

Adult Grip Strength Norms (lbs)

Average the maximum grip strength of both hands to compare with these normative values.

Male				
Age	Avg. Str.*	Top 10%	Bottom 10%	Std. Dev.
17-19	106.5 lbs	133.6 lbs	79.4 lbs	21.2 lbs
20-24	111.8 lbs	134.9 lbs	88.6 lbs	18.1 lbs
25-29	115.5 lbs	139.0 lbs	92.1 lbs	18.3 lbs
30-34	118.2 lbs	141.3 lbs	95.0 lbs	18.1 lbs
35-39	117.7 lbs	145.4 lbs	90.0 lbs	21.6 lbs
40-44	118.6 lbs	144.9 lbs	92.3 lbs	20.5 lbs
45-49	116.6 lbs	140.4 lbs	92.9 lbs	18.5 lbs
50-54	111.1 lbs	134.8 lbs	87.4 lbs	18.5 lbs
55-59	108.2 lbs	132.3 lbs	84.2 lbs	18.7 lbs
60-64	102.1 lbs	125.8 lbs	78.3 lbs	18.5 lbs
65-69	97.2 lbs	117.8 lbs	76.6 lbs	16.1 lbs
70-74	91.9 lbs	113.4 lbs	70.5 lbs	16.8 lbs
75-79	83.3 lbs	105.7 lbs	61.0 lbs	17.4 lbs
80-90	73.2 lbs	94.4 lbs	52.0 lbs	16.5 lbs

* Average Strength represents the strength at the 50th percentile. The tables show the average of the maximum grip strength of both hands 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.

For best comparison with these norms, perform the grip strength measurement:

- standing with elbow at right angle next to torso,
- squeezing as hard as possible for 3-5 seconds.

Female				
Age	Avg. Str.*	Top 10%	Bottom 10%	Std. Dev.
17-19	69.4 lbs	87.0 lbs	51.9 lbs	13.7 lbs
20-24	71.7 lbs	86.9 lbs	56.4 lbs	11.9 lbs
25-29	74.1 lbs	89.9 lbs	58.3 lbs	12.3 lbs
30-34	73.4 lbs	89.8 lbs	57.0 lbs	12.8 lbs
35-39	75.4 lbs	92.9 lbs	57.9 lbs	13.7 lbs
40-44	76.1 lbs	93.9 lbs	58.3 lbs	13.9 lbs
45-49	73.6 lbs	90.9 lbs	56.4 lbs	13.4 lbs
50-54	71.0 lbs	87.7 lbs	54.3 lbs	13.0 lbs
55-59	66.1 lbs	81.7 lbs	50.6 lbs	12.1 lbs
60-64	63.9 lbs	78.9 lbs	49.0 lbs	11.7 lbs
65-69	60.8 lbs	75.5 lbs	46.2 lbs	11.5 lbs
70-74	57.3 lbs	71.2 lbs	43.5 lbs	10.8 lbs
75-79	53.4 lbs	66.1 lbs	40.6 lbs	9.9 lbs
80-90	47.2 lbs	58.8 lbs	35.6 lbs	9.0 lbs

Studies indicate that grip strength also varies by approximately ~5-10 lbs per ~4" of height. These norms are based on data where average heights were ~5' 11" for males and ~5' 5" 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

