

POSITION:	MALE	FEMALE
ARM LIFT	85	42
TORSO KNEE BENT	99	48
LEG LIFT	190	90
OVERHEAD LIFT	93	39
PUSH	60	30
PULL	50	25
POWER GRIP	100	50
WRIST FLEXION	47	28
WRIST EXTENSION	52	30
PRONATION	100	50
SUPINATION	60	30
WRIST ULNAR DEV.	130	66
WRIST RADIAL DEV.	95	50
TWO FINGER PINCH	10	6
THREE FINGER PINCH	15	9
SIDE PINCH	15	9
TRAPEZIUS	90	45
C5 ANTERIOR DELTOID	40	20
C6 BRACHIALIS	40	20
C7 TRICEPS	60	30
C8 BICEPS BRACHII	35	18
ERECTOR SPINAE	60	30
T12-L3 RECTUS ABDOM	50	25
L2-L3 RECTUS FEMORIS	40	20
L4 QUADRICEPS	70	35
L5 ANTERIOR TIBIALIS	54	29
S1 SOLEUSGASTROCNEMIUS	75	37
ELBOW FLEXION	35	18
ELBOW EXTENSION	28	14
LATERAL HUMERAL ROT	20	10
MEDIAL HUMERAL ROT	28	14
SHOULDER EXTENSION	20	10
SHOULDER FLEXION	10	5
SHOULDER ADDUCTION	38	16
SHOULDER ABDUCTION	40	20
TORSO FLEXION	50	25
TORSO EXTENSION	60	30
TORSO LATERAL FLEXION	40	20
HIP FLEXION	40	20
HIP EXTENSION	50	25
HIP ABDUCTION	45	22
HIP ADDUCTION	37	18
KNEE FLEXION	62	31
KNEE EXTENSION	70	35
CERVICAL FLEXION	25	12
CERVICAL EXTENSION	25	12
CERVICAL ROTATION	25	12
CERVICAL LATERAL FLEX	28	14