STUDENT HEALTH &
WELLNESS SERVICES

STRENGTH

GRIP STRENGTH

w/DOMINANT HAND (lbs)

Reading:_____ lbs

MALE

Age	Needs Improvement	Average	Excellent
16-17	<71.9	71.9-115.5	>115.5
18-19	<78.7	78.7-122.4	>122.4
20-24	<81.1	81.1-124.8	>124.8
25-29	<83.1	83.1-126.8	>126.8
30-34	<79.4	79.4-123.0	>123.0
35-39	<78.9	78.9-122.6	>122.6

FEMALE

Age	Needs Improvement	Average	Excellent
16-17	<37.9	37.9-63.9	>63.9
18-19	<42.3	42.2-68.3	>31.0
20-24	<47.4	47.4-77.8	>77.8
25-29	<56.4	56.4-91.3	>91.3
30-34	<47.4	47.4-77.8	>77.8
35-39	<44.8	44.8-75.2	>75.2

PLANK

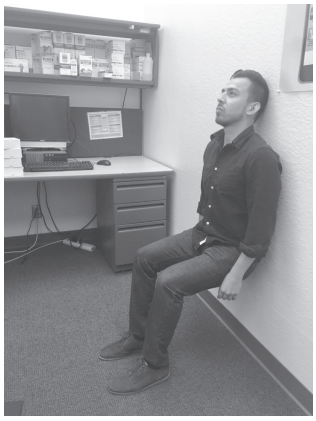
Held for:_____ seconds

RATINGS	SECONDS HELD
Excellent	120-240
Good	60-120
Average	30-60
Below Average	11-29
Needs Improvement	1-10

WALL SIT

Held for:_____ seconds

	MALE	FEMALE
Excellent	<100	<60
Good	75-100	45-60
Average	50-75	35-45
Below Average	25-50	20-35
Needs Improvement	<25	<20



(Cont. on Back)

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WHY IS IT IMPORTANT?

These recommendations are made because strength training has shown to help with body-weight control, injury prevention, bone density, flexibility, balance, improved cardiovascular health, and helps fight chronic conditions like diabetes, arthritis, and back pain. The benefits of strength training are not just limited to physical body; they have psychological benefits and help fight depression as well.

HOW CAN I LEARN MORE?

There are many ways to get your strength exercise requirements in for the week, in or outside of the gym. Some include weight training, plyometrics, calisthenics, elastic band resistance, partner resistance, Pilates, some forms of Yoga, and stability balls. If you need help getting started a staff member at SHS Wellness Center will gladly assist you, but here are some additional resources to help you if you follow the link provided below.

Resources:

- http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/strength-training/art-20046670?pg=1
- http://www.bodybuilding.com/fun/beginner_weight_training.htm
- http://www.topendsports.com/testing/tests/wall-sit.htm#
- http://www.ptgear.co.uk/fitness-tests/the-plank-test/
- http://www.fitstream.com/images/bodyweight-training/bodyweight-exercises/plank.png
- http://www.amazon.com/Trailite-Dynamometer-Strength-Measurement-Capturing/dp/B00O48RWE6/ref=sr_1_2?s=sporting-goods&ie=UTF8&qid=1418853091&sr=1-2&keywords=digital+dynamometer
- http://www.gripstrengthnorms.com/result.png
- http://www.exrx.net/WeightTraining/Guidelines.html
- http://www.exrx.net/WeightTraining/Mistakes.html

Rev. 11/2018