

FLEX ARM HANG

FEMALE	F14	F15	F16/17	MALE	M14	M15	M16	M17
100	25	28	24	100	47	58	51	49
99	24.75	27.75	23.75	99	46.5	57.5	50.5	48.5
98	24.5	27.5	23.5	98	46	57	50	48
97	24.25	27.25	23.25	97	45.5	56.5	49.5	47.5
96	24	27	23	96	45	56	49	47
95	23.75	26.75	22.75	95	44.5	55.5	48.5	46.5
94	23.5	26.5	22.5	94	44	55	48	46
93	23.25	26.25	22.25	93	43.5	54.5	47.5	45.5
92	23	26	22	92	43	54	47	45
91	22.75	25.75	21.75	91	42.5	53.5	46.5	44.4
90	22.5	25.5	21.5	90	42	53	46	44
89	22.25	25.25	21.25	89	41.5	52.5	45.5	43.5
88	22	25	21	88	41	52	45	43
87	21.75	24.75	20.75	87	40.5	51.5	44.5	42.5
86	21.5	24.5	20.5	86	40	51	44	42
85	21.25	24.25	20.25	85	39.5	50.5	43.5	41.5
84	21	24	20	84	39	50	43	41
83	20.75	23.75	19.75	83	38.5	49.5	42.5	40.5
82	20.5	23.5	19.5	82	38	49	42	40
81	20.25	23.25	19.25	81	37.5	48.5	41.5	39.5
80	20	23	19	80	37	48	41	39
79	19.75	22.75	18.75	79	36.5	47.5	40.5	38.5
78	19.5	22.5	18.5	78	36	47	40	38
77	19.25	22.25	18.25	77	35.5	46.5	39.5	37.5
76	19	22	18	76	35	46	0.9	37
75	18.75	21.75	17.75	75	34.5	45.5	38.5	36.5
74	18.5	21.5	17.5	74	34	45	38	36
73	18.25	21.25	17.25	73	33.5	44.4	37.5	35.5
72	18	21	17	72	33	44	37	35
71	17.75	20.75	16.75	71	32.5	43.5	36.5	34.5
70	17.5	20.5	16.5	70	32	43	36	34
69	17.25	20.25	16.25	69	31.5	42.5	35.5	33.5
68	17	20	16	68	31	42	35	33
67	16.75	19.75	15.75	67	30.5	41.5	34.5	32.5
66	16.5	19.5	15.5	66	30	41	34	32
65	16.25	19.25	15.25	65	29.5	40.5	33.5	31.5
64	16	19	15	64	29	40	33	31
63	15.75	18.75	14.75	63	28.5	39.5	32.5	30.5
62	15.5	18.5	14.5	62	28	39	32	30
61	15.25	18.25	14.25	61	27.5	38.5	31.5	29.5
60	15	18	14	60	27	38	31	29
59	14.75	17.75	13.75	59	26.5	37.5	30.5	28.5
58	14.5	17.5	13.5	58	26	37	30	28
57	14.25	17.25	13.25	57	25.5	36.5	29.5	27.5
56	14	17	13	56	25	36	29	27
55	13.75	16.75	12.75	55	24.5	35.5	28.5	26.5
54	13.5	16.5	12.5	54	24	35	28	26
53	13.25	16.25	12.25	53	23.5	34.5	27.5	25.5
52	13	16	12	52	23	34	27	25

