

# SEE HOW YOUR GRIP STRENGTH RANKS

**SIMON HILL, MSC, BSC**

Nutritionist, Physiotherapist, Author  
and Host of The Proof® Podcast

**THE PROOF®**

# SEE HOW YOUR GRIP STRENGTH RANKS BASED ON AGE, HEIGHT, AND GENDER

To ascertain your percentile in the population based on gender, current weight, height, age, and grip strength, measure your grip strength with a dynamometer, then divide the grip strength (in kilograms) by the square of your height (in meters). Refer to the table on the following page to identify your corresponding percentile.

$$\frac{\text{Grip Strength (kg)}}{(\text{Height (m)})^2} = \text{Result}$$

Take your result and look it up in the table on the following page.

Here's an example:

A 60 year old woman who has grip strength of 37kg and is 1.75m tall.

$$\frac{37}{(1.75)^2} = 12.08 \text{ C95}$$

This is in the optimal range 

# ASCERTAIN YOUR PERCENTILE

## MEN

← OPTIMAL RANGE →

AGE	C1 – 1ST PERCENTILE	C3 – 3RD PERCENTILE	C5 – 5TH PERCENTILE	C10 – 10TH PERCENTILE	C20 – 20TH PERCENTILE	C30 – 30TH PERCENTILE	C50 – 50TH PERCENTILE	C60 – 60TH PERCENTILE	C70 – 70TH PERCENTILE	C80 – 80TH PERCENTILE	C90 – 90TH PERCENTILE	C95 – 95TH PERCENTILE	C97 – 97TH PERCENTILE	C99 – 99TH PERCENTILE
20	8.4	9.5	10	10.9	12	12.7	14.1	14.7	15.5	16.4	18.3	19	19.8	21.6
25	8.9	10.2	10.8	11.7	12.9	13.7	15	15.7	16.4	17.3	18.5	19.6	20.4	21.9
30	9.2	10.6	11.2	12.2	13.4	14.2	15.5	16.1	16.8	17.6	18.6	19.7	20.4	21.8
35	9.4	10.8	11.5	12.5	13.6	14.4	15.6	16.2	16.9	17.6	18.6	19.7	20.4	21.7
40	9.5	10.8	11.5	12.4	13.5	14.2	15.4	16	16.6	17.3	18.4	19.4	20	21.5
45	9.3	10.6	11.2	12.1	13.2	13.9	15	15.5	16.1	16.8	17.9	18.8	19.5	20.9
50	8.9	10.2	10.8	11.7	12.7	13.4	14.5	15	15.5	16.2	17.4	18.1	18.7	20
55	8.7	10	10.6	11.5	12.5	13.2	14.3	14.8	15.4	16	16.9	17.8	18.4	19.6
60	8	9.4	10.1	11	12	12.7	13.8	14.3	14.8	15.5	16.5	17.3	17.8	19
65	6.7	8.5	9.3	10.4	11.5	12.3	13.4	13.9	14.4	15.1	16	17	17.7	19.1
70	5.7	7.7	8.6	9.8	11	11.7	12.9	13.4	14	14.7	15.3	16.8	17.6	19.4
75	4.8	6.9	7.8	9	10.2	11	12.1	12.6	13.1	13.8	14.3	16.1	16.9	19.1
80	3.8	5.8	6.8	8	9.1	9.8	10.9	11.3	11.9	12.6	13.3	14.8	15.7	18.1

## WOMEN

← OPTIMAL RANGE →

AGE	C1 – 1ST PERCENTILE	C3 – 3RD PERCENTILE	C5 – 5TH PERCENTILE	C10 – 10TH PERCENTILE	C20 – 20TH PERCENTILE	C30 – 30TH PERCENTILE	C50 – 50TH PERCENTILE	C60 – 60TH PERCENTILE	C70 – 70TH PERCENTILE	C80 – 80TH PERCENTILE	C90 – 90TH PERCENTILE	C95 – 95TH PERCENTILE	C97 – 97TH PERCENTILE	C99 – 99TH PERCENTILE
20	7.4	8	8.4	8.9	9.5	10	10.8	11.2	11.7	12.2	13	13.7	14.2	15.1
25	7.7	8.3	8.6	9.2	9.8	10.3	11.2	11.6	12	12.6	13.4	14.1	14.5	15.4
30	7.8	8.5	8.8	9.4	10.1	10.6	11.4	11.9	12.3	12.9	13.7	14.4	14.8	15.8
35	7.7	8.5	8.9	9.5	10.2	10.7	11.5	12	12.4	13	13.8	14.5	14.9	15.9
40	7.4	8.3	8.7	9.4	10.1	10.6	11.5	11.9	12.4	12.9	13.7	14.4	14.9	15.9
45	7	8	8.5	9.2	10	10.5	11.4	11.8	12.2	12.8	13.6	14.3	14.8	15.9
50	6.5	7.7	8.2	8.9	9.7	10.3	11.1	11.5	12	12.5	13.3	14.1	14.6	15.8
55	6.2	7.4	7.9	8.7	9.5	10	10.9	11.3	11.7	12.2	13	13.7	14.3	15.4
60	6	7.2	7.7	8.4	9.2	9.7	10.6	11	11.4	11.9	12.6	13.3	13.8	14.9
65	5.8	6.9	7.4	8.1	8.8	9.4	10.2	10.6	11	11.5	12.2	12.9	13.4	14.5
70	5.4	6.4	6.9	7.6	8.3	8.8	9.6	10	10.4	10.9	11.6	12.3	12.8	13.9
75	5	5.9	6.3	6.9	7.6	8.1	8.9	9.2	9.6	10.1	10.9	11.6	12.2	13.3
80	4.5	5.3	5.7	6.2	6.9	7.3	8	8.4	8.8	9.3	10.1	10.9	11.5	12.8



