Grip dynamometer

What does it measure?
Strength

What do you need?
A grip dynamometer

How do you do the test?
• Use a grip dynamometer to measure grip strength.
• Record the maximum reading from three attempts using the dominant hand. Allow a one-minute recovery between each attempt.
• Grip strength can be measured in kg or kgW, depending on the grip dynamometer used.

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<th>Name</th>
<th>Weight</th>
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Comment on the reliability and validity of this test:

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