Arm Curl Test

Patient's full name: _____ **Date assessed:** _____

Patient's age: _____ **Patient's gender:** _____

Equipment needed:

- Chair

- Dumbbell(s) (standard weight for males: 8 kg / 17.6 lbs; females: 5 kg / 11 lbs)

- Body weight alternatives (as needed)

- Stopwatch or timer

Instructions:

1. Introduce the test to the participant. Explain that the test measures the strength of their biceps by counting the number of arm curls they can complete in a specific time frame.

2. Ensure the participant is seated comfortably on a chair. Their feet should be flat on the floor, back straight against the chair, and upper arms resting flat on the chair's surface.

3. Instruct the participant to hold the dumbbell in an underhand grip (palms facing upwards) with their dominant arm, allowing their arms to extend towards the floor fully.

4. On your signal, instruct the participant to start curling the weight towards their shoulders using a controlled motion.

5. Emphasize the importance of steady and controlled movements. Instruct them to avoid using momentum and swinging the weight.

6. Ensure the participant fully extends their arms back down after each curl. A complete curl is counted when the weight is lifted to the point where the forearm is fully flexed.

7. The test can be conducted for a set duration (e.g., 30 seconds or 1 minute). Use a stopwatch or timer to keep track of the time.

8. Count each complete curl where the weight is lifted correctly as the participant performs curls. Avoid counting incomplete or improper curls.

9. Record the number of complete curls the participant performs during the designated time.

Score (see next page for reference): _____

Interpretation:

- Below average

- Average

- Above average

Findings and notes:

Arm Curl Test scoring guide (Jones & Rikli, 2002)

Men's results			
Age	**Below average rating**	**Average rating**	**Above average rating**
60-64	< 16	16 to 22	> 22
65-69	< 15	15 to 21	> 21
70-74	< 14	14 to 21	> 21
75-79	< 13	13 to 19	> 19
80-84	< 13	13 to 19	> 19
85-89	< 11	11 to 17	> 17
90-94	< 10	10 to 14	> 14
Women's results			
Age	**Below average rating**	**Average rating**	**Above average rating**
60-64	< 13	13 to 19	> 19
65-69	< 12	12 to 18	> 18
70-74	< 12	12 to 17	> 17
75-79	< 11	11 to 17	> 17
80-84	< 10	10 to 16	> 16
85-89	< 10	10 to 15	> 15
90-94	< 8	8 to 13	> 13

Jones, C. J., Rikli, R. E. (2002). Measuring functional fitness of older adults. *The Journal on Active Aging,* 24-30. https://www.dnbm.univr.it/documenti/OccorrenzaIns/matdid/matdid182478.pdf