



High

Study	Exercise	MVIC
Ekstrom et al., 2003	Unilateral shoulder shrug	119.0%
Moseley et al., 1992	Rowing	112.0%
Decker et al., 1999	Scaption	97.0%
Ekstrom et al., 2003	Shoulder abduction in scapular plane above 120°	79.0%
Ekstrom et al., 2003	Arm raise overhead in line with the LT muscle fibers	79.0%
Moseley et al., 1992	Horizontal abduction with ER	75.0%
Ekstrom et al., 2003	Shoulder abduction in scapular plane below 80°	72.0%
Ekstrom et al., 2003	Shoulder horizontal extension with ER	66.0%
Ekstrom et al., 2003	Diagonal exercise with shoulder flexion, horizontal flexion, and ER	66.0%

Medium

Study	Exercise	MVIC
Moseley et al., 1992	Military press	64.0%
Ekstrom et al., 2003	Unilateral row	63.0%
Moseley et al., 1992	Horizontal abduction	62.0%
Moseley et al., 1992	Scaption	54.0%
Cools et al., 2007	Scaption with ER	53.9%
Moseley et al., 1992	Abduction	52.0%
Decker et al., 1999	Dynamic hug	51.8%
Cools et al., 2007	Prone shoulder abduction	50.0%
Park et al., 2013	Arm elevation	49.0%
Cools et al., 2007	Forward flexion	48.1%
Cools et al., 2007	Horizontal abduction with ER	43.8%
Park et al., 2013	Diagonal elevation	36.3%
Cools et al., 2007	Rowing in sitting	34.0%
Cools et al., 2007	Horizontal abduction	33.7%



Low

Study	Exercise	MVIC
Cools et al., 2007	Low row (2)	21.7%
Ekstrom et al., 2003	Shoulder ER at 90° of abduction	20.0%
Cools et al., 2007	Low row (1)	19.5%
Cools et al., 2007	Forward flexion in side-lying	16.3%
Cools et al., 2007	Prone extension	16.0%
Cools et al., 2007	Side-lying ER	8.7%
Park et al., 2013	Dynamic hug	7.7%
Cools et al., 2007	High row	7.3%
Ekstrom et al., 2003	Unilateral shoulder press	7.0%
Ekstrom et al., 2003	Bilateral scapular protraction	7.0%
Park et al., 2013	Dynamic hug plus	4.3%
Park et al., 2013	Push-up plus	3.6%