

Grip Strength Chart Comparison

Female (Age)	Needs Improvement	Fair	Good	Very Good	Excellent
15-19	< 54	54-58	59-63	64-70	> 70
20-29	< 55	55-60	61-64	65-70	> 70
30-39	< 56	56-60	61-65	66-72	> 72
40-49	< 55	55-58	59-64	65-72	> 72
50-59	< 51	51-54	55-58	59-64	> 64
60-69	< 48	48-50	51-53	54-59	> 59

Male (Age)	Needs Improvement	Poor	Fair	Good	Excellent
15-19	< 84	84-94	95-102	103-112	> 112
20-29	< 97	97-105	106-112	113-123	> 123
30-39	< 97	97-104	105-112	113-122	> 122
40-49	< 94	94-101	102-109	110-118	> 118
50-59	< 87	87-95	96-101	102-109	> 109
60-69	< 79	79-85	86-92	93-101	> 101