

Test: Grip Strength Levels

GRIP STRENGTH: Dynamometer Test 3x Each Test (Average)

12-WEEK Corporate Program - 34 Employees

NOTE: Increases in Strength were dependent upon how diligent the test subject was in performing the FLEXTEND® exercise routine / program. Weekly notes were gathered from each subject with regard to how consistent they were on a weekly basis.

IMPORTANT: Individuals with "No Start Strength" we not included in the percentages.

30 of 31 Individuals (96.774%) that received Dynamometer Testing improved in Strength during the 12-week study.

GREATEST INCREASE of Grip Strength Recorded During the 12-Week Study

Measurements Based on Increase or
Decrease in Pounds (lbs.)

START- Grip Strength	
R-77.33	+16.67
L-	No Start Strength
R-61.66	+6.37
R-88.33	+19
R-66.66	+13
R-150.66	+6.34
L-106.33	+5.67
R-80	+9.33
R-116.66	+10
R-60	+9
R-69	+12.33
R-62	+5
R-	No Start Strength
R-70.66	+9.34
R-126	+23
R-123.66	+11
R-44.33	+15.33
R-121.66	+52.34
L-67.66	+7.34
R-	No Start Strength
R-127.33	+17
R-61.33	+7
R-132.66	+18.34
R-62.33	+11
R-121.33	+4.67
L-54.66	+14.34
R-105	+15.33
R-61	+7.33
L-93.66	+12.67
R-112	-+5.752
R-89.66	+34.67
R-57.33	+13.67
R-42.33	+15
R-70.66	+5.67