

Self-Assessment: 30-second arm curl test

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

What you need

- A chair without arms (like a kitchen chair or folding chair)
- 5-pound weight (women) or 8 pound weight (men)
- Stopwatch or timer

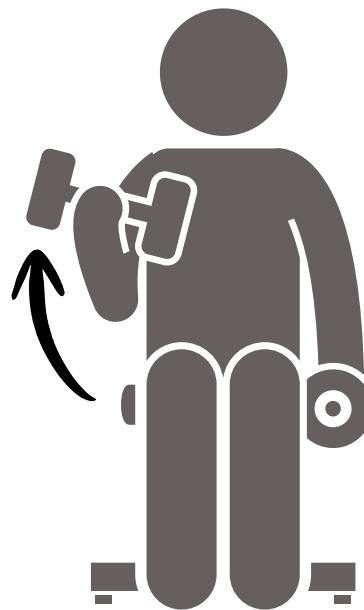
If you do not have dumbbells available and are using something else, make note of the type and amount of weight you are using:

Type of weight: _____

Amount of weight: _____

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 repetition.
6. Repeat for 30 seconds and record the number of completed repetitions.



Results

When starting the program

completed:

O₂ flow rate (if applicable): LPM

Rate of perceived exertion (0-10):

At the end of the program

completed:

O₂ flow rate (if applicable): LPM

Rate of perceived exertion (0-10):