - 78	> 78
35-39	< 20.3	20.3-34.1	> 34.1	35-39	< 45	45 - 76	> 76
40-44	< 18.9	18.9-32.7	> 32.7	40-44	< 42	42 - 72	> 72
45-49	< 18.6	18.6-32.4	> 32.4	45-49	< 41	41 - 72	> 72
50-54	< 18.1	18.1-31.9	> 31.9	50-54	< 40	40 - 71	> 71
55-59	< 17.7	17.7-31.5	> 31.5	55-59	< 39	39 - 70	> 70
60-64	< 17.2	17.2-31.0	> 31.0	60-64	< 38	38 - 69	> 69
65-69	< 15.4	15.4-27.2	> 27.2	65-69	< 34	34 - 60	> 60
70-99	< 14.7	14.7-24.5	> 24.5	70-99	< 32	32 - 54	> 54