



# Grip Strength SELF ASSESSMENT

## 2 Ways to Test Your Grip Strength

- ☑ See your Health Coach or gym rep to test your grip strength with a Dynamometer
- ☑ Follow the At Home Test directions

### Grip Strength At Home Test

**Get the right equipment:** You'll need a bathroom scale, a pull-up bar, and a stop watch.

- 1 Position the scale right underneath your pull-up bar. These should be high enough that your arms will be fully extended above your head.
- 2 You want to test your grip strength for a 5 second time period. Set your stop watch to 5 seconds or have a friend monitor their watch.
- 3 To get in the right position, stand on the scale and place your hands on the pull-up bar. Look at the scale to make sure the weight reading is accurate.



- 4 Stand with feet flat on the scale, squeeze your hands around the pull-up bar. You should not bend your elbows, wrists or knees. Your entire body, aside from your hands, should remain stable. You want to aim to lift as much of your body weight off the scale as you can, with only the strength of your hands.
- 5 Squeeze or pull on the bar as hard as you can with your hands. Have a friend record what the new weight reading is on the scale. It will be less than your actual body weight.
- 6 Again, it's recommended to take an average of these readings. Do three to five tests and then take the average of these results.

**Calculate your grip strength:** Use the following equation:

$$\text{Grip strength (lbs.)} = \text{Current weight} - \text{weight while gripping the bar}$$

Example: 180 lbs. (current weight) – 80 lbs. (weight while gripping bar) = 100 lbs. grip strength

Pounds to Kilogram Conversion:  
1 lbs. = .4535 kg

Example: 100 lbs. X .4535 = 45.35 kg

**See Chart Below to See Where You Stand (in kilograms)**

| Hand Grip Strength |                |           |              |           |          |
|--------------------|----------------|-----------|--------------|-----------|----------|
|                    | Excellent<br>☐ | Good<br>☐ | Average<br>☐ | Fair<br>☐ | Low<br>☐ |
| <b>Female Grip</b> | > 37           | 31 - 36   | 25 - 30      | 19 - 24   | < 18     |
| <b>Male Grip</b>   | > 57           | 51 - 56   | 45 - 50      | 39 - 44   | < 38     |

