

Using the standard error of estimate (SEE) from the regression analysis, low and high strength levels were calculated. Table 4 gives male and female strength standards adjusted for body weight.

Provided are low, average, and high levels of strength for weight categories. These strength levels are defined as:

- Low - 15th percentile
- Average - 50th percentile
- High - 85th percentile

WEIGHT	GRIP			ARM LIFT			SHOULDER LIFT			TORSO PULL		
	Low	Avg.	High	Low	Avg.	High	Low	Avg.	High	Low	Avg.	High
WOMEN												
90-99	38	54	71	24	37	50	37	53	69	79	120	162
100-109	40	56	73	25	39	52	39	55	71	83	125	166
110-119	42	58	75	27	40	53	41	57	73	88	129	171
120-129	44	60	77	28	42	55	43	59	75	92	134	176
130-139	46	62	79	30	43	56	45	61	77	97	139	180
140-149	48	64	81	31	45	58	47	63	79	102	143	185
150-159	50	66	83	33	46	59	49	65	81	106	148	189
160-169	52	68	85	34	48	61	51	67	83	111	152	194
170-179	54	70	87	36	49	62	53	69	85	115	157	199
180-189	56	72	89	37	51	64	55	71	87	120	162	203
190-199	58	74	91	39	52	65	57	73	89	125	166	208
200-209	60	76	93	40	54	67	59	75	91	129	171	212
MEN												
110-119	68	91	113	51	70	89	68	90	112	182	223	264
120-129	71	93	116	54	73	91	72	94	116	186	227	269
130-139	73	96	118	56	75	94	75	98	120	191	232	273
140-149	76	98	121	58	77	96	79	102	124	196	237	278
150-159	78	101	124	61	79	98	83	105	128	201	242	283
160-169	81	104	126	63	82	101	87	109	131	206	247	288
170-179	84	106	129	65	84	103	91	113	135	210	251	293
180-189	86	109	131	68	86	105	94	117	139	215	256	297
190-199	89	111	134	70	89	107	98	121	143	220	261	302
200-199	91	114	137	72	91	110	102	124	147	225	266	307
210-209	94	117	139	74	93	112	106	128	150	230	271	312
220-229	97	119	142	77	96	114	110	132	154	234	275	317
240-249	102	124	147	81	100	119	117	140	162	244	285	326

NOTE: A percentile reflects the percentage of subjects who can be expected to score below the given value. For example, 15% of the group tested scored below the score given for the 15th percentile.

Table 4. Low, average, and high levels of isometric strength for levels of body weight contrasted by gender