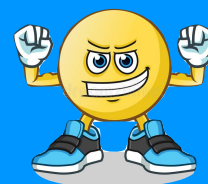




# Get a Grip

**\$25 Gift Card to  
Top Female and  
Male Grip Scores!**



*Hand grip strength is important! There are studies showing the strength of your grip is a reflection of how much muscle mass you have and even says something about your overall health. Physical therapists measure grip strength using a hand-held dynamometer. For the month of October you can come to the front desk of FIT@PRC and we'll test yours for free and compare it to norms in your age group.*

## Grip Strength Ratings for Males (in kg)

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

## Grip Strength Ratings for Females (in kg)

AGE	Weak	Normal	Strong
10-11	< 11.8	11.8-21.6	> 21.6
12-13	< 14.6	14.6-24.4	> 24.4
14-15	< 15.5	15.5-27.3	> 27.3
16-17	< 17.2	17.2-29.0	> 29.0
18-19	< 19.2	19.2-31.0	> 31.0
20-24	< 21.5	21.5-35.3	> 35.3
25-29	< 25.6	25.6-41.4	> 41.4
30-34	< 21.5	21.5-35.3	> 35.3
35-39	< 20.3	20.3-34.1	> 34.1
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