

GRIP STRENGTH NORMS (KG)

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

MEN (MALE)				
AGE	AVG. STR.*	TOP 10%	BOTTOM 10%	STD. DEV.
17-19	48.3 kg	60.2 kg	36.0 kg	9.6 kg
20-24	50.7 kg	61.2 kg	40.2 kg	8.2 kg
25-29	52.4 kg	63.0 kg	41.8 kg	8.3 kg
30-34	53.6 kg	64.1 kg	43.1 kg	8.2 kg
35-39	53.4 kg	66.0 kg	40.8 kg	9.8 kg
40-44	53.8 kg	65.7 kg	41.9 kg	9.3 kg
45-49	52.9 kg	63.7 kg	42.1 kg	8.4 kg
50-54	50.4 kg	61.2 kg	39.6 kg	8.4 kg
55-59	49.1 kg	60.0 kg	38.2 kg	8.5 kg
60-64	46.3 kg	57.1 kg	35.5 kg	8.4 kg
65-69	44.1 kg	53.5 kg	34.7 kg	7.3 kg
70-74	41.7 kg	51.4 kg	32.0 kg	7.6 kg
75-79	37.8 kg	47.9 kg	27.7 kg	7.9 kg
80-90	33.2 kg	42.8 kg	23.6 kg	7.5 kg

* 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.

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.

WOMEN (FEMALE)				
AGE	AVG. STR.*	TOP 10%	BOTTOM 10%	STD. DEV.
17-19	31.5 kg	39.4 kg	23.6 kg	6.2 kg
20-24	32.5 kg	39.4 kg	25.6 kg	5.4 kg
25-29	33.6 kg	40.8 kg	26.4 kg	5.6 kg
30-34	33.3 kg	40.7 kg	25.9 kg	5.8 kg
35-39	34.2 kg	42.1 kg	26.3 kg	6.2 kg
40-44	34.5 kg	42.6 kg	26.4 kg	6.3 kg
45-49	33.4 kg	41.2 kg	25.6 kg	6.1 kg
50-54	32.2 kg	39.8 kg	24.6 kg	5.9 kg
55-59	30.0 kg	37.0 kg	23.0 kg	5.5 kg
60-64	29.0 kg	35.8 kg	22.2 kg	5.3 kg
65-69	27.6 kg	34.3 kg	20.9 kg	5.2 kg
70-74	26.0 kg	32.3 kg	19.7 kg	4.9 kg
75-79	24.2 kg	30.0 kg	18.4 kg	4.5 kg
80-90	21.4 kg	26.7 kg	16.1 kg	4.1 kg

Studies indicate that grip strength also varies by approximately 2-4 kg per 10 cm of height. These norms are based on data where average heights were ~180 cm for males and ~166 cm for females. Additional norms and calculators which also take height into account are available at dexdia.com/grip-strength-norms



Norms are based on SOEP survey data (2006-2014). Reference Study: Steiber N (2016) doi:10.1371/journal.pone.0163917

GET THIS AND OTHER PRINTABLE GRIP STRENGTH NORMATIVE TABLES AT [DEXDIA.COM/GRIP-STRENGTH-NORMS](https://dexdia.com/grip-strength-norms)

