



## How to Measure Grip Strength

- Hold your arm with your elbow bent at a 90-degree angle.
- Squeeze the dynamometer as hard as possible.
- Apply grip force in a smooth motion. Avoid jerking.
- Repeat twice more for a total of three times.
- Your grip strength is the average of the three readings.

### Grip Strength Ratings for Males (in kg)

Age	Weak	Normal	Strong
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

### Grip Strength Ratings for Females (in kg)

Age	Weak	Normal	Strong
40-44	< 18.9	18.9 -32.7	> 32.7
45-49	< 18.6	18.6 -32.4	> 32.4
50-54	< 18.1	18.1 -31.9	> 31.9
55-59	< 17.7	17.7 -31.5	> 31.5
60-64	< 17.2	17.2 -31.0	> 31.0
65-69	< 15.4	15.4 -27.2	> 27.2
70-99	< 14.7	14.7 -24.5	> 24.5

