



Alexandre Zaia

Age: 37 (10 Nov 1986)

Elbow Extension - Seated

Max Force - Left & Right Side

Left

129N

Right

142N

9.5%

Asymmetry

Elbow Flexion - Seated

Max Force - Left & Right Side

Left

159N

Right

185N

13.9%

Asymmetry

Shoulder IR/ER - Supine (Neut...

Max Force - Left & Right Side Shoulder E...

Left

113N

Right

101N

10.4%

Asymmetry

Shoulder IR/ER - Supine (90 D...

Max Force - Left & Right Side Shoulder E...

Left

85N

Right

93N

8.6%

Asymmetry

Shoulder Extension - Prone

Max Force - Left & Right Side

Left

83N

Right

97N

14.4%

Asymmetry

Shoulder Flexion - Prone

Max Force - Left & Right Side

Left

123N

Right

143N

13.8%

Asymmetry



ON Evolução Corporal

AVENIDA JORGE JOÃO SAAD, 1222 - MORUMBI Sao Paulo, SP 05618-000
ph: +55 11 988163553

Profile: Alexandre Zaia
Report By: Nemi Sabeh
Report Date: 14 Mar 2024

Shoulder Add - Side lying

Max Force - Left & Right Side

Left

132N

Right

143N

7.5%

Asymmetry

Shoulder Abd - Side lying

Max Force - Left & Right Side

Left

146N

Right

129N

11.8%

Asymmetry