

**Appendix**  
**Growth Charts for Muscular Strength Capacity With Quantile Regression**  
**Peterson and Krishnan**

**Appendix Table 1.** Growth Charts Including 7 Quantiles of Normalized Strength in Men and Women From Ages 6-80 Years

<b>Men</b>							
<b>Age</b>	<b>5th Percentile</b>	<b>10th Percentile</b>	<b>25th Percentile</b>	<b>50th Percentile</b>	<b>75th Percentile</b>	<b>90th Percentile</b>	<b>95th Percentile</b>
6 years	0.31	0.33	0.40	0.48	0.56	0.63	0.68
8 years	0.29	0.32	0.39	0.46	0.54	0.61	0.65
10 years	0.30	0.34	0.42	0.49	0.57	0.64	0.67
12 years	0.32	0.37	0.45	0.53	0.60	0.68	0.71
14 years	0.34	0.39	0.47	0.56	0.63	0.71	0.75
16 years	0.36	0.41	0.49	0.59	0.66	0.74	0.78
18 years	0.37	0.42	0.51	0.61	0.68	0.77	0.80
20 years	0.38	0.43	0.51	0.62	0.70	0.78	0.82
25 years	0.39	0.44	0.52	0.62	0.71	0.79	0.83
30 years	0.39	0.43	0.51	0.61	0.70	0.78	0.83
35 years	0.38	0.42	0.50	0.59	0.68	0.76	0.81
40 years	0.37	0.41	0.48	0.57	0.66	0.73	0.78
45 years	0.36	0.40	0.47	0.56	0.63	0.71	0.76
50 years	0.35	0.39	0.46	0.54	0.61	0.69	0.73
55 years	0.34	0.38	0.45	0.52	0.60	0.67	0.71
60 years	0.33	0.37	0.44	0.51	0.58	0.65	0.69
65 years	0.32	0.36	0.42	0.49	0.57	0.64	0.67
70 years	0.30	0.34	0.40	0.48	0.55	0.62	0.65
75 years	0.28	0.31	0.38	0.45	0.53	0.59	0.62
80 years	0.25	0.28	0.36	0.42	0.48	0.55	0.58

  

<b>Women</b>							
<b>Age</b>	<b>5th Percentile</b>	<b>10th Percentile</b>	<b>25th Percentile</b>	<b>50th Percentile</b>	<b>75th Percentile</b>	<b>90th Percentile</b>	<b>95th Percentile</b>
6 years	0.29	0.31	0.38	0.45	0.50	0.54	0.57
8 years	0.28	0.30	0.38	0.44	0.51	0.58	0.60
10 years	0.29	0.32	0.38	0.46	0.52	0.59	0.62
12 years	0.30	0.33	0.39	0.46	0.53	0.59	0.63
14 years	0.31	0.34	0.40	0.47	0.53	0.59	0.63
16 years	0.31	0.34	0.40	0.47	0.53	0.59	0.63
18 years	0.31	0.34	0.40	0.47	0.53	0.59	0.63
20 years	0.31	0.34	0.40	0.46	0.53	0.59	0.63
25 years	0.29	0.32	0.38	0.45	0.52	0.58	0.62
30 years	0.28	0.31	0.37	0.43	0.51	0.58	0.61
35 years	0.27	0.29	0.36	0.42	0.50	0.57	0.61
40 years	0.26	0.29	0.35	0.41	0.49	0.56	0.60
45 years	0.25	0.28	0.34	0.40	0.48	0.55	0.59
50 years	0.24	0.27	0.33	0.40	0.47	0.53	0.57
55 years	0.24	0.27	0.32	0.39	0.45	0.51	0.55
60 years	0.23	0.26	0.31	0.37	0.43	0.49	0.53
65 years	0.22	0.25	0.30	0.36	0.42	0.47	0.51
70 years	0.20	0.24	0.28	0.34	0.40	0.45	0.48
75 years	0.19	0.23	0.27	0.32	0.38	0.44	0.46
80 years	0.19	0.22	0.26	0.30	0.36	0.43	0.45

