

Table 1.

	BW, kg	Height, cm	BF, %	Age, years
Males (n = 16)	84.34±8.13	177.34±5.1	11.92±3.93	25.94±4.5
Females (n = 14)	64.94±9.58	165±7.94	23.93±7.94	23±2.60

Table 2.

	Reps	RPE Forearms	RPE Overall
Tight Grip KB swing	160.47±96.943	7.10±1.698	7.59±1.211
Loose Grip KB swing	190.73±125.824	5.79±2.177	7.45±1.152