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FLEX ARM HANG

FEMALE 14 15 16/17

MALE 14 15 16 17

51	12.75	15.75	11.75	51	22.5	33.5	26.5	24.5
50	12.5	15.5	11.5	50	22	33	26	24
49	12.25	15.25	11.25	49	21.5	32.5	25.5	23.5
48	12	15	11	48	21	32	25	23
47	11.75	14.75	10.75	47	20.5	31.5	24.5	22.5
46	11.5	14.5	10.5	46	20	31	24	22
45	11.25	14.25	10.25	45	19.5	30.5	23.5	21.5
44	11	14	10	44	19	30	23	21
43	10.75	13.75	9.75	43	18.5	29.5	22.5	20.5
42	10.5	13.5	9.5	42	18	29	22	20
41	10.25	13.25	9.25	41	17.5	28.5	21.5	19.5
40	10	13	9	40	17	28	21	19
39	9.75	12.75	8.75	39	16.5	27.5	20.5	18.5
38	9.5	12.5	8.5	38	16	27	20	18
37	9.25	12.25	8.25	37	15.5	26.5	19.5	17.5
36	9	12	8	36	15	26	19	17
35	8.75	11.75	7.75	35	14.5	25.5	18.5	16.5
34	8.5	11.5	7.5	34	14	25	18	16
33	8.25	11.25	7.25	33	13.5	24.5	17.5	15.5
32	8	11	7	32	13	24	17	15
31	7.75	10.75	6.75	31	12.5	23.5	16.5	14.5
30	7.5	10.5	6.5	30	12	23	16	14
29	7.25	10.25	6.25	29	11.5	22.5	15.5	13.5
28	7	10	6	28	11	22	15	13
27	6.75	9.75	5.75	27	10.5	21.5	14.5	12.5
26	6.5	9.5	5.5	26	10	21	14	12
25	6.25	9.25	5.25	25	9.5	20.5	13.5	11.5
24	6	9	5	24	9	20	13	11
23	5.75	8.75	4.75	23	8.5	19.5	12.5	10.5
22	5.5	8.5	4.5	22	8	19	12	10
21	5.25	8.25	4.25	21	7.5	18.5	11.5	9.5
20	5	8	4	20	7	18	11	9
19	4.75	7.75	3.75	19	6.5	17.5	10.5	8.5
18	4.5	7.5	3.5	18	6	17	10	8
17	4.25	7.25	3.25	17	5.5	16.5	9.5	7.5
16	4	7	3	16	5	16	9	7
15	3.75	6.75	2.75	15	4.5	15.5	8.5	6.5
14	3.5	6.5	2.5	14	4	15	8	6
13	3.25	6.25	2.25	13	3.5	14.5	7.5	5.5
12	3	6	2	12	3	14	7	5
11	2.75	5.75	1.75	11	2.5	13.5	6.5	4.5
10	2.5	5.5	1.5	10	2	13	6	4
9	2.25	5.25	1.25	9	1.5	12.5	5.5	3.5
8	2	5	1	8	1	12	5	3
7	1.75	5.75	0.75	7	0	11.5	4.5	2.5
6	1.5	4.5	0.5	6		11	4	2
5	1.25	4.25	0.25	5		10.5	3.5	1.5
4	1	4	0	4		10	3	1
0				0				

FLEX ARM HANG

FEMALE 14 15 16/17 MALE 14 15 16 17.

51	12.75	15.75	11.75	51	22.5	33.5	26.5	24.5
50	12.5	15.5	11.5	50	22	33	26	24
49	12.25	15.25	11.25	49	21.5	32.5	25.5	23.5
48	12	15	11	48	21	32	25	23
47	11.75	14.75	10.75	47	20.5	31.5	24.5	22.5
46	11.5	14.5	10.5	46	20	31	24	22
45	11.25	14.25	10.25	45	19.5	30.5	23.5	21.5
44	11	14	10	44	19	30	23	21
43	10.75	13.75	9.75	43	18.5	29.5	22.5	20.5
42	10.5	13.5	9.5	42	18	29	22	20
41	10.25	13.25	9.25	41	17.5	28.5	21.5	19.5
40	10	13	9	40	17	28	21	19
39	9.75	12.75	8.75	39	16.5	27.5	20.5	18.5
38	9.5	12.5	8.5	38	16	27	20	18
37	9.25	12.25	8.25	37	15.5	26.5	19.5	17.5
36	9	12	8	36	15	26	19	17
35	8.75	11.75	7.75	35	14.5	25.5	18.5	16.5
34	8.5	11.5	7.5	34	14	25	18	16
33	8.25	11.25	7.25	33	13.5	24.5	17.5	15.5
32	8	11	7	32	13	24	17	15
31	7.75	10.75	6.75	31	12.5	23.5	16.5	14.5
30	7.5	10.5	6.5	30	12	23	16	14
29	7.25	10.25	6.25	29	11.5	22.5	15.5	13.5
28	7	10	6	28	11	22	15	13
27	6.75	9.75	5.75	27	10.5	21.5	14.5	12.5
26	6.5	9.5	5.5	26	10	21	14	12
25	6.25	9.25	5.25	25	9.5	20.5	13.5	11.5
24	6	9	5	24	9	20	13	11
23	5.75	8.75	4.75	23	8.5	19.5	12.5	10.5
22	5.5	8.5	4.5	22	8	19	12	10
21	5.25	8.25	4.25	21	7.5	18.5	11.5	9.5
20	5	8	4	20	7	18	11	9
19	4.75	7.75	3.75	19	6.5	17.5	10.5	8.5
18	4.5	7.5	3.5	18	6	17	10	8
17	4.25	7.25	3.25	17	5.5	16.5	9.5	7.5
16	4	7	3	16	5	16	9	7
15	3.75	6.75	2.75	15	4.5	15.5	8.5	6.5
14	3.5	6.5	2.5	14	4	15	8	6
13	3.25	6.25	2.25	13	3.5	14.5	7.5	5.5
12	3	6	2	12	3	14	7	5
11	2.75	5.75	1.75	11	2.5	13.5	6.5	4.5
10	2.5	5.5	1.5	10	2	13	6	4
9	2.25	5.25	1.25	9	1.5	12.5	5.5	3.5
8	2	5	1	8	1	12	5	3
7	1.75	5.75	0.75	7	0	11.5	4.5	2.5
6	1.5	4.5	0.5	6		11	4	2
5	1.25	4.25	0.25	5		10.5	3.5	1.5
4	1	4	0	4		10	3	1
0				0				