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?????????? ??????????? ?????? Jamar



hydraulic-hand-dynamometer



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Price
349,00 €

Αμεσα διαθέσιμο

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Description

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Normative Grip Strength Data¹²

| Age | | Males | | Females | |
|-------|---|-------|------|---------|------|
| | | Hand | Mean | SD | SD |
| 6-7 | R | 32.5 | 4.8 | 28.6 | 4.4 |
| | L | 39.7 | 5.4 | 27.1 | 4.4 |
| 8-9 | R | 41.9 | 5.4 | 36.4 | 5.3 |
| | L | 39.0 | 9.3 | 33.0 | 6.0 |
| 10-11 | R | 53.3 | 9.7 | 49.7 | 8.1 |
| | L | 58.4 | 10.8 | 52.2 | 6.8 |
| 12-13 | R | 58.7 | 15.5 | 56.8 | 10.6 |
| | L | 77.3 | 15.4 | 58.1 | 12.3 |
| 14-15 | R | 64.4 | 14.9 | 49.5 | 11.9 |
| | L | 64.6 | 17.4 | 62.7 | 16.5 |
| 16-17 | R | 78.5 | 19.1 | 56.9 | 14.0 |
| | L | 89.0 | 27.8 | 61.7 | 12.5 |
| 18-19 | R | 101.0 | 24.6 | 71.4 | 12.3 |
| | L | 93.9 | 27.8 | 61.7 | 12.5 |
| 20-24 | R | 121.6 | 28.6 | 76.4 | 14.5 |
| | L | 120.2 | 19.8 | 65.4 | 13.1 |
| 25-29 | R | 120.8 | 23.0 | 74.5 | 13.9 |
| | L | 118.1 | 28.2 | 65.1 | 12.2 |
| 30-34 | R | 121.8 | 22.4 | 78.7 | 19.2 |
| | L | 116.4 | 21.7 | 68.0 | 17.7 |
| 35-39 | R | 117.5 | 14.9 | 74.1 | 16.8 |
| | L | 112.9 | 21.7 | 66.3 | 11.7 |
| 40-44 | R | 118.4 | 28.7 | 76.4 | 13.5 |
| | L | 112.8 | 28.7 | 62.3 | 13.8 |
| 45-49 | R | 109.5 | 23.0 | 62.9 | 15.1 |
| | L | 108.8 | 23.5 | 56.7 | 13.7 |
| 50-54 | R | 113.8 | 18.1 | 65.8 | 11.6 |
| | L | 101.9 | 17.0 | 57.3 | 10.4 |
| 55-59 | R | 109.1 | 27.7 | 72.7 | 12.5 |
| | L | 83.2 | 23.4 | 47.3 | 11.9 |
| 60-64 | R | 98.4 | 28.4 | 58.1 | 16.1 |
| | L | 76.8 | 28.3 | 45.7 | 10.1 |
| 65-69 | R | 91.1 | 26.6 | 49.6 | 9.7 |
| | L | 75.2 | 19.5 | 41.4 | 5.2 |
| 70-74 | R | 75.3 | 21.5 | 49.6 | 11.7 |
| | L | 61.4 | 18.1 | 41.6 | 4.2 |
| 75+ | R | 65.7 | 21.0 | 42.6 | 11.0 |
| | L | 55.6 | 17.0 | 37.6 | 8.9 |

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There are yet no reviews for this product.