

FlexPro Grip 1 Rep Max Strength Targets Matched to Peak Throwing Velocity

fgrtip = fingertip

ext = extension

mid-fgr = mid-finger

dev = deviation

Percentile	Peak throwing velocity	fgrtip = fingertip					ext = extension					mid-fgr = mid-finger					dev = deviation		
		4 finger fgrtip flexion	Index fgrtip flexion	Middle fgrtip flexion	Ring fgrtip flexion	Little fgrtip flexion	4 finger ext	Index finger ext	Middle finger ext	Ring finger ext	Little finger ext	4 finger mid-fgr flexion	Index mid-fgr flexion	Middle mid-fgr flexion	Ring mid-fgr flexion	Little mid-fgr flexion	Index + Little mid-fgr flexion	Ulnar dev	Radial dev
99	99	235	86	91	70	50	35	13	16	14	10	221	81	86	66	47	121	100	80
95	97	215	80	85	65	46	33	13	15	13	9	202	75	80	61	43	113	90	72
90	95	195	75	80	57	40	32	12	15	12	8	183	71	75	54	38	103	84	67
85	93	185	71	76	54	37	31	12	14	11	8	174	67	71	51	35	96	77	62
80	92	183	68	74	53	36	30	11	14	11	8	172	64	70	50	34	93	74	59
75	90	180	67	72	52	35	29	11	13	11	7	169	63	68	49	33	91	70	56
70	88	170	64	70	49	33	27	10	13	10	7	160	60	66	46	31	87	66	53
65	87	160	62	67	47	31	25	10	12	9	6	150	58	63	44	29	83	60	48
60	86	155	60	65	45	29	23	9	11	8	6	146	56	61	42	27	79	59	47
55	85	150	58	63	43	28	22	8	10	7	5	141	55	59	40	26	77	58	46
50	84	145	56	60	41	27	21	8	9	7	5	136	53	56	39	25	74	55	44
45	82	140	55	58	40	26	20	7	8	6	4	132	52	55	38	24	72	53	42
40	79	130	52	54	37	25	19	7	7	6	4	122	49	51	35	24	69	50	40
35	76	121	48	50	34	24	18	7	8	5	3	114	45	47	32	23	64	46	37
30	74	113	45	47	32	22	17	6	8	5	3	106	42	44	30	21	60	41	33
25	70	105	41	44	30	21	16	6	7	4	3	99	39	41	28	20	55	33	26
20	67	97	38	41	28	20	15	5	7	3	2	91	36	39	26	19	52	28	22
15	64	90	35	39	26	19	14	5	6	3	1	85	33	37	24	18	48	24	19
10	61	82	31	35	24	18	13	5	5	3	1	77	29	33	23	17	44	21	17