

High

Study	Exercise	MVIC
Decker et al., 1999	Dynamic hug	109.0%
Decker et al., 1999	Push-up plus	104.0%
Cools et al., 2007	Scaption with ER	101.7%
Ekstrom et al., 2003	Diagonal exercise with shoulder flexion, horizontal flexion, and ER	100.0%
Ekstrom et al., 2003	Shoulder abduction in scapular plane above 120°	96.0%
Moseley et al., 1992	Flexion	96.0%
Moseley et al., 1992	Abduction	96.0%
Cools et al., 2007	Forward flexion	95.2%
Decker et al., 1999	Serratus anterior punch	94.4%
Decker et al., 1999	Scaption	92.2%
Moseley et al., 1992	Scaption	91.0%
Park et al., 2013	Dynamic hug plus	85.1%
Moseley et al., 1992	Scaption	84.0%
Hardwick et al., 2006	Scaption to 140°	82.4%
Moseley et al., 1992	Military press	82.0%
Moseley et al., 1992	Push-up plus	80.0%
Hardwick et al., 2006	Wall slide at 140°	75.7%
Decker et al., 1999	Knee push-up plus	72.0%
Moseley et al., 1992	Push-up wide	69.0%
Meyers et al., 2005	Scapular punches	66.7%
Meyers et al., 2005	Shoulder flexion	66.6%

Medium

Study	Exercise	MVIC
Park et al., 2013	Push-up plus	65.6%
Park et al., 2013	Diagonal elevation	63.6%
Meyers et al., 2005	ER at 90° of abduction	66.2%
Ekstrom et al., 2003	Shoulder abduction in scapular plane below 80°	62.0%
Ekstrom et al., 2003	Unilateral shoulder press	62.0%
Hardwick et al., 2006	Wall slide at 120°	58.3%
Ekstrom et al., 2003	Shoulder ER at 90° of abduction	57.0%
Meyers et al., 2005	Throwing acceleration	55.5%
Hardwick et al., 2006	Scaption to 120°	55.1%

Medium

Study	Exercise	MVIC
Meyers et al., 2005	IR at 90° of abduction	53.5%
Ekstrom et al., 2003	Bilateral scapular protraction	53.0%
Meyers et al., 2005	Throwing deceleration	48.4%
Park et al., 2013	Arm elevation	48.2%
Park et al., 2013	Dynamic hug	45.0%
Ekstrom et al., 2003	Arm raise overhead in line with the LT muscle fibers	43.0%
Hardwick et al., 2006	Scaption to 90°	41.1%
Meyers et al., 2005	High scapular rows	37.5%
Hardwick et al., 2006	Wall slide at 90°	37.1%
Cools et al., 2007	Low row (1)	35.1%
Cools et al., 2007	High row	34.9%
Cools et al., 2007	Prone extension	34.7%
Cools et al., 2007	Forward flexion in side-lying	34.1%

Low

Study	Exercise	MVIC
Hardwick et al., 2006	Wall push-up plus	31.3%
Meyers et al., 2005	Shoulder extension	30.3%
Ekstrom et al., 2003	Unilateral shoulder shrug	27.0%
Cools et al., 2007	Prone shoulder abduction	25.0%
Meyers et al., 2005	Middle scapular rows	24.3%
Meyers et al., 2005	Low scapular rows	21.7%
Meyers et al., 2005	IR at 0° abduction	20.5%
Cools et al., 2007	Low row (2)	19.9%
Meyers et al., 2005	ER at 0° abduction	18.0%
Cools et al., 2007	Horizontal abduction	17.3%
Cools et al., 2007	Horizontal abduction with ER	15.5%
Cools et al., 2007	Rowing in sitting	14.8%
Ekstrom et al., 2003	Unilateral row	14.0%
Cools et al., 2007	Side-lying ER	12.7%
Ekstrom et al., 2003	Shoulder horizontal extension with ER	9.0%