

## EVALUATION OF ISOKINETIC STRENGTHS IN THE WORKSPACE

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### **Abstract**

Isokinetic push, pull, push-up, and pull-down strengths were measured in the workspace. It was found that isokinetic strengths were varied with force direction, working position, gender, reach, vertical height of exertion, and horizontal angle of the arm. The results can be used as simple guidelines when designing workstations and tasks.