BREATHE Better — Stay STRONG



MODULE 8 ADVANCE PLANNING AND SELF-MANAGEMENT

30 Second Arm Curl Test

The Arm Curl Test gives a measure of upper body strength and endurance.

Eqiuipment needed

- A chair without arms (like a kitchen chair or folding chair)
- 5-pound weight (women) or 8 pound weight (men)
 If you do not have these weights available, make note of the type and amount of weight you are using:

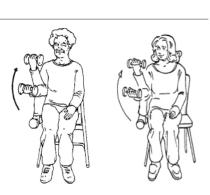
| Type of weight: | |
|-----------------|--|
| | |

Amount of weight:

• Stopwatch (Online stopwatch)

Instructions

- Sit in the middle of the chair with your feed flat on the floor
- 2. Using your dominant arm, hold the weight with the palm facing towards your body
- 3. Brace your upper arm against your body while your arm hangs by your body.
- 4. Curl the arm up toward your shoulder, through a full range of motion rotating the palm upwards.
- 5. Bring the arm and the palm back to their starting position. This completes "one" effort.
- 6. Repeat for 30 seconds and record the number of completed attempts



| EVALUATION Start of the Program | | EVALUATION End of the Program | | |
|--|-----|----------------------------------|-----|--|
| # Completed: | | # Completed: | | |
| Oxyen flow rate (if applicable): | LPM | Oxyen flow rate (if applicable): | LPN | |
| Perceived level of exertion: : | | Perceived level of exertion: : | | |