

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.

Equipment 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

1. Sit in the middle of the chair with your feet 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**

Completed: _____

Oxygen flow rate (if applicable): _____ LPM

Perceived level of exertion: : _____

EVALUATION**End of the Program**

Completed: _____

Oxygen flow rate (if applicable): _____ LPM

Perceived level of exertion: : _____