

## ASYNCHRONOUS VIDEO INSTRUCTIONS

### \*30 SECOND ARM CURL TEST\*

1. Sit in the middle of the chair with your feet on the floor.
2. Hold the weight using the hand you write with.
3. Hold your arm alongside your body while your arm hangs down.
4. Bend your elbow all the way, lifting the weight, then go back down, as fast as possible.
5. Repeat for 30-seconds.

#### TIPS

- Avoid banging the weight against your leg or hip.
- Stop if you have any discomfort or shortness of breath.

#### EQUIPMENT:

- Weight:  
Women: 5lb (full 1/2-gallon milk jug + 1-lb bag of beans)  
Men: 8-lb (full 1 gallon milk jug)
- Chair: Straight back, no wheels, no arms (e.g., kitchen chair)
- Timer
- Optional: Tripod

HELPER: Optional

SETTING: Space to raise/lower each arm

#### VIDEO INFO

- Use a tripod or prop the phone as needed.
- Make sure the entire arm can be seen on the video.

TOTAL TIME: <10 minutes

PURPOSE: To test arm strength and endurance.

YOUTUBE VIDEO: <https://www.youtube.com/watch?v=Yqlw-0Cpjf4>

(Copy the YouTube link into your Internet browser.)