

Come Hang Out at FIT@PRC!

June 1st - 5th
During Open Hours

HOW LONG SHOULD YOU BE
ABLE TO DEAD HANG FOR?

Beginner: 10 seconds

Intermediate: 20 to 30
seconds

Advanced: 45 seconds
plus



Why Dead Hang?

Grip Strength

Spine Decompression

Shoulder Health

Post Training Cooldown

Muscle Stretch

The **Extended-Arm Hang Test** (or straight arm-hang, dead hang) measures upper body strength and endurance, particularly the grip strength. In this test the participants hang from an overhead bar with the arms straightened for as long as possible.

