

Form 5.2

ISOMETRIC (Static) STRENGTH

NAME _____ DATE _____ SCORE _____

Lab Results

Gender: _____ Initials: _____ Age (y): _____ Weight (kg): _____

Dominant hand (R or L): _____ Dynamometer type: _____ Setting: _____

Right grip (kg): T₁ _____ T₂ _____ T₃ _____ Highest of 3 = _____ kg = _____ N

Left grip (kg): T₁ _____ T₂ _____ T₃ _____ Highest of 3 = _____ kg = _____ N

Absolute strength (maximum grip) = _____ kg = _____ N

Combined sum = _____ + _____ = _____ kg = _____ N
Right Left

Relative strength = $\frac{\text{Combined sum}}{\text{Weight}}$ = _____ kg·kg⁻¹ = _____ N·kg⁻¹

% Difference = $\left(\frac{\text{Max} - \text{Min}}{\text{Max}} \right) * 100 = \text{_____} \%$

Category for absolute strength (Table 5.1) _____

Category for relative strength (Table 5.1) _____

Evaluation / comments: _____

Gender: _____ Initials: _____ Age (y): _____ Weight (kg): _____

Dominant hand (R or L): _____ Dynamometer type: _____ Setting: _____

Right grip (kg): T₁ _____ T₂ _____ T₃ _____ Highest of 3 = _____ kg = _____ N

Left grip (kg): T₁ _____ T₂ _____ T₃ _____ Highest of 3 = _____ kg = _____ N

Absolute strength (maximum grip) = _____ kg = _____ N

Combined sum = _____ + _____ = _____ kg = _____ N
Right Left

Relative strength = $\frac{\text{Combined sum}}{\text{Weight}}$ = _____ kg·kg⁻¹ = _____ N·kg⁻¹

% Difference = $\left(\frac{\text{Max} - \text{Min}}{\text{Max}} \right) * 100 = \text{_____} \%$

Category for absolute strength (Table 5.1) _____

Category for relative strength (Table 5.1) _____

Evaluation / comments: _____