

GRIP STRENGTH NORMS (LBS)

Add the max grip strength of both hands and divide by two to compare with these norms.

These normative values were obtained by measuring grip in the following manner:

- standing with elbow at right angle next to torso,
- squeezing as hard as possible for 3-5 seconds.

MEN (MALE)				
AGE	AVG. STR.*	TOP 10%	BOTTOM 10%	STD. DEV.
17-19	106.5 lbs	133.6 lbs	79.4 lbs	21.2 lbs
20-24	111.8 lbs	134.9 lbs	88.6 lbs	18.1 lbs
25-29	115.5 lbs	139.0 lbs	92.1 lbs	18.3 lbs
30-34	118.2 lbs	141.3 lbs	95.0 lbs	18.1 lbs
35-39	117.7 lbs	145.4 lbs	90.0 lbs	21.6 lbs
40-44	118.6 lbs	144.9 lbs	92.3 lbs	20.5 lbs
45-49	116.6 lbs	140.4 lbs	92.9 lbs	18.5 lbs
50-54	111.1 lbs	134.8 lbs	87.4 lbs	18.5 lbs
55-59	108.2 lbs	132.3 lbs	84.2 lbs	18.7 lbs
60-64	102.1 lbs	125.8 lbs	78.3 lbs	18.5 lbs
65-69	97.2 lbs	117.8 lbs	76.6 lbs	16.1 lbs
70-74	91.9 lbs	113.4 lbs	70.5 lbs	16.8 lbs
75-79	83.3 lbs	105.7 lbs	61.0 lbs	17.4 lbs
80-90	73.2 lbs	94.4 lbs	52.0 lbs	16.5 lbs

WOMEN (FEMALE)				
AGE	AVG. STR.*	TOP 10%	BOTTOM 10%	STD. DEV.
17-19	69.4 lbs	87.0 lbs	51.9 lbs	13.7 lbs
20-24	71.7 lbs	86.9 lbs	56.4 lbs	11.9 lbs
25-29	74.1 lbs	89.9 lbs	58.3 lbs	12.3 lbs
30-34	73.4 lbs	89.8 lbs	57.0 lbs	12.8 lbs
35-39	75.4 lbs	92.9 lbs	57.9 lbs	13.7 lbs
40-44	76.1 lbs	93.9 lbs	58.3 lbs	13.9 lbs
45-49	73.6 lbs	90.9 lbs	56.4 lbs	13.4 lbs
50-54	71.0 lbs	87.7 lbs	54.3 lbs	13.0 lbs
55-59	66.1 lbs	81.7 lbs	50.6 lbs	12.1 lbs
60-64	63.9 lbs	78.9 lbs	49.0 lbs	11.7 lbs
65-69	60.8 lbs	75.5 lbs	46.2 lbs	11.5 lbs
70-74	57.3 lbs	71.2 lbs	43.5 lbs	10.8 lbs
75-79	53.4 lbs	66.1 lbs	40.6 lbs	9.9 lbs
80-90	47.2 lbs	58.8 lbs	35.6 lbs	9.0 lbs

* Average Strength represents the strength at the 50th percentile. The tables the maximum per-hand grip strength for the 50th, 90th, and 10th percentile. Typically, a person's dominant hand should not be more than 10% stronger than their non-dominant hand. When testing multiple times allow for 1 min rest before re-testing.

Studies indicate that grip strength also varies by approximately ~5-10 lbs per ~4" of height. These norms are based on data where average heights were ~5' 11" for males and ~5' 5" for females. Additional norms and calculators which also take height into account are available at dexdia.com/grip-strength-norms