**Appendix**  
**Growth Charts for Muscular Strength Capacity With Quantile Regression**  
**Peterson and Krishnan**

**Appendix Table 2.** Growth Charts Including 7 Quantiles of Absolute Strength in Men and Women From Ages 6-80 Years

<b>Men</b>							
<b>Age</b>	<b>5th Percentile</b>	<b>10th Percentile</b>	<b>25th Percentile</b>	<b>50th Percentile</b>	<b>75th Percentile</b>	<b>90th Percentile</b>	<b>95th Percentile</b>
6 years	8.20	8.70	10.30	11.70	13.70	15.10	16.30
8 years	9.09	10.00	11.55	13.83	16.30	18.22	19.56
10 years	13.65	15.20	17.40	20.60	24.07	26.63	28.11
12 years	18.70	20.76	23.77	27.80	32.16	35.44	37.17
14 years	23.26	25.69	29.48	34.17	39.22	43.20	45.27
16 years	27.07	29.72	34.18	39.39	44.91	49.53	51.97
18 years	30.11	32.88	37.89	43.46	49.30	54.45	57.25
20 years	32.43	35.26	40.70	46.50	52.54	58.09	61.22
25 years	35.77	38.60	44.65	50.60	56.79	62.85	66.63
30 years	36.69	39.47	45.63	51.37	57.48	63.52	67.68
35 years	36.25	39.03	44.99	50.43	56.38	62.13	66.45
40 years	35.15	37.99	43.59	48.82	54.59	59.99	64.33
45 years	33.82	36.74	41.92	47.11	52.70	57.86	62.15
50 years	32.46	35.47	40.28	45.59	51.01	56.09	60.32
55 years	31.12	34.19	38.72	44.29	49.56	54.70	58.87
60 years	29.76	32.81	37.22	43.08	48.21	53.51	57.59
65 years	28.20	31.15	35.60	41.64	46.69	52.08	56.04
70 years	26.25	29.00	33.67	39.60	44.66	49.89	53.62
75 years	23.62	26.05	31.14	36.46	41.65	46.25	49.56
80 years	20.00	22.01	27.70	31.68	37.20	40.40	43.00

  

<b>Women</b>							
<b>Age</b>	<b>5th Percentile</b>	<b>10th Percentile</b>	<b>25th Percentile</b>	<b>50th Percentile</b>	<b>75th Percentile</b>	<b>90th Percentile</b>	<b>95th Percentile</b>
6 years	7.60	8.00	8.90	10.60	11.80	13.00	14.30
8 years	9.98	10.68	11.90	13.58	16.00	18.08	19.40
10 years	13.44	14.40	16.37	18.60	21.50	24.44	26.20
12 years	16.50	17.62	20.19	22.92	26.01	29.58	31.79
14 years	18.88	20.11	23.04	26.13	29.30	33.29	35.87
16 years	20.63	21.91	25.02	28.33	31.55	35.78	38.61
18 years	21.86	23.17	26.33	29.76	33.04	37.39	40.38
20 years	22.67	24.00	27.15	30.62	33.97	38.37	41.43
25 years	23.53	24.88	27.90	31.34	34.96	39.28	42.25
30 years	23.49	24.86	27.81	31.21	35.12	39.27	41.98
35 years	23.11	24.52	27.50	30.91	35.06	39.03	41.47
40 years	22.63	24.09	27.17	30.66	34.90	38.72	40.96
45 years	22.11	23.63	26.80	30.40	34.57	38.24	40.40
50 years	21.55	23.12	26.32	30.01	33.98	37.50	39.69
55 years	20.88	22.48	25.62	29.36	33.00	36.37	38.68
60 years	20.00	21.61	24.61	28.34	31.61	34.84	37.32
65 years	18.80	20.39	23.22	26.86	29.80	32.91	35.55
70 years	17.19	18.75	21.43	24.94	27.70	30.75	33.46
75 years	15.06	16.57	19.23	22.57	25.44	28.53	31.13
80 years	12.33	13.80	16.70	19.89	23.29	26.56	28.81