### Reference

[How Should Adult Handgrip Strength Be Normalized? Allometry Reveals New Insights and Associated Reference Curves](#)

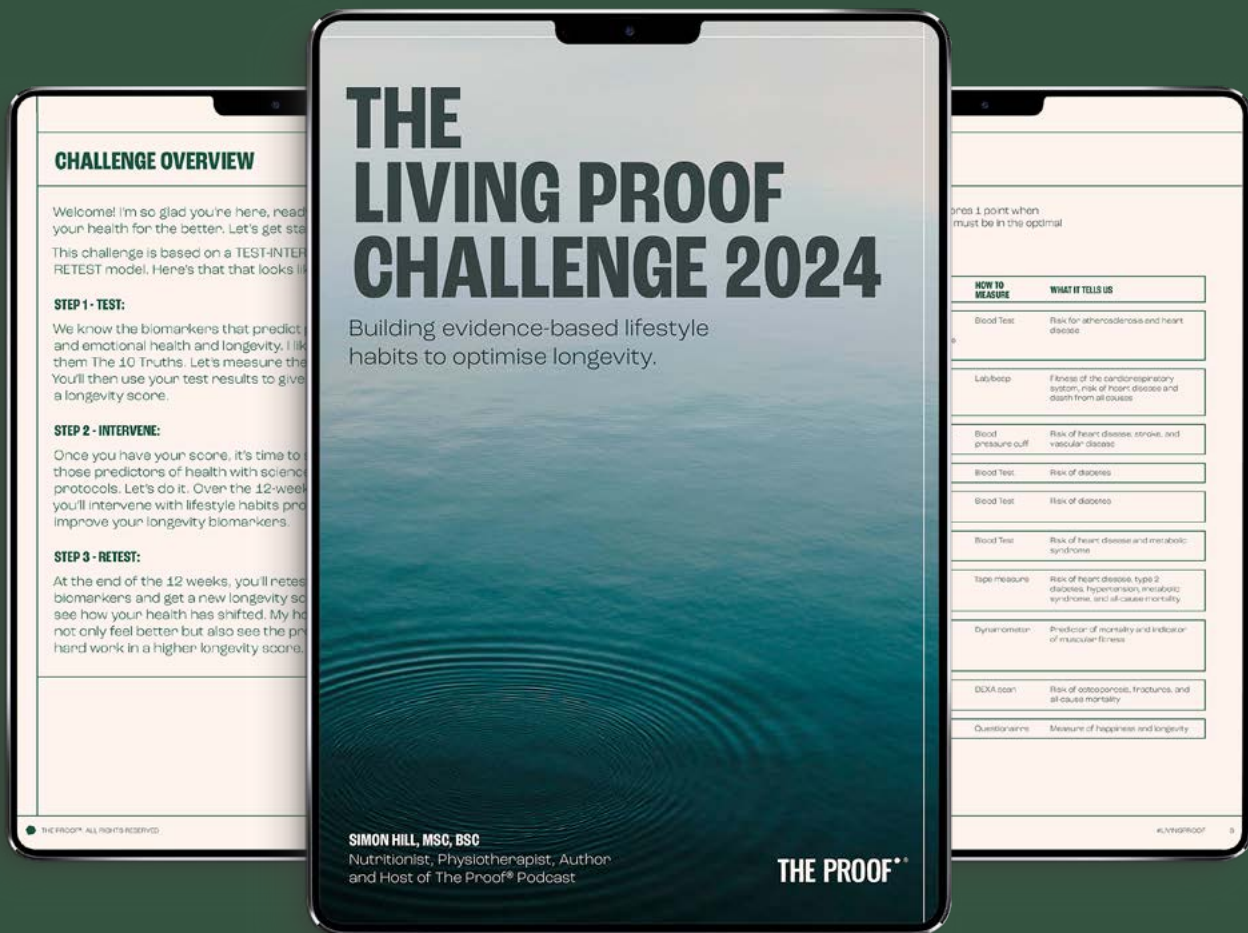
# GRIP STRENGTH TESTING INSTRUCTIONS

The data in this table was produced from a study which used the [Takei 5401 Digital Dynamometer](#)

An alternative and more affordable option:  
[Camry dynamometer](#)

## Grip Strength testing Instructions:

1. Adjust the dynamometer grip so that the middle third of your index finger is bent to 90°.
2. Perform 1 sub-maximal test squeeze to ensure that the dynamometer is properly set up for your hand size.
3. Assume the test position: Stand up with your arm completely straight, avoiding resting it on your body, and keep your feet hip-width apart.
4. Squeeze the dynamometer with your maximal effort.
5. Perform the same actions on the opposite side.
6. Allow 60 seconds between squeezes for the same hand and repeat until you've completed 3 maximal efforts on each side.
7. Calculate the average of the 3 maximal efforts for each side



## THE LIVING PROOF CHALLENGE 2024

Building evidence-based lifestyle habits to optimise longevity.

### WHAT'S INSIDE?

- 12 weeks of life-changing habits to optimise your health and longevity
- Science-based nutrition, exercise, sleep and emotional health protocols to improve your biomarkers of health

**A ZERO-COST RESOURCE**

**GET YOUR COPY**

**THE PROOF<sup>®</sup>**