

10/11/2022

Understanding Your Baseline Testing Results

Based on the 100+ college and pro players who have already tested or trained on FlexPro Grip, check below to see if you fall in our expected ranges.

EXPECTED BASELINE TESTING RESULTS

STRENGTH	Fingertip Flexion		Mid-finger Flexion		Extension	
	Low	High	Low	High	Low	High
4 finger	115	205	110	200	20	50
Index finger	40	90	35	85	10	20
Middle finger	40	90	35	85	10	20
Ring finger	30	65	25	60	5	15
Little finger	15	50	15	45	5	15

Ulnar deviation	25	55
Radial deviation	25	55

ENDURANCE

Index + middle finger	High range	75 - 160
	Low range	25 - 40% less than high

RATE OF FORCE DEVELOPMENT AT 7 MS

	Index	Middle	Total
Index + middle finger	1 - 4	1 - 4	3 - 8

While it is perfectly acceptable to fall outside of the ranges listed above, we would expect most college and pro players to fall within these ranges. If you are below the bottom ranges, the ranges listed above can be used as a target as you progress through your training. If you are above all ranges, you are likely an outlier and should continue to push yourself to create more separation between yourself and your peers.

Expected Ratios

For most players, we would expect fingertip flexion strength to be anywhere from 3.5 to 4.5 times greater than their extension strength. We would also expect FDP strength to be anywhere from 15% less to 15% greater than their FDS strength. Large deviations from these expected ranges are a sign of imbalances that can lead to injury. If you experience imbalances, we suggest supplementing the normal strength training cycle with additional workouts aimed at your deficiency. For example, if you have a flexion to extension ratio of 5 to 1, we recommend you do twice the number of B Day strength workouts (which are aimed at improving extension) than A or C Day workouts until your ratios fall into the expected range.

If you have any questions about your baseline test results, feel free to give us a call or shoot us an email. We're happy